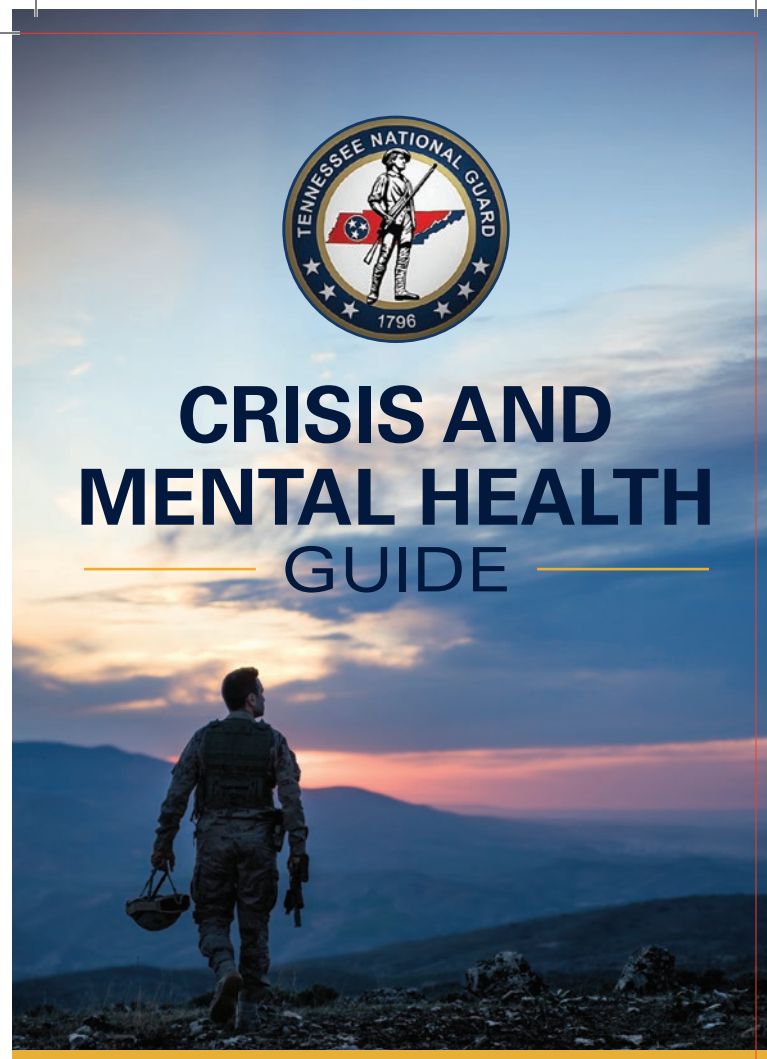
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CRISIS AND MENTAL HEALTH GUIDE

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CRISIS RESOURCE OPTIONS

1. Call or text the 988 Suicide and Crisis Lifeline at: **988**

- 24/7; free and confidential
- Connected with a trained crisis counselor
- Gateway to all other crisis services, except for crisis walk-in centers (one can walk directly into a crisis walk-in center)
- 988 is Mobile Crisis. They will initiate a suicide/crisis assessment and determine the next best level of care needed to support the individual

2. Crisis walk-in centers

3. Crisis stabilization units

4. Emergency department

5. Director of Psychological Health (DPH): **615-806-2899**

6. Crisis respite services



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SUICIDE PREVENTION CHECKLIST
FACE TO FACE

1. Thank the person for talking with you and assure them that their well-being is important to you.
2. Acknowledge the courage it took for them to confide in you with their deepest and hardest emotions.
3. Encourage them to continue talking and let them know that you want to help.
4. Ask what happened and what has changed lately that has led them to this place.
5. Ask very direct questions to ensure you are both talking about the same thing:
   - "Are you thinking about killing yourself?"
   - "Do you have pills or weapons in the house?"
   - "Have you had anything to drink today?"
   - "How much have you been drinking lately?"
   - "Do you take any medications, drugs, or pills? If so, what kind and how much?"
   - "When was the last time you had anything to drink and/or took medication/drugs?"
   - "Do you have weapons at home? Can someone store them for you for a bit?"
   - "Do you have a plan for how you would hurt yourself or how you would take your life?"
6. If the Service member does not have a plan or time frame in which to attempt suicide, do the following:
   - Contact the Director of Psychological Health (DPH) at **615-806-2899**, the Command Chaplain, or the State Chaplain. You can also call the Suicide and Crisis Lifeline at **988** with the person in the room with you; they can deescalate the suicidal individual and direct you to the nearest available crisis center.
   - Contact the Unit, BN, or BDE Commander.
   - Units will submit a Serious Incident Report (SIR) for all suicide ideations, threats, and attempts directly to the R3SP office within 24 hours of the incident.
   - Other options include using SAMHSA's Mental Health and Substance Use Services Locator at: **www.samhsa.gov/find-help** or **https://findtreatment.gov**
7. If the Service member has a plan but has not initiated it, tell them politely, yet firmly, that you need to act to keep them safe. Call **988** and/or Mobile Crisis for an immediate assessment. Mobile Crisis will conduct an assessment to determine the best next-level care option.
8. If the person refuses to be evaluated and is an imminent risk to themselves or someone else, call: **911**

TAB 2

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SUICIDE PREVENTION CHECKLIST
TEXT/POST/PHONE CALL

If you receive a concerning text or see a social media post, don't delay. Reach out to the person immediately.

