



Signs of Distress:



- Threats to hurt or kill themselves
- Seeking access to pills or weapons
- Talk of death or escape
- References to worthlessness
- Giving away possessions
- Talking, or writing about death, dying or suicide



- Major changes in mood & activity
- Withdrawal/social isolation
- Expressing hopelessness, anxiety or agitation
- Increased drug/alcohol use
- Having rage, anger or seeking revenge
- Impulsivity

How to respond to someone in distress:

BE AWARE

- Believe that people can be suicidal
- Know the signs of distress

HAVE A PLAN

- Commit to reaching out
- Remove access to lethal methods

ASK AND LISTEN

- Trust that asking about suicide will not promote suicide
- Listen and stay connected

SAY SOMETHING

- Refer to and share your concerns with others that can help
- Never promise confidentiality

Try or encourage these, or other, self-help strategies:

Express yourself: Let yourself cry, talk to a helpful other, you will not feel this way forever

Distract yourself: Listen to music, read, draw, color

Call someone: Talk about how you feel, ask for what you need

Take care of your body: Eat healthy foods, exercise sleep

List your options: In any situation, you have choices

Show compassion to yourself: Allow yourself to feel what you're feeling without judgement

Structure your day: Keep yourself on track and connected

Write in a journal: Organize your thoughts, express yourself

Exercise: Walk, bike, run, work out

Relax: Take a warm bath, read a good book, play with pets

Get involved: Join a club or organization, volunteer

Get connected: Ask someone to lunch or an activity, use the internet to find resources and support, spend time with those who care about you

Seek out mental health care: Call one of the local mental health providers listed on flip side

If these do not work for you, it's ok! Other things will work. Keep trying.

Referral Assistance:

***SAMHSA's National helpline provides free, 24-hour information and referral assistance to local treatment facilities, support groups and community-based organizations. 1-800-662-HELP (4357)**

***National Council for Behavioral Health can assist in finding a local behavioral health provider. www.theNationalCouncil.org**

Referral Assistance:

*** National Alliance on Mental Illness (NAMI) helpline provides information and referral services. 1-800-950-NAMI (6264) www.nami.org**

***Dial 211** Free and confidential information and referral, available 24/7, for help with food, housing, employment, healthcare, counseling

Local Mental Health Resources

Anyone can call to make a mental health appointment:

*Hi. I am calling to make an appointment for therapy/medication management.

You can also help someone make an appointment:

*I'm calling to make an appointment for [name].

They need an appointment for therapy/medication management.

Comprehensive Healthcare
2715 St. Andrews Loop
Suite C
Pasco, WA 99301
(509) 412-1051

Lourdes Health Crisis Servs.
500 N. Morain St.
Suite 1250
Kennewick, WA 99336
(509) 783-0500

Lutheran Community Servs.
3321 W. Kennewick Ave.
#150
Kennewick, WA 99354
(509) 735-6446

Catholic Charities
2139 Van Giesen
Richland, WA 99325
(509) 545-6145

Tri-Cities Community Health
715 W. Court St.
Pasco, WA 99301
(509) 545-6506

Support, Advocacy & Resource Center
1458 Fowler St.
Richland, WA 99352
(509) 372-5391

Prosser Memorial Hospital
723 Memorial St.
Prosser, WA 99350
(509) 786-2222

Grandview Clinic
1003 Wallace Way
Grandview, WA 98930
(509) 203-1080

Prosser Clinic
336 Chardonnay Ave.
Suite A
Prosser, WA 99350
(509) 786-1576

Central Washington Comprehensive
1319 Saul Rd.
Sunnyside, WA 98944
(509) 837-2089

Benton City Clinic
701 Dale Ave.
Benton City, WA 99320
(509) 588-4075

Lourdes Counseling Center
1175 Cardondelet Dr.
Richland, WA 99354
(509) 943-9104

Recovery & Wellness Center
1950 Keene Rd.
Bldg G
Richland, WA 99352
(509) 619-0519

Catholic Charities Serving Central Washington
303 E. D St.
Suite 5
Yakima, WA 98901
(509) 575-4200

Yakima Comprehensive Healthcare
402 S. 4th Ave.
Yakima, WA 98907
(509) 575-4084

This is how we care.

Mental Health Crisis Information

You matter. You are not alone. Help is available.

A quick reference guide for reaching out and helping yourself and other in distress.

Benton Franklin Community Health Alliance

If you hear someone talking about hurting themselves or others, speak up.



Acknowledge: Listen to your friend, don't ignore threats

Care: Let your friend know you care

Tell: Tell a trusted adult or professional so they can help

(509) 783-0500
1-800-273-TALK (8255)
Text "Start" to 741-741
1-800-656-HOPE (4673)
1-800-246-PRIDE (7743)
1-866-488-7386
1-877-565-8860
(509) 575-4200

Lourdes Health Crisis Services
National Suicide Prevention Line
Crisis Text Line
National Sexual Assault Hotline
GLBT National Youth Talkline
The Trevor Project LGBT Crisis Line
Trans Lifeline
Yakima Crisis Line

Crisis Help Phone Numbers: If you are concerned about the immediate safety of yourself or someone else, CALL 911

