

MENTAL HEALTH & SUICIDE PREVENTION RESOURCE DIRECTORY



Mental Health & Suicide Prevention Resource Directory

Introduction: This Resource Directory is the result of an ongoing compilation of contacts with various organizations that offer services of assistance and support for employers relating to mental health and suicide prevention. Although this Resource Directory is comprehensive, it is only a partial listing of organizations and other resources. This version of the Resource Directory is for Washington State only.

It is recommended that employers also contact their Employee Assistance Program, local county departments of health and/or nonprofit social service organizations in their area for support. Some listed organizations have statewide chapters and some have regional and local chapters. Due to differing medical/behavioral health insurance plans for employees, health care clinics or systems are not included.

Specifically, the Resource Directory contains references to organizations and selected key contacts in the following 8 categories.

1. Addiction Recovery
2. Crisis Intervention
3. Domestic Abuse (shared by I.U.O.E. Local #302)
4. Mental Health
5. Suicide Prevention
6. Veterans
7. Web Resources for Employers
8. Selected Speakers/Presenters

This Resource Directory is provided for informational purposes. This Resource Directory was updated for the October 24, 2017, Construction Industry Suicide Prevention Summit. Being listed in this Resource Directory does not constitute an endorsement by Lakeside Industries, the Construction Financial Management Association (CFMA); the Construction Industry Alliance for Suicide Prevention (CIASP) or by the Associated General Contractors (AGC) of Washington. Any omission from this list is unintentional.

Ordering Pre-Formatted Vest and Wallet Cards

(artwork setup and formatting done and available for your company's use)

*Wallet Cards (NSPL & Crisis Text Line): Precision Press -- Jim Bowers - 425-883-4181 - www.precisionpress.com

*Safety Vests (CIASP Logo): R&R Industries -- Gayle Forsse - 800-234-5611 ext. 283 - www.rrind.com

Ordering Bulk Hardhat and Toolbox Stickers:

1) Download CIASP logo from www.preventconstructionsuicide.com.

2) Place order on www.stickermule.com website (Pricing is best for large/bulk orders)

Construction Industry Alliance for Suicide Prevention Resources

<http://www.preventconstructionsuicide.com/>

Resource Organization	Website
10 Questions Leaders Must Ask	http://s3.amazonaws.com/rdcms-cfma/files/production/public/ConstSuicPrev10Ques.pdf
10 Action Steps Companies Can Take to Save Lives	http://s3.amazonaws.com/rdcms-cfma/files/production/public/ConstSuicPrev10ActionSteps.pdf
Needs Assessment and Integration Checklist	http://s3.amazonaws.com/rdcms-cfma/files/production/public/Construction%20Industry%20Alliance%20for%20Suicide%20Prevention%20Needs%20&%20Integration%20Checklist.pdf
Construction Industry Alliance for Suicide Prevention - Downloadable Suicide Prevention Posters	<i>(Copy and paste the address in your browser to download posters)</i> http://s3.amazonaws.com/rdcms-cfma/files/production/public/2016_CIPSP_PR_Materials.zip
Construction Industry Alliance for Suicide Prevention (Online resources for employers)	http://www.cfma.org/news/content.cfm?ItemNumber=4570

Addiction Recovery Resources

Resource Organization	Website	Phone #
Al-Anon (Families of problem drinkers)	www.al-anon.org	888-425-2666 (for find a meeting)
Alcoholics Anonymous (For individuals w/ drinking problem)	https://aidinrecovery.com	877-355-8705
**Facing Addiction (Contact: Michael King)	https://www.facingaddiction.org/	206-939-2844
Lines for Life - Preventing Substance Abuse and Suicide (based in Portland, OR, but also covers SW Washington State)	www.linesforlife.com	503-244-5211 or
	info@LinesForLife.org	800-282-7035
Narconon (Drug Addiction Support)	www.narconon.org	888-341-6806
Stop Overdose - Preventing opioid overdose	http://stopoverdose.org/	206-685-5632
	http://stopoverdose.org/section/materials-and-toolkits/	
Substance Abuse & Mental Health Services Administration	https://www.samhsa.gov/	877-726-4727
**Washington Recovery Help Line - Substance Abuse, Problem Gambling, & Mental Health (Contact: Robyn Smith)	www.warecoveryhelpline.org	866-789-1511

