



General Resources for Mental Health Promotion & Suicide Prevention

You are not alone!

*[This is a working list of resources, and is by no means exhaustive, but provides a snapshot of those working to "pass life forward" in our State.
For questions about this resource list, contact
the Prevent Suicide Hawai'i Taskforce at jsugimot@hawaii.edu.]*



FOR MENTAL HEALTH EMERGENCIES/CRISIS

If you or someone you know is suicidal, don't hesitate!



For ANYONE in Crisis: National Suicide Prevention Lifeline (NSPL)

National 24/7 crisis line (phone or chat)

1-800-273-TALK (8255)

TTY: 1-800-799-4TTY (4889)

<http://www.suicidepreventionlifeline.org/>

**For Youth
& Young Adults:**
1-800-273-TALK
(8255)



<http://www.youmatter.suicidepreventionlifeline.org/>

For Veterans:
1-800-273-TALK (8255)
Press "1" to reach the
Veterans Crisis Line
or Text to 838255



Also, confidential chat at
<http://www.veteranscrisisline.net/>

CRISIS TEXT LINE |

Crisis Text Line (for the US & Canada)

*A free, 24/7 support for those in crisis
(the organization also trains
volunteers to support people in crisis)*

- Text ALOHA to 741-741
- <http://www.crisistextline.org/>



Hawai'i CARES (formerly Crisis Line of Hawai'i)

*In addition to continuing to serve as
Hawaii's 24/7 crisis hotline, CARES is now
the entry-point and coordinating center for
behavioral health services including
substance use disorders, mental health,
and crisis intervention.*

- O'ahu: 832-3100
- Neighbor Islands Toll Free:
1-800-753-6879
- <http://manoa.hawaii.edu/cares/>



Military One Source

*24/7 counseling & hotline, provided by the
Department of Defense, at no cost to service
members and their families*

- Stateside: 1-800-342-9647
- TTY/TDD: 866-607-6794
- <http://www.militaryonesource.mil/>
for confidential chat, and also to view
international calling instructions



Trans Lifeline

*Trans-led organization that connects
trans people to resources.*

- 1-877-565-8860
- <https://www.translifeline.org/>

**If you need support, please call the
Trevor Lifeline: 866 488 7386**

Trevor Helpline

National 24/7 hotline for LGBTQ youth

- 1-866-4U-TREVOR (488-7386)
- Text the word "Trevor" to
1-202-304-1200
- Chat and resources at
<http://www.thetrevorproject.org/>



Hawai'i Poison Hotline

*Resource for management of poison
exposure, assistance with identification of
unknown medications, and severe
overdoses.*

- <https://www.hipoisoncenter.org/>

LOCAL ORGANIZATIONS AND COLLABORATIONS

Statewide Prevent Suicide Hawai'i Taskforce (PSHTF)

The Prevent Suicide Hawai'i Taskforce (PSHTF) is the state's major public-private collaborative specifically focusing on suicide prevention. PSHTF members provide leadership, set goals and objectives, develop strategies, coordinate activities, and monitor the progress of suicide prevention efforts in Hawai'i. In addition, an email list is maintained for the PSHTF. Examples of information that is shared through the email listserv are: agendas of upcoming meetings; minutes of past meetings; notices of future meetings and conferences; and local and national information shared by PSHTF members and the Department of Health Suicide Prevention Coordinator.

- Main contacts:
 - Gina Kaulukukui – Chair (2021-2022); Kaua'i Police Department (gkaulukukui@kauai.gov)
 - Deborah Goebert – Co-Chair (2021-2022); Department of Psychiatry, University of Hawai'i at Mānoa (goebertd@dop.hawaii.edu)
 - Renee Yu – Suicide Prevention Coordinator, DOH EMS and Injury Prevention System Branch (zeruirenee.yu@doh.hawaii.gov)
- The PSHTF was tasked by the Hawai'i State Legislature to craft a Strategic Plan for Suicide Prevention in Hawai'i. The final plan and report can be found here (bound copies also available by request):
 - <https://health.hawaii.gov/injuryprevention/files/2019/02/Prevent-Suicide-Hawaii-Taskforce-Strategic-Plan-by-2025.pdf>.

Prevent Suicide Hawai'i Taskforce (PSHTF) – Island Taskforces

In addition to the statewide PSHTF, there are county taskforces that address island/community-specific issues.

