

Corpus Christi ISD Crisis Team
Supporting our Community
Virtual Suicide Prevention Resources

If you, or someone you know, is experiencing a crisis please call
911 or a number listed below.

**National Suicide Prevention Crisis Line
(Talk line) 1-800-273-TALK (8255)**

**The Text Suicide Hotline: Text Home to 741741 to connect with a crisis counselor
Bayview Behavioral Hospital 361-986-8200**

Nueces Center for Mental Health & Intellectual Disabilities 24 hr. Crisis Hotline 1-888-767-4493

For Help & Support in a Crisis



The Jason Foundation Inc. (1997). Retrieved from Jason Foundation inc. website:
<https://jasonfoundation.com/>

Youth Suicide Warning Signs



Suicide Threats

Depression

Anger, Increased Irritability

Lack of Interest

Sudden Increase/Decrease in Appetite

Sudden Changes in Appearance

Dwindling Academic Performance

Preoccupation with Death and Suicide

Previous Suicide Attempts

By themselves, many of these observations are not sure signs that someone is suicidal, but could mean that they are struggling with issues in their lives and could use help. If these issues are not addressed or treated, they can result in suicidal thoughts or attempts.

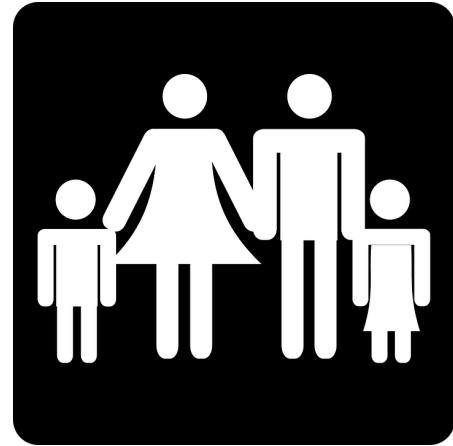
You can make a difference and help us fight the
“Silent Epidemic” of youth suicide.



Student Resources



Parent Resources



“A Friend Asks” App



Would You Know How to Help a Friend Who is Contemplating Suicide?

Friend Asks” is a FREE smart-phone app that helps provide the information, tools and resources to help a friend (or yourself) who may be struggling with thoughts of suicide. Download the app today and encourage friends and family to do the same.

The “A Friend Asks” App contains the following information:

- warning signs of suicidal ideation
- how to help a friend
- how to get help now
- what to do and what not to do
- the B1 Program



Rascal Flatts and the Jason Foundation, Inc, created the B1 Project to aid in the prevention of youth suicide.



Rascal Flatts B1

Text HOME to 741741

Text **HOME** to **741741** from anywhere in the United States, anytime, about any type of crisis. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.



IN A CRISIS?
Text HOME to 741741 to connect with a Crisis Counselor

Free 24/7 support at your fingertips

Text Us [Or, message us on Facebook.](#)

<https://www.crisistextline.org/>

National Suicide Prevention Lifeline

We can all help prevent suicide.

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

<https://suicidepreventionlifeline.org/>




Red Nacional de Prevención del Suicidio

- Lifeline ofrece 24/7, gratuito servicios en español, no es necesario hablar inglés si usted necesita ayuda.
- Si está usted preocupado por una persona que usted sabe que está pasando por una crisis o que piensa en suicidarse, nuestros centros pueden ayudarle.



<https://suicidepreventionlifeline.org/help-yourself/en-espanol/>



**YOUR STORY
MATTERS.
TELL IT.**

Your CCISD School Guidance Counselor wants to listen.