



Suicide Prevention Resources

Georgia Crisis & Access Line

Sponsored by the Georgia Department of Behavioral Health and Developmental Disabilities (DBHDD), it connects callers with a trained, professional counselor who can help them get the services they need if they or someone they know are in emotional distress or a suicidal crisis, or have other problems with mental health, drugs, or alcohol. They will assess crisis situations over the phone and have a mobile team that can go out and do a face-to-face assessment as needed.

Practical Coping Strategies

Think about specific things you can do when intense emotions such as worry or sadness begin to surface after the death of a loved one:

- simple relaxation/distraction skills, such as taking three deep slow breaths, counting to 10, or picturing yourself in a favorite calm and relaxing place

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- engaging in favorite activities or hobbies such as music, talking with a friend, reading, or going to a movie
- exercising
- thinking about how you've coped with difficulties in the past and reminding yourself that you can use those same coping skills now
- writing a list of people you can turn to for support
- writing a list of things you're looking forward to
- focusing on individual goals, such as returning to a shared class or spending time with mutual friends.

Often, youth express guilt about having fun or thinking about other things after death of a friend. Some may feel that they somehow need permission to engage in activities that will help them feel better and take their mind off the stressful situation.



If you or a loved one needs help dealing with a behavioral health crisis, the Georgia Crisis and Access Line (GCAL) offers free and confidential crisis intervention 24/7.





- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated, or behaving recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings

Warning Signs

Risk is greater if a behavior is new or has recently increased in frequency or intensity, and if it seems related to a painful event, loss, or change.

- Talking about wanting to die or kill oneself
- Looking for ways to kill oneself, such as searching online or buying a gun
- Talking about feeling hopeless or having no reason to live

WHO CAN I SEE FOR SUPPORT @ GRADY

- Counselors
- Social Worker
- Administrators
- Teachers
- School Resource Officer
- Nurse

How to Take Care of Yourself

Ask for help: Don't be afraid to let your friends, family, or teachers know what you need when they ask; they want to help.

Remember that this feeling can be overcome: Family conflict, relationships, grades, and the loss of important people can seem impossible to deal with. But with support from others, you can.

Identify & use your sources of strength: family support, positive friends, mentors, healthy activities, medical access, mental health, spirituality

References:

Suicide Prevention Resource Center, Education Development Center, Inc.

Suicide Prevention Lifeline