- Kaua'i – Chair Madeleine Hiraga-Nuccio (madeleine.hiraga-nuccio@doh.hawaii.gov), Co-Chair Patricia Wistinghausen (pwistinghausen@gmail.com), www.preventsuicidekauai.org
- Hawai'i Island coordinators – Yolisa Duley (hduley@hawaii.edu), Joy Hohnstine (joy.hohnstine@k12.hi.us)
- Maui – Co-Chairs Danielle Bergan (danielle.bergan@mentalhealthhawaii.org) & Kristin Mills (kristin.mills@doh.hawaii.gov), <https://preventsuicidemauicounty.weebly.com/>
- O'ahu – Chair Pua Kaninau-Santos (pkshawaii@yahoo.com; angelonmyshoulder@pkshawaii.com), <http://www.oahupshawaiitaskforce.org/>

DOD/Military Partnerships

Collaboration with our military partners has grown exponentially over the past few years. There is also active collaboration/workgroups which facilitate cross-branch communication and collaboration. Below are points of contact for suicide prevention activities/services in the various branches:

- Army – Suicide Prevention Program Manager – (808) 655-9105, <https://phc.amedd.army.mil/topics/healthyliving/bh/Pages/SuicidePrevention.aspx>
 - Major Teah Karamath chairs the DOD/military taskforce – teah.e.karamath.mil@mail.mil
- Army National Guard – Melody Bell, Suicide Prevention Program Manager – (808) 844-6453, melody.r.bell.ctr@mail.mil, <https://hawaii.guadodhana.org/suicide-prevention-program.php>
 - Melody Bell Co-Chairs the DOD/military taskforce with Major Karamath.
- Army Reserves – 9th MSC Suicide Prevention Office – (808) 438-1600 x3231, <http://www.usar.army.mil/Commands/Support/9th-MS/>
- Air Force – Machel Terrell, Suicide Prevention Program Manager – (808) 449-1603/1608, machel.terrell@us.af.mil
- Air National Guard – Barbra Kanani Krafft, LCSW, Psychological Health Specialist – (808) 448-8145, barbra.krafft@us.af.mil
- Coast Guard – Lianne Casupang, LMHC, Sexual Assault Response Coordinator – (808) 291-7720, Lianne.M.Casupang@uscg.mil
- Marine Corps – Rose Barros, Prevention Specialist, Behavioral Health USMC-Hawai'i – (703) 784-2570 x4283, rose.barros@usmc.mil
- Navy – Yojana K. Garcia, LCSW, BCD, Suicide Prevention Program Manager – (808) 474-0045, Yojana.garcia@navy.mil
- Department of Veteran Affairs, Pacific Islands Healthcare System – Justin Fienhold, LCSW, CSAC, Suicide Prevention Coordinator – (808) 433-3472, justin.fienhold@va.gov, <http://www.hawaii.va.gov/services/mentalhealth.asp>

American Foundation for Suicide Prevention (AFSP) – Hawai'i Chapter

Main contacts:

- <https://afsp.org/chapter/hawaii>
- Chapter leadership/coordinators:
 - Kathleen Merriam – k.merriam@live.com
 - Mestisa Gass – mestisa.gass@mentalhealthhawaii.org
 - Elizabeth Warren – afsphinews@gmail.com

AFSP is the nation's leading organization bringing together people across communities and backgrounds to understand and prevent suicide, and to help heal the pain it causes. A small group of board members and volunteers have established a formal Chapter in Hawai'i. AFSP's major activities include the Out of the Darkness Community Walks, International Survivors of Suicide Loss events, "Party for Prevention," and other trainings and awareness activities to increase community knowledge and capacity around suicide prevention.

Hawai'i State Department of Health (DOH)

DOH is the state-designated "lead agency" for suicide prevention activities. The following sections of DOH relate to mental health and/or suicide prevention:

- Emergency Medical Services and Injury Prevention System Branch – main resource for suicide prevention trainings & information, including poison prevention – <http://health.hawaii.gov/injuryprevention/>
- Adult Mental Health Division – <http://health.hawaii.gov/amhd/>
- Child & Adolescent Mental Health Division – <http://health.hawaii.gov/camhd/>

"A Place in the Middle" – a strength-based approach to gender diversity and inclusion

Directed and produced by Emmy Award-winners Dean Hamer and Joe Wilson, "A Place in the Middle" brings an enlightened Hawaiian perspective to efforts to create welcoming and inclusive schools and communities for children of all ages. This 25-minute film, adapted from the PBS Independent Lens feature documentary "Kumu Hina," approaches diversity and cultural preservation in a youth-friendly way by telling the story through the youth's own point of view. Organizations and educators are welcome to incorporate the film into trainings/curricula, and/or contact Dean and Joe directly for technical assistance.

- <http://aplaceinthemiddle.org/>

Hawai'i State Department of Education (DOE)

- <http://www.hawaiipublicschools.org/Pages/Home.aspx>
- Whole-child supports: <http://www.hawaiipublicschools.org/TeachingAndLearning/StudentLearning/Supports/Pages/home.aspx>

Mental Health America of Hawai'i (MHAH)

MHAH provides trainings, presentations, and resources for adults and youth. The organization also supports individuals and families around mental health issues, and participates in advocacy activities.

