NATIONWIDE CHILDREN'S
When your child needs a hospital, everything matters.℠

Mental Health Resources for Franklin County

If your child has suicidal thoughts with a plan on how they would attempt suicide and/or if they intend on attempting suicide, call 911, or immediately go to:

- Local Emergency Department (that has Mental Health assessments)
    - Nationwide Children's Hospital- Psychiatric Crisis Department
        - 444 Butterfly Gardens Drive, Columbus, OH 43215--614-722-1800

If your child is having suicidal thoughts and you or they need support, call these 24 hour hotlines:

- 988 Suicide & Crisis Lifeline – Call or Text **988**

If you are looking for drug or alcohol or mental health services in your area:

Ohio Guidestone	**Directions for Youth**	**Syntero**	**Nationwide Children's Behavioral Health**
195 North Grant Avenue Suite 250, Columbus, OH 43215 888-522-9174 Medicaid & private insurance	1515 Indianola Ave. Columbus, OH 43201 614-294-2661 Medicaid & private insurance	3433 Agler Road Columbus, Ohio 43219 614-889-5722 Medicaid & private insurance	444 Butterfly Gardens Drive Columbus, OH 43215 614-355-8080 Medicaid & private insurance

- Ohio Mental Health and Addiction Services
- mha.ohio.gov (Treatment options by county and zip code)
- Contact your child's primary care physician for recommendations

Additional resources

- Crisis Text Line: Text "start" to 741-741
- Lifeline Crisis Chat: www.crisischat.org
- National Help Line for Substance Abuse: 800-662-4357
- National Sexual Assault Hotline: 800-656-4673
- Online Crisis Network: imalive.org
- Rape, Abuse, Incest National Network: www.rainn.org
- Trevor Lifeline for LGBTQ Youth: 866-488-7388
- Trans Lifeline for Transgender People: 877-565-8860
- http://www.nationwidechildrens.org/suicide-prevention
- http://www.ohiospf.org
- http://www.samhsa.gov/suicide-prevention
- http://www.afsp.org/

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Signs of Suicide (SOS)

Signs of Depression in Youth

Look for major **changes** (usually 2 weeks or more) in the areas of:

Thinking

- trouble focusing, trouble making decisions, view of self as worthless/useless, "I would be better off dead"

Feeling

- Sad, tired, irritable, hopeless, emotional distress, enjoying things much less than usual, extreme guilt or shame

Behavior

- withdrawal, low motivation, more conflict, risky behavior, self-harm

Physical changes

- eating more/less, sleeping more/less, poor energy

Risk Factors for Suicidal Behavior

- Depression
- Substance abuse
- Previous suicide attempt
- Being male
- Access to lethal means (e.g., firearms)
- Aggressive/impulsive/risky behavior
- Feeling hopeless, unsupported, or trapped
- History of sexual or physical abuse
- History of bullying
- LGBTQ - Sexual orientation
- Family mental health history
- Exposure to another person's suicide
- Loss of a relationship or person
- Pressure to be perfect

When you see signs--Be ready to ACT

Acknowledge your friend has a problem and it's serious

Care--show that you care about your friend

Tell a trusted adult