Crisis Intervention Services Resources

Resource Organization	Website	Phone #
Crisis Clinic (King County Crisis Hotline)	https://crisisclinic.org	866-427-4747
Crisis Clinic of the Peninsulas (24/7 crisis service in Olympic Pen)	https://crisisclinicofthepeninsulas.org/	800-843-4793
Crisis Text Line	www.crisistextline.org	Text: 741741
Lines for Life - Preventing Substance Abuse and Suicide (based in Portland, OR, but also covers SW Washington State)	www.linesforlife.com info@LinesForLife.org	503-244-5211 or 800-282-7035
Listing of Statewide Washington Crisis Intervention Hot Lines	https://www.resourcehouse.info/win211/Search/Topics/RP-1500.1400-250/General_Crisis_Intervention_Hotlines	206-461-3222
National Suicide Prevention Lifeline (Crisis Hotline)	www.suicidepreventionlifeline.org	800-273-8255
Pete Goddard - Crisis Counselor with Construction Industry experience	http://petegoddard.com/	425-458-6962
R3 Continuum - Critical Incident Debriefing & Counseling Support	https://r3continuum.com/	888-736-0911
Teen Link (King County) (Downloadable Resource)	content/uploads/2013/11/WTTFT-2017-2018.pdf	1-866-TEENLINK
Thurston County Crisis Hotline	http://crisis-clinic.org/	360-586-2800
Veterans Crisis Line	https://www.veteranscrisisline.net/?banners	800-273-8255
**Washington Department of Health - Crisis Intervention - List of Crisis Lines by County	https://www.doh.wa.gov/YouandYourFamily/InjuryandViolencePrevention/SuicidePrevention/CrisisLines	
Washington Poison Center	www.wapc.org/	800-222-1222
**Washington Recovery Help Line - Substance Abuse, Problem	www.warecoveryhelpline.org	866-789-1511

Domestic Abuse Resources (shared by I.U.O.E. #302)

Resource Organization	Website
Crystal Judson Resource Center - Domestic Violence Victims	www.aplaceofhelp.org
D.A.W.N. -Protects Women & Children	http://dawnrising.org
Ellensburg Emergency Shelter	www.domesticshelters.org
National Domestic Violence 24-Hour Hotline	www.thehotline.org
Tacoma Rescue Mission - For Hurting & Homeless people	www.trm.org
Vine Maple - Family crisis assistance	www.vinemapleplace.org
YWCA Pierce County	www.ywcapiercecounty.org

Mental Health Resources

Resource Organization	Website	Phone #
Crisis Text Line	www.crisistextline.org	Text: 741741
Lines for Life - Preventing Substance Abuse and Suicide (based in Portland, OR, but also covers SW Washington State)	www.linesforlife.com info@LinesForLife.org	503-244-5211 or 800-282-7035
**National Alliance on Mental Illness (Contact: Cassidy Gates)	www.namiwa.org	800-950-6264
National Institute of Mental Health	https://www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml	800-662-4537
Partnership for Workplace Mental Health	http://workplacemantalhealth.org/Our-Mission http://workplacemantalhealth.org/Employer-Resources	703-907-8503
Screening for Mental Health, Inc. (Online Screening tools)	https://helpyourselfhelpothers.org	781-239-0071
Substance Abuse & Mental Health Services Administration	https://www.samhsa.gov/	877-726-4727
**Washington Recovery Help Line - Substance Abuse, Problem Gambling, & Mental Health (Contact: Robyn Smith)	www.warecoveryhelpline.org	866-789-1511
Whatcom Alliance for Health Advancement - Mental Health Resources in Whatcom County	http://whatcomalliance.org/mental-health/ http://whatcomalliance.org/wp-content/uploads/2017/06/Mental-Health-Resources-Updated-Feb-17.pdf	360-788-6594