- <http://mentalhealthhawaii.org/>, (808) 521-1846
 - MHAH offers one of the most comprehensive and updated *social service directories*, as well as a "*Finding Help Consumer Guide*": <http://mentalhealthhawaii.org/help/>.
 - MHAH recently launched a *smartphone app called "Kokua Life,"* which provides information around suicide prevention, mental wellness, and local resources. The app also features a searchable version of MHAH's social service directory. Information and download instructions can be found here: <https://kokualife.org/>
- MHAH coordinates a Bullying Prevention Taskforce, and houses an online toolkit for bullying prevention (<http://bullypreventiontoolkit.weebly.com/>). They also coordinate the "Rainbow Youth Coalition," a collaboration of organizations with expertise in LGBTQ issues/supports.

National Alliance on Mental Illness (NAMI) Hawai'i

Offers education, advocacy, and support for persons with mental illness and their families. One of NAMI Hawaii's primary focus areas is the support of families and caregivers of those living with mental illness. They offer a "Family-to-Family (F4F) Education" course for caregivers, as well as Family Support Groups. A variety of peer support groups are also offered in various locations.

- www.namihawaii.org, (808) 591-1297

University of Hawai'i at Mānoa, Department of Psychiatry

Hawaii's leader in research, service, and training on mental/behavioral health in Hawai'i and the Pacific Region. The Department also houses the "Hawaii's Caring Communities Initiative (HCCI) for Youth Suicide Prevention," under the direction of Dr. Deborah Goebert (goebertd@dop.hawaii.edu).

- Department of Psychiatry – <http://blog.hawaii.edu/dop>
- HCCI – <http://blog.hawaii.edu/hcci> or HCCI-contact@dop.hawaii.edu
- A comprehensive description of the Department's suicide prevention work can be found here: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5694974/pdf/hjmph7611_0310.pdf.

Youth Leadership Council for Suicide Prevention

Main contacts:

- University of Hawai'i at Mānoa, Department of Psychiatry (HCCI-contact@dop.hawaii.edu).

The Hawaii's Caring Communities Initiative (HCCI) supports the Youth Leadership Council. Approximately 50 youth from across the state are now part of the Council, serving as advocates for suicide prevention in their respective communities. Interested youth/organizations can contact HCCI for information on the process for becoming involved in the Council (includes an application/interview process to ensure youth's readiness for serving as a youth leader).

Other Partner Organizations and Agencies




There are many groups, formal and informal, that are currently working in suicide prevention. The following list provides just a snapshot of these groups – and thankfully, the list continues to grow!

- Action With Aloha
- Ai Pono
- AlohaCare
- Alu Like
- American Foundation for Suicide Prevention, Hawai'i Chapter
- BRAVEHEART
- CARE Hawai'i
- Castle Medical Center
- Catholic Charities of Hawai'i
- Chaminade University
- Crisis Text Line
- Department of Parks and Recreation (Honolulu)
- Department of Defense and Veterans Affairs (Air Force, Army, Army National Guard, Marines, Navy, Veteran's Administration)
- Family Court
- Gebco Hawai'i
- GLSEN Hawai'i
- Hale Ho'ola Hamakua
- Hale Kipa
- Hawai'i Health and Harm Reduction Center
- Hawai'i Pacific University
- Hawai'i Primary Care Association
- Hawai'i S.P.E.A.R. Foundation of America
- Hawai'i State Department of Education
- Hawai'i State Department of Health (Adult Mental Health Division, Child & Adolescent Mental Health Division, Alcohol & Substance Abuse Division, Emergency Medical Services & Injury Prevention System Branch, Family Health Services Division, Maternal & Child Health Branch, Neurotrauma Supports Program, Tobacco Settlement Fund Management)
- Hawai'i State Department of Human Services (Office of Youth Services)
- Hawai'i State Department of Public Safety
- Hawai'i State Legislature
- Helping Hands Hawai'i
- Highway Inn
- Hilo Medical Center
- Hina Mauka
- Hope Services Hawai'i
- Judiciary – First Circuit
- Kahuku Medical Center
- Kahuku United Methodist Church
- Kamehameha Schools
- Kapi'olani Medical Center for Women and Children
- Ka'u Hospital
- Kaua'i Veteran's Memorial Hospital
- Ke Ola Mamo
- Kids Hurt Too
- Ko'olauloa Community Health and Wellness Center
- Lana'i Community Hospital
- Legacy of Life Hawai'i
- Life's Bridges Kaua'i
- Lili'uokalani Trust
- Maui Community College
- Maui Economic Opportunity
- Maui Memorial Medical Center
- Mental Health America of Hawai'i
- Molokai'i Child Abuse Prevention Pathways (MCAPP)
- Moloka'i Community Health Center
- Moloka'i General Hospital
- National Alliance on Mental Illness (NAMI), Hawai'i Chapter
- O'ahu Economic Development Board
- Office for Social Ministry, Catholic Diocese
- Paul Mitchell School
- Police Departments (all counties)
- Punahou School
- Queen's Medical Center
- Salvation Army
- Samaritan Counseling Center of Hawai'i
- St. Francis Hospice
- Sutter Health Kahi Mohala
- Tripler Medical Center
- University of Hawai'i Community Colleges (Honolulu, Kapi'olani, Leeward)
- University of Hawai'i Hilo
- University of Hawai'i at Mānoa (John A. Burns School of Medicine, Office of Public Health Studies, School of Social Work, Counseling and Student Development Center)
- University of Hawai'i at West O'ahu
- Wahiawa General Hospital
- Wai'anae Coast Comprehensive Health Center
- Wilcox Memorial Hospital

TRAININGS ON SUICIDE PREVENTION, MENTAL HEALTH, AND ASSOCIATED TOPICS

– PRIMARY SUICIDE PREVENTION TRAININGS –

(Trainings with asterisk [*] are approved options for Department of Education schools to fulfill Act 270 requirements.)