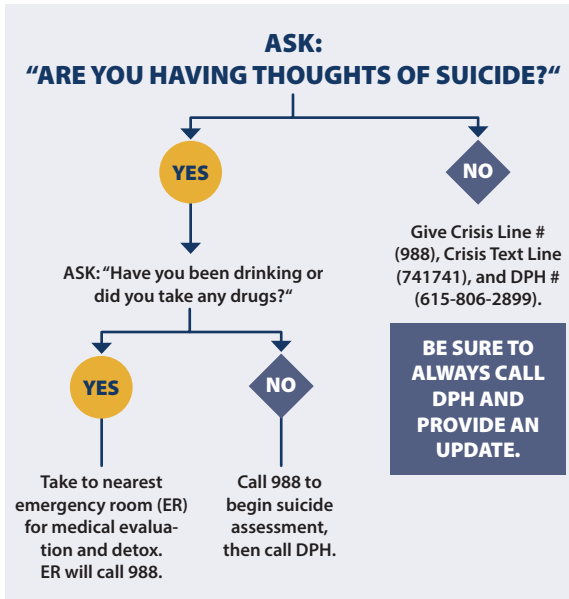
1. Thank the person for talking with you and assure them that their well-being is important to you.
2. Acknowledge the courage it took for them to confide in you with their deepest and hardest emotions.
3. Encourage them to continue talking and let them know that you want to help.
4. Ask what happened and what has changed lately that led them to this place.
5. Ask very direct questions to ensure you are both talking about the same thing:
   - "Are you thinking about killing yourself?"
   - "Do you have pills or weapons in the house?"
   - "Have you had anything to drink today?"
   - "How much have you been drinking lately?"
   - "Do you take any medications, drugs, or pills? If so, what kind and how much?"
   - "When was the last time you had anything to drink and/or took medication/drugs?"
   - "Do you have weapons at home? Can someone store them for you for a bit?"
   - "Do you have a plan for how you would hurt yourself or how you would take your life?"
   - "Are you alone; is there anyone else there with you or nearby?"
6. If answers to the above questions are "yes," **initiate getting help immediately.** Is there someone with the person?
   - **YES:** "Could I please talk with them?" (At this point, speak to the person with the Soldier and express your concerns. Encourage that person to stay with the Soldier until Mobile Crisis arrives.)
   - **NO:** "Is there someone I could contact who could come and be with you right now?" If distance permits, "Could I come to you now? I'm going to stay on the phone with you until I arrive."
     - If NO, get their address and contact the police department to conduct a welfare check.
     - If the individual will not give you their address, contact the Readiness NCO.
     - You can also conference in the Suicide and Crisis Lifeline: **988**
     - Contact the DPH: **615-806-2899**
7. If the person refuses your offer to help by being with them and you deem that they are at imminent risk, call: **911**
8. Be sure to contact the Unit, BN, or BDE Commander, and DPH.
9. Units will submit an SIR for all suicide ideations, threats, and attempts directly to the R3SP office within 24 hours of the incident.

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SUICIDE IDEATION FLOWCHART

Use the following flowchart when a Service member expresses suicidal ideation or is identified as needing suicide prevention resources.



The Suicide and Crisis Lifeline is free and available 24/7. Calling **988** gets the Suicide Risk Assessment process started immediately. If the Service member has been drinking or ingested some type of substance/drug, **DO take them to the emergency department** for medical evaluation and detox. Always notify the DPH: **615-806-2899**

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Suicidal Behavior and SIR Flowchart

Suicide Ideation	Ask, Care, Escort Call 988 Call Command and DPH ***DO NOT LEAVE SM ALONE***	SIR is completed by Unit Commanders and sent via email to R3SP	
Suicide Attempt	Ask, Care, Escort Call 911 Take SM to ER Call Command and DPH ***DO NOT LEAVE SM ALONE***	SIR is completed by Unit Commanders and sent via email to R3SP	
Death by Suicide	Call 911 and Unit Commanders	SIR is completed by Unit Commanders and sent via email to R3SP and JOC	

Psychological Health Director (DPH)
Christopher Barrett:
615-806-2899 | Christopher.c.barrett11.civ@army.mil

Resiliency and Risk Reduction in Suicide Prevention (R3SP)
Misty Leitsch:
615-840-2749 | Misty.r.leitsch.civ@army.mil

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Crisis Walk-in Locations

Frontier