

Amherst Exempted Village School District

Mental Health Community Resources

Self Harm - Suicide Evaluations

The Nord Center	Address: 6140 S Broadway, Lorain, OH 44053 Phone: (440) 233-7232
Cleveland Clinic, Fairview Hospital	Address: 18101 Lorain Ave, Cleveland, OH 44111 Phone: (216) 636-5860 or (866) 588-2264
Windsor Laurelwood Center for Behavioral Medicine	Address: 35900 Euclid Avenue, Willoughby, OH 44094 Phone: (800) 438-4673

Crisis Hotlines

Crisis Text Line	Text "4Hope" to 741-741 to speak with a licensed outside counselor
Suicide & Crisis Lifeline	Dial 9-8-8
Suicide Hotline	1-800-273-8255
Self Harm Hotline	1-800-366-8288

Community Departments & Agencies

Amherst Police Department	Address: 911 N Lake St, Amherst, OH 44001 Phone: (440) 988-2625
Amherst Fire Department	Address: 414 Church St, Amherst, OH 44001 Phone: (440) 988-4117
Lorain County Children Services	Address: 226 Middle Ave # 3, Elyria, OH 44035 Phone: (440) 329-5340
Lorain County Sheriff	Address: 9896 Murray Ridge Rd, Elyria, OH 44035 Phone: (440) 329-3709
Mercy Hospital	Address: 5940 Oak Point Rd, Lorain, OH 44053 Phone: (440) 988-3705

Mental Health Services

Applewood Centers	Address: 1865 N Ridge Rd Suite A, Lorain, OH 44055 Phone: (440) 324-1300
Bellefaire JCB	Address: 1865 N Ridge Rd Ste. D, Lorain, OH 44055 Phone: (440) 324-5701
Child & Family Counseling	Address: 26032 Detroit Road, Westlake, OH 44145, Regency Centre, Suite 1 Phone: (440) 250-9414
DeLuca & Associates	Address: 5425 Detroit Road, Sheffield, oh 44054 Phone: (440) 327-1800
Lorain County Board of Mental Health	Address: 1173 N Ridge Rd East, Lorain, OH 44055 Phone: (440) 233-2020
New Leaf	Address: 103 Milan Avenue, Amherst, OH 44001 Phone: (440) 742-1661
Nord Center	Address: 6140 Broadway, Lorain, OH 44053 Phone: (440) 233-7232
Ohio Guidestone	Address: 2173 N Ridge Rd E, Lorain, OH 44055 Phone: (440) 234-2006
Psych & Psych	Address: 750 S Abbe Rd, Elyria, OH 44035 Phone:(440) 323-5121

Resources for Parents

[Parent Suicide Toolkit](#)

[Connecting for Kids](#)

[WorryWise Kids](#)

[Anxiety Disorders Association of America](#)

[American Association for Suicide Prevention](#)

[Suicide Prevention Resources CDC](#)

PREVENTING YOUTH SUICIDE: TIPS FOR PARENTS AND EDUCATORS

Suicide is preventable. Youth who are contemplating suicide frequently give warning signs. Do not be afraid to ask about suicidal thoughts. Never take warning signs lightly or promise to keep them secret.

RISK FACTORS

- Hopelessness
- Nonsuicidal self-injury (e.g., cutting)
- Mental illness and substance abuse
- History of suicidal thinking and behavior
- Prior suicide among peers or family members
- Interpersonal conflict, family stress/dysfunction
- Presence of a firearm in the home

WARNING SIGNS

- Suicidal threats in the form of direct (e.g., "I want to die") and indirect (e.g., "I wish I could go to sleep and not wake up") statements
- Suicide notes, plans, online postings
- Making final arrangements
- Preoccupation with death
- Giving away prized possessions
- Talking about death
- Sudden unexplained happiness
- Increased risk taking
- Heavy drug/alcohol use

If you or someone you know is suicidal, get help immediately via 911, the National Suicide Prevention Lifeline at 1-800-273-TALK, or the Crisis Text Line (text "HOME" to 741741).



WHAT TO DO

- Remain calm and nonjudgmental; listen.
- Ask directly about suicide (e.g., "Are you thinking about suicide?").
- Avoid being accusatory (e.g., don't say, "You aren't going to do anything stupid are you?").
- Reassure them that there is help; they will not feel like this forever.
- Provide constant supervision. Do not leave the youth alone.
- Remove means for self-harm, especially firearms.
- Get help! Never agree to keep suicidal thoughts a secret. Tell an appropriate caregiving adult.
- School staff should take the student to a school-employed mental health professional.



REMINDERS FOR PARENTS

- Continue to take threats seriously. Follow-through is important even after the child calms down or informs the parent they "didn't mean it."
- Access school supports. Parents can give the school psychologist permission to contact the referral agency, provide referral information, and follow up on the visit.
- Maintain communication with school. After an intervention, the school will also provide follow-up supports. Your communication will be crucial to ensuring that the school is the safest, most comfortable place possible for your child.



NATIONAL ASSOCIATION OF
School Psychologists

For additional guidance, visit
www.nasponline.org/safety-and-crisis.

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