Curriculum	Description	Appropriate For	Approximate Length	Main Contact(s)
*“Suicide Prevention 101”	<p>A very basic presentation to introduce adult audiences to foundational information around suicide prevention – i.e., core principles, local data, warning signs, and resources.</p> <p><i>DOE schools requesting SP 101 for annual training requirement, contact Ben Meyer, ben.meyer@k12.hi.us</i></p>	All adult audiences	1 hour	<p>Jeanelle Sugimoto-Matsuda, UHM Office of Public Health Studies, jsugimot@hawaii.edu</p> <p>Renee Yu, DOH EMSIPSB zeruirenee.yu@doh.hawaii.gov</p>
“Connect” Training Program (parent organization = National Alliance on Mental Illness, New Hampshire) 	<p>The “Connect” training was brought to Hawai‘i via the Hawai‘i’s Caring Communities Initiative (HCCI) on Youth Suicide Prevention (see “Grant Activities”). Developed by the National Alliance on Mental Illness (NAMI) of New Hampshire, “Connect” is a comprehensive, ecological, community-based approach to train professionals and communities in suicide prevention and response. Training topics include suicide as a public health issue, risk and protective factors, warning signs, how to connect with someone who may be at-risk for suicide, safe messaging around the issue of suicide, and protocol/systems development within and among agencies.</p>	All audiences – foundational training (adaptable to specific groups, including youth)	3-4 hours	<p>Jeanelle Sugimoto-Matsuda, UHM Office of Public Health Studies, jsugimot@hawaii.edu</p> <p>Deborah Goebert, UHM Department of Psychiatry, goebertd@dop.hawaii.edu</p> <p>http://www.theconnectprogram.org/</p>
*SafeTALK (parent organization = Living Works) 	<p>“SafeTALK” (TALK = tell, ask, listen, keep safe) was brought to Hawai‘i via the “Hawai‘i Gatekeeper Training Initiative” (see “Grant Activities”). It is a three-hour gatekeeper training intended for everyone in the community. It is an evidence-based training program which teaches individuals to be “alert helpers.” Participants learn to recognize warning signs for suicide, approach someone at-risk and ask if they are thinking about suicide, and then connect them to a caregiver or professional that can then work with the individual to keep safe.</p>	All audiences – step-by-step process of connecting with someone who may be thinking about suicide	3-4 hours	<p>Jeanelle Sugimoto-Matsuda, UHM Office of Public Health Studies, jsugimot@hawaii.edu</p> <p>Renee Yu, DOH EMSIPSB zeruirenee.yu@doh.hawaii.gov</p> <p>https://www.livingworks.net/programs/safetalk/</p>
ASIST (Applied Suicide Intervention Skills Training; parent organization = Living Works) 	<p>ASIST is a two-day training intended for those in the community who are willing and able to be a caregiver that can provide “suicide first aid” for someone who is having thoughts of suicide. ASIST-trained individuals are able to assess an individual’s level of risk, discuss risk and protective factors, and develop a safety plan. Anyone in the community, not only mental health professionals, can become ASIST-trained. SafeTALK participants are taught to seek out those trained in ASIST when they are looking to keep someone safe.</p> <p><i>It is recommended that trainees attend Connect and/or SafeTALK prior to ASIST.</i></p>	Individuals (community members and professionals) willing to and/or tasked with conducting full suicide interventions (including risk assessments and safety planning)	2 full days	<p>Jeanelle Sugimoto-Matsuda, UHM Office of Public Health Studies, jsugimot@hawaii.edu</p> <p>Renee Yu, DOH EMSIPSB zeruirenee.yu@doh.hawaii.gov</p> <p>https://www.livingworks.net/programs/asist/</p>

– TRAININGS OFFERED BY PSHTF PARTNERS –

(Trainings with asterisk [] are approved options for Department of Education schools to fulfill Act 270 requirements.)*

