



Resources

CRISIS RESPONSE PLAN

Crisis Lines

National Suicide Prevention Lifeline: If you or someone you know is in crisis, you can call the National Suicide Prevention Lifeline at 800-273-TALK (8255) or contact the Crisis Text Line by texting TALK to 741741.

Veterans Crisis Line: The Veterans Crisis Line connects service members and Veterans in crisis, as well as their family members and friends, with qualified, caring VA responders through a confidential toll-free hotline, online chat, or text-messaging service. Dial 800-273-8255 and Press "1" to talk to someone.

Active-Duty Resources

[Air Force Resilience](#)

[Army Suicide Prevention](#)

[Coast Guard Suicide Prevention Program](#)

[Marines DSTRESS line: 877-476-7734](#)

[Navy 1 Small Act Suicide Prevention](#)

[Real Warriors](#)

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Military/Veteran-Connected Specific Support

[Military OneSource: 800-342-9647](#)

[VA Vet Centers](#)

[Headstrong Project](#)

[Give an Hour](#)

[Vets4Warriors](#)

[Wounded Warrior Project's Warrior Care Network](#)

[Cohen Veterans Network](#)

General Information

[The National Resource Directory](#)

[American Foundation for Suicide Prevention](#)

[American Association of Suicidology](#)

[Tragedy Assistance Program for Survivors](#)

[The Columbia Protocol: Columbia-Suicide Severity Rating Scale \(C-SSRS\)](#)

[QPR Institute](#)

[Living Works](#)

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Index Card Example

Personal Warning Signs: crying wanting to hit things getting angry argument with wife	Reasons to Live: Mom Photography wife Motorcycle rides
Strategies for Managing Stress: photography writing woodwork in garage games on phone go for walk listen to ^{uplifting} music breathing 10 mins	Emergency Numbers: Dr. Smith: 555-555-5555 Hot line: 1-800-273-8255 Hospital or 911
Social Support: talk to Bill call/text my mom or Jennifer	

References

National Center for Veterans Studies website

Crisis Response Planning for Suicide Prevention website

“Effect of Crisis Response Planning vs. Contracts for Safety on Suicide Risk in U.S. Army Soldiers: A Randomized Clinical Trial;” Craig J. Bryan, Jim Mintz, Tracy A. Clemans, Bruce Leeson, Scott Burch, Sean R. Williams, Emily Maney, M. David Rudd; “Journal of Affective Disorders,” Volume 212, 1 April 2017, Pages 64-72.

“Brief Cognitive-Behavioral Therapy for Suicide Prevention;” Craig J. Bryan and M. David Rudd; Guilford Press, August 17, 2018

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CRISIS RESPONSE PLAN

Courses in this Series

“Crisis Response Plan for Healthcare Providers: Introduction and Assessment”

“Crisis Response Plan for Healthcare Providers: Intervention”

“What is the Crisis Response Plan: An Introductory Course for People who Support Veterans”

“How to Use the Crisis Response Plan: An Introductory Course for People who Support Veterans”

Further Education

PsychArmor’s Suicide Prevention, Intervention, and Postvention portfolio of courses for healthcare providers, service members, Veterans, families, caregivers and the community-at-large including Dr. Bryan’s “Helping Others Hold On”

PsychArmor’s course for healthcare providers “Suicide In Military Members & Veterans” is narrated by Dr. Bryan and learners may earn both continuing education and continuing medical education credits. Dr. Bryan is now the Stress, Trauma, & Resilience (STAR) Professor at The Ohio State University Wexner Medical Center, and Division Director of Recovery and Resilience in the Department of Psychiatry and Behavioral Health.

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