Suicide Prevention Resources

Resource Organization	Website	Phone #
**American Foundation for Suicide Prevention - WA Chapter (Contact: Justine McClure)	https://afsp.org/	800-273-8255
Centers for Disease Control & Prevention - Suicide Prevention	https://www.cdc.gov/ViolencePrevention/suicide/index.html	800-232-4636
Crisis Clinic (King County Crisis Hotline)	https://crisisclinic.org	866-427-4747
Crisis Clinic of the Peninsulas (24/7 crisis service in Olympic Pen)	https://crisisclinicofthepeninsulas.org/	800-843-4793
Crisis Text Line	www.crisistextline.org	Text: 741741
**Forefront Suicide Prevention	http://inthe forefront.org/	206.543.1016
Lines for Life - Preventing Substance Abuse and Suicide (based in Portland, OR, but also covers SW Washington State)	www.linesforlife.com info@LinesForLife.org	503-244-5211 or 800-282-7035
National Action Alliance for Suicide Prevention	http://actionallianceforsuicideprevention.org/home	202-572-3737
**National Alliance on Mental Illness (Contact: Cassidy Gates)	www.nami.org	800-950-6264
National Suicide Prevention Lifeline (Crisis Hotline)	www.suicidepreventionlifeline.org	800-273-8255
Now Matters Now	www.nowmattersnow.org	
Safer Homes - Suicide Aware	http://depts.washington.edu/safehome/	206-543-1016
Suicide Prevention Resource Center	www.sprc.org	877-438-7772
Thurston County Crisis Hotline	http://crisis-clinic.org/	360-586-2800

Veterans Resources

Resource Organization	Website	Phone #
Cover Me Veterans (Contact: Heidi Schaetz Sigmund)	http://www.covermeveterans.org/ Admin@CoverMeVeterans.org	608-772-7875
Daniel Overton - Traumatic Brain Injury Specialist	WA Department of Veterans Affairs	Wk: 360-725-2273 or Cell: 360-789-9304
Give an Hour	https://giveanhour.org/	
King County - Veterans Program	http://www.kingcounty.gov/depts/community-	206-477-8282
Lines for Life - <i>Selected from over 160 crisis centers across the US to be the sole backup for the national Veterans Crisis Line.</i>	www.linesforlife.com info@LinesForLife.org	888-457-4838 or text MIL1 to 839863
Snohomish County Veterans Assistance	https://snohomishcountywa.gov/598/VeteransAssistance-Program	425-388-7255
The Soldiers Project - Healing the Hidden Wounds of War	https://www.thesoldiersproject.org/	877-576-5343
Twenty 2-2 Many	https://www.twenty22many-olympia.org/	360-545-7849
Veterans App	http://www.vapp.com/resourcepages	
Veterans Crisis Line	https://www.veteranscrisisline.net/?banners	800-273-8255
**Washington State Department of Veteran Affairs - PTSD	http://www.dva.wa.gov/benefits/ptsd	800-562-2308
Wounded Warrior Project	https://www.woundedwarriorproject.org/	877-832-6997

Website Resources

Resource Organization	Website	Phone #
Corporate Chaplains of America	http://chaplain.org/	919-570-0700
King County Community Resources (Online comprehensive database of organizations & various social services)	https://crisisclinic.org/education/2-1-1-community-resources/	800-621-4636 (M-F; 10 - 4pm)
Man Therapy (Uses humor to address mental health)	See "20 Item Head Inspection" www.mantherapy.org	800-273-8255
QPR Institute - Online Gatekeeper Training (Question-Persuade-Refer)	www.qprinstitute.com	800-273-8255
Statewide Washington 211	https://win211.org/	211
**Washington Department of Health (Contact: Neetha Mony - Statewide Suicide Prevention Plan Program Manager)	https://www.doh.wa.gov/YouandYourFamily/InjuryandViolencePrevention/SuicidePrevention/Workplace	360-236-2836

Selected Speaker Resources

Name & Organization & Home State	Website/Email	Phone #
**American Foundation for Suicide Prevention - WA Chapter (Contact: Justine McClure -)WA	https://afsp.org/	800-273-8255
Bob Swanson - Survivor of Adult Son's Suicide/Retired Construction Exec. - Home State - MN	swannybob1@gmail.com	612-910-9841
Dennis Gillan- Mental Health Advocate & Motivational Speaker - Home State - SC	http://dennis.gillan.com/	803-727-4301
Dr. Jeff Sung - Clinical Researcher/Subject Matter Expert - Home State - WA	drjcsung@yahoo.com	
## Dr. Jenn Stuber - Forefront Suicide Prevention - Home State - WA	www.intheforefront.org	206-543-1016
Kevin Hines - Motivational Speaker - Home State - GA	http://www.kevinhinesstory.com/	415-377-4093
**National Alliance on Mental Illness (Contact: Cassidy Gates) WA	www.nami.org	800-950-6264
## Sally Spencer-Thomas - Dr. Sally Speaks - Home State - CO	https://www.sallyspencerthomas.com/	720-244-6535
## Ursula Whiteside - Now Matters Now - Home State - WA	www.nowmattersnow.org	206-679-6349

** Organizations that exhibited at the Summit on 10/24/17

Speakers who presented at the Summit on 10/24/17