Curriculum	Description	Appropriate For	Approximate Length	Main Contact(s)
<p>*“Youth Suicide and Bullying Prevention” (YSBP) Training</p> 	Mental Health America of Hawaii’s YSBP training offers strategies to recognize and intervene in suicide and bullying. In the workshops, participants learn to: 1) define bullying and understand the roles we play in bullying; 2) identify symptoms of depression and recognize signs of suicide; and 3) listen, ask, support, and empower the youth to get help.	All audiences – foundational training, versions for youth and adults available	2-3 hours	Mental Health America of Hawai‘i amanda.martinez@mentalhealthhawaii.org (808) 521-1846 http://mentalhealthhawaii.org/
<p>“LGBTQ+ 101” Training</p> 	Mental Health America of Hawai‘i offers resources and strategies for supporting Lesbian, Gay, Bisexual, Transgender, and Questioning (LGBTQ) youth and families. The LGBTQ+ 101 training helps organizations create “safe spaces” for LGBTQ individuals (e.g., programs that are welcoming and empowering).	Adult audiences	2-3 hours	Mental Health America of Hawai‘i amanda.martinez@mentalhealthhawaii.org (808) 521-1846 http://mentalhealthhawaii.org/
<p>*Youth Mental Health First Aid</p> 	Youth Mental Health First Aid is a full-day education program which introduces participants to unique risk factors and warnings signs of mental health issues in adolescents, builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent who may be in crisis or experiencing a mental health challenge.	Adult audiences – those who regularly interact with youth	1 full day	Ben Meyer, Hawai‘i Department of Education ben.meyer@k12.hi.us www.mentalhealthfirstaid.org
<p>“More than Sad”</p> 	Developed by the American Foundation for Suicide Prevention, “More Than Sad” helps participants to recognize signs of depression in themselves and others, challenges the stigma surrounding depression, and demystifies the treatment process. It can be conducted in the school setting, for high school youth and educators, and also in the community for adults/parents/families.	All audiences	1-2 hours	Pua Kaninau-Santos pkshawaii@yahoo.com https://afsp.org/our-work/education/more-than-sad/

MAJOR AWARENESS ACTIVITIES

Statewide Prevent Suicide Hawai'i Conference

Main contact:

- Jeanelle Sugimoto-Matsuda, Conference Co-Chair, jsugimot@hawaii.edu

The “Healing After” conference was originally conceived of by Pua Kaninau-Santos, who lost her son to suicide in 2003 and ever since has been one of Hawaii’s champions of suicide prevention. The aim of the conference is to bring together a community of survivors, advocates, educators, policymakers, and health professionals around the issue of suicide. The conferences aim to increase awareness of suicide, skills to respond to those at risk, and abilities help those who have survived the loss of a loved one.

- *The most recent conference was held in April 2019. Copies of select presentations and handouts can be found here:* <https://www.dropbox.com/sh/7mcyjsrfotsxbr9/AAA7TOFGsZnlodrlAbNvxtNa?dl=0>.

“Out of the Darkness” Community and Campus Walks

Main contact:

- American Foundation for Suicide Prevention, www.afsp.org/hawaii for information and registration (all events)

One of the major activities of the American Foundation for Suicide Prevention’s (AFSP’s) Hawai’i Chapter (see “Collaborations and Partnerships”) is the organization of “Out of the Darkness” Community and Campus Walks. The purpose of the Walks is to promote awareness around suicide prevention, as well as to raise funds that will benefit local activities and research. Recent/upcoming walks include:

- 10/24/2020 – Hawai’i Statewide Out of the Darkness “Experience” (held virtually, due to the pandemic) – view program here: <https://www.youtube.com/watch?v=BQkZiNl8WO4>.

International Survivors of Suicide Mini-Conferences

Main contact:

- American Foundation for Suicide Prevention, www.afsp.org/hawaii for information and registration (all events)

Another major activity of AFSP is the organization of gatherings/mini-conferences which coincide with International Survivors of Suicide Loss Day. The event welcomes survivors of suicide loss, and provides a safe and healing space where everyone can comfortably participate in a way that is meaningful to them. Recent/upcoming events include:

- 11/21/2020 (held virtually, due to the pandemic)

GRANT ACTIVITIES

On October 21, 2004, the Garrett Lee Smith (GLS) Memorial Act was signed into law by President Bush at a White House ceremony. The Garrett Lee Smith Memorial Act was introduced by Senator Gordon Smith (R-OR) in memory of his son who had recently died by suicide. This legislation provides a funding mechanism for state agencies, college campuses, and tribal nations to implement suicide prevention, intervention, and awareness programs.

GLS State Grantee – University of Hawai’i at Mānoa, John A. Burns School of Medicine, Department of Psychiatry (funding period 2011-2014)

“Hawaii’s Caring Communities Initiative (HCCI) for Youth Suicide Prevention”

- Deborah Goebert, DrPH, UH Department of Psychiatry, goebertd@dop.hawaii.edu

The overall goal of the Hawaii’s Caring Communities Initiative (HCCI) is to prevent youth suicide and increase early intervention. This was accomplished by increasing public awareness, increasing community-based support for youth suicide prevention, and expanding gatekeeper training in at-risk communities. Furthermore, HCCI promotes clinical practices and parent education to reach youth who have attempted suicide. With the goal of preventing youth suicide and increasing early intervention, these projects have positively impacted at-risk communities and the statewide suicide crisis infrastructure in Hawai’i. This Initiative aligns with the State’s strategic goals for suicide prevention, and builds upon previous efforts of the Hawai’i Gatekeeper Training Initiative. HCCI implemented two strategic projects entitled Mobilizing Communities At-Risk (MCAR) and Enhancing the Statewide Trauma Network (ESTN), using the rubric of the Communities that Care (CTC) system.

GLS Campus Grantee – Chaminade University of Hawai’i (funding period 2012-2015)

“E Ho‘opili No Na Haumana”

- Dale Fryxell, PhD, Chaminade Department of Psychology, dfryxell@chaminade.edu

The E Ho‘opili No Na Haumana Project at Chaminade University of Honolulu has been thoughtfully and collaboratively developed to prevent suicide attempts and completions, and to enhance services for students with mental and behavioral health problems such as depression and substance use/abuse that put them at-risk for suicide and suicide attempts. In collaboration with a Native Hawaiian clinical psychologist who lost his son to suicide, the project adapted the QPR (question, persuade, refer) Gatekeeper Training to be more relevant to Asian American and Pacific Islander (AAPI) individuals. The project also created a campus resource center that houses a wide array of resources, available to students and staff, that are specific to the cultures of the diverse peoples of Hawai’i.

GLS Campus Grantee – University of Hawai‘i at Hilo (funding period 2012-2015)

- Yolisa Duley, PhD, Student Health & Wellness Programs, hduley@hawaii.edu

The goal of the project is to prevent suicide and improve the mental health of UH Hilo students through a peer-to-peer health education and support network, and through improved communication networks and knowledge among key staff and gatekeepers who come in contact with students needing mental health interventions. The project’s objectives are as follows: (1) develop high-quality, culturally relevant training materials for student peers and seminar materials for gatekeepers; (2) develop seminar materials for family members of high-risk students to be presented at semester Orientation Programs; (3) recruit students from targeted at-risk populations to attend the semester-long workshops as part of their student employment; (4) recruit volunteer students for introductory two-hour training workshops from other student populations; (5) reduce the stigma of seeking mental health assistance; (6) increase early intervention in student mental health issues by referrals from peers; (7) increase overall utilization of campus mental health services and the National Suicide Prevention Lifeline; and (8) increase utilization of campus mental health services in the targeted high risk student populations.

GLS State Grantee – Hawai‘i State Department of Health (funding period 2008-2011)

- Renee Yu, Suicide Prevention Coordinator, zeruirenee.yu@doh.hawaii.gov

The Hawai‘i Gatekeeper Training Initiative (HGTI) was implemented by the Emergency Medical Services and Injury Prevention System Branch (EMSIPSB) of the Hawai‘i State Department of Health (DOH). The aim was to reduce suicide deaths and attempts among youth ages 10-24 in our State. HGTI used three evidence-based training curricula: Applied Suicide Intervention Skills Training (ASIST), safeTALK, and Signs of Suicide (SOS). EMSIPSB leveraged grant resources by incorporating gatekeeper training into three systems that already impact significant numbers of youth in both the school and community settings. These agencies included: Department of Education (Peer Education Program, and School-Based Behavioral Health), the Department of Health Alcohol and Drug Abuse Division (agencies contracted to provide treatment services in their Adolescent Substance Abuse Outpatient School-Based Treatment Program, and prevention services in their Youth Substance Abuse Prevention Partnerships Initiative), and the Honolulu Police Department (Emergency Psychological Services/Jail Diversion Program).

GLS Campus Grantee – University of Hawai‘i at Mānoa, Counseling and Student Development Center (funding period 2009-2012)

- Kathrine Fast, PhD, UH Mānoa Counseling and Student Development Center, kathrine@hawaii.edu

The project addressed seven goals focusing on infrastructure development needs: 1) assess system-wide and campus specific needs; 2) develop policies and procedures for responding to critical mental health events; 3) identify system-wide and community-based resources; 4) establish campus-specific resource networks; 5) increase awareness and knowledge of risk and protective factors for suicide attempts among gatekeepers; 6) increase awareness and knowledge of risk and protective factors for suicide attempts among students; and 7) develop informational, educational, and training materials regarding risk and protective factors for suicide attempts and mental health adjustment.

PERTINENT POLICIES, PLANS, AND SYSTEMS-BUILDING INITIATIVES

Hawai'i Suicide Prevention Strategic Plan

During the 2016 Hawai'i Legislative Session, HCR 66 was passed, which called upon the Prevent Suicide Hawai'i Taskforce (PSHTF) to form a temporary sub-committee to craft a statewide strategic plan to reduce suicide deaths and attempts in Hawai'i at least 25% by the year 2025. The PSHTF convened this sub-committee (8/2016-12/2017), and the final plan was presented back to the Legislature in December 2017 during an informational briefing. Contact Jeanelle Sugimoto-Matsuda (jsugimot@hawaii.edu) for more information.

- Link to full plan and report –
 - <https://health.hawaii.gov/injuryprevention/files/2019/02/Prevent-Suicide-Hawaii-Taskforce-Strategic-Plan-by-2025.pdf>
(bound copies also available by request).
- Link to **House Concurrent Resolution (HCR) 66 of 2016** –
http://www.capitol.hawaii.gov/measure_indiv.aspx?billtype=HCR&billnumber=66&year=2016.

Hawai'i Injury Prevention Plan (HIPP)

Available for download at: http://health.hawaii.gov/injuryprevention/files/2013/09/Hawaii_Injury_Prevention_Plan_2012_to_2017_4mb.pdf

The Hawai'i Injury Prevention Plan (HIPP) is a collaborative effort of the Injury Prevention Advisory Committee (IPAC) and the Emergency Medical Services and Injury Prevention System Branch (EMSIPSB) of the Department of Health. The HIPP's goals are to: 1) provide an overall plan for reducing injuries statewide; 2) provide direction and focus to IPCP's efforts in the next five years; 3) provide guidance to other organizations and agencies involved in injury prevention; and 4) serve as a catalyst for organizations and agencies to collaborate on reducing/preventing injuries. The latest iteration of the HIPP (2012-2017) includes a section focused on suicide prevention, with goals including: 1) develop and implement prevention training for "gatekeepers"; 2) launch a public awareness campaign; and 3) develop and promote effective clinical & professional practices & policies.

Hawai'i State Legislature, Act 270 of 2019 Session

https://www.capitol.hawaii.gov/Archives/measure_indiv_Archives.aspx?billtype=SB&billnumber=383&year=2019

Act 270 was passed during the 2019 Legislative Session, and is now §302A-856 of the Hawai'i Revised Statutes. Act 270 requires all teachers, administrators, and counselors within Hawai'i public and charter schools to receive annual suicide prevention. It also requires schools to have a risk-referral protocol in place, in the event that a student needs support. The Taskforce is collaborating with the Hawai'i State Department of Education to implement these activities.

Hawai'i State Legislature, General Appropriations Act of 2007 (Act 213)

Act 213 requires the Department of Health to establish and implement a suicide early intervention and prevention program and prepare and submit a detailed report to include expenditures and all activities performed. As a result, \$100,000 is appropriated to the Department of Health annually, a permanent "Suicide Prevention Coordinator" position is placed within the Injury Prevention and Control Section, and ongoing trainings (e.g., safeTALK, ASIST, Connect), speaking engagements, project support, and conferences are implemented.

Resources for Safe Messaging

Safe messaging is paramount to any prevention, intervention, or post-vention activities in suicide prevention. We must be especially mindful of messaging guidelines in trainings and social/news media.

- Action Alliance's framework for successful messaging – <https://suicidepreventionmessaging.org/>.
 - Resource for social/news media – <https://reportingonsuicide.org/>.
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MAJOR NATIONAL/INTERNATIONAL AGENCIES AND RESOURCES

National Suicide Prevention Lifeline (NSPL)

The NSPL is a 24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress. The NSPL website also offers live chats and various resources.

- 1-800-273-TALK (8255)
- www.suicidepreventionlifeline.org
- *The NSPL is now connected with several social media sites, including Facebook, Twitter, YouTube, and Tumblr.* Instructions can be found here – <http://suicidepreventionlifeline.org/help-someone-else/> – on how to report suicidal content. Reports will generate referrals to a counselor with the NSPL, who will attempt to make contact with the user.

Crisis Text Line

A free, 24/7 support for those in crisis. Text 741741 from anywhere in the US to text with a trained counselor. The Text Line also trains volunteers to support people in crisis.

- <http://www.crisistextline.org/>
- Text ALOHA to 741-741

Substance Abuse & Mental Health Services Administration (SAMHSA)

SAMHSA is the major government-funded agency that specifically focuses on mental health and suicide prevention. The agency's core functions include releasing and managing block grants and special programmatic funding and providing states, providers, communities and the public with the best and most up-to-date information about behavioral health issues and prevention/treatment approaches.

- www.samhsa.gov
- SAMHSA also sponsors:
 - **Suicide Prevention Resource Center (SPRC)** – The nation's only federally supported resource center devoted to advancing the National Strategy for Suicide Prevention. SPRC offers an extensive online library of free resources, reports, etc.
 - www.sprc.org
 - **Disaster Distress Helpline and Resources** – This service offers a 24/7 helpline, as well as a variety of online resources for anyone experiencing emotional distress related to natural or human-caused disasters.
 - <https://www.samhsa.gov/find-help/disaster-distress-helpline>
 - Call 1-800-985-5990 or Text TalkWithUs to 66746
- *Many products and documents are available for free download and order (including shipping) via SAMHSA's website:* <https://store.samhsa.gov/> (and search for "suicide prevention"). Popular items include:
 - Magnet – "National Suicide Prevention Lifeline, 1-800-273-TALK"
 - Wallet card – "Suicide warning signs: Get the facts and take action"
 - Wallet card – "Having trouble coping? With help comes hope. Suicide warning signs"
 - Wallet card – "Having trouble coping after a disaster? Talk with us."
 - Wallet card – "Assessing suicide risk: Initial tips for counselors"
 - Wallet card – "Suicide assessment five-step evaluation and triage (SAFE-T): Pocket card for clinicians"
 - Brochure – "A guide for taking care of yourself after your treatment in the emergency department"
 - Brochure – "A guide for taking care of your family member after treatment in the emergency department"
 - Brochure – "A guide for medical providers in the emergency department taking care of suicide attempt survivors"
 - Fact sheet – "Recommendations for reporting on suicide"
 - Report – "Preventing suicide: A toolkit for schools"
 - Report – "National strategy for suicide prevention 2012: Goals and objectives for action"
 - Report/toolkit – "SAMHSA's disaster kit"

Action Alliance for Suicide Prevention and the National Strategy for Suicide Prevention

The Alliance is the public-private partnership advancing the National Strategy for Suicide Prevention.

- www.actionallianceforsuicideprevention.org
- The National Strategy presents a national framework for action. It lists goals and objectives that serve as a roadmap for direction.
 - <https://theactionalliance.org/our-strategy/national-strategy-suicide-prevention>
- The Surgeon General's Call to Action report is a more recent tool to advance progress of the National Strategy:
 - <https://theactionalliance.org/our-strategy/national-strategy-suicide-prevention/call-action>

American Association of Suicidology (AAS)

Advancing scientific/programmatic efforts in suicide prevention through research, education and training, the development of standards and resources, and survivor support services.

- www.suicidology.org

American Foundation for Suicide Prevention (AFSP)

Initiatives include research, new educational campaigns, innovative demonstration projects, and policy work.

- www.afsp.org
- *AFSP offers one of the most comprehensive set of resources to support individuals, families, and communities after a suicide loss* – visit the “I’ve Lost Someone” section of their website at: <https://afsp.org/find-support/ive-lost-someone/>.

Find a Helpline – project of New Zealand-based charity “Live for Tomorrow”

Comprehensive directory of crisis numbers and services across the world. The agency works directly with helplines to ensure data remain accurate and reliable.

- <https://findahelpline.com/>
- See here for further description and endorsement by the American Association of Suicidology: <https://suicidology.org/2021/05/19/finda-helpline/>.

Friendship Line for Elders – crisis intervention hotline AND warmline for non-urgent calls

The Friendship Line provides round-the-clock crisis and wellness services, including active suicide intervention, providing emotional support, elder abuse prevention and counseling, giving wellbeing checks, grief support through assistance and reassurance, and information and referrals for isolated older adults and adults living with disabilities. The service is run by the Institute on Aging, a San Francisco, California-based non-profit dedicated to preserving the dignity, independence, and well-being of aging adults and people living with disabilities.

- (415) 750-4111 or (650) 424-1411
- <https://www.ioaging.org/services/all-inclusive-health-care/friendship-line>

“Means Matter”

Harvard University’s “Means Matter” campaign is working to increase the proportion of suicide prevention groups who promote activities that reduce a suicidal person’s access to lethal means of suicide, and who develop active partnerships with gun owner groups to prevent suicide.

- <https://www.hsph.harvard.edu/means-matter/>

Mental Health America

Founded in 1909, Mental Health America is the nation’s leading community-based non-profit dedicated to addressing the needs of those living with illness, and promoting the overall mental health of all Americans.

- <http://www.mentalhealthamerica.net/>

National Alliance on Mental Illness (NAMI)

NAMI is the nation’s largest grassroots mental health organization. NAMI advocates for access to services, treatment, supports, and research and is steadfast in its commitment to raising awareness and building a community of hope.

- www.nami.org

National Institute of Mental Health (NIMH; under the National Institutes of Health)

NIMH is the lead federal agency for research on mental disorders. NIMH is one of 27 institutes and centers that make up the National Institutes of Health (NIH), the nation’s medical research agency.

- <https://www.nimh.nih.gov/about/index.shtml>

SAVE (Suicide Awareness Voices of Education)

SAVE’s work is based on the foundation and belief that suicide should no longer be considered a hidden or taboo topic, and that through raising awareness and educating the public, we can SAVE lives.

- www.save.org

The Connect Suicide Prevention Project

A project of NAMI New Hampshire, Connect is an evidence-based program offering training and resources in prevention/intervention and postvention.

- www.theconnectproject.org

The JED Foundation

JED is a national non-profit, aiming to protect emotional health and prevent suicide for the nation’s teens and young adults. The organization’s three major focus areas are: 1) work with schools to strengthen and evaluate their mental health, substance abuse, and suicide prevention programs; 2) develop resources and create partnerships; and 3) educate and equip students, families, and communities to know when and how to support others who are in distress or struggling with a mental health issue.

- <https://www.jedfoundation.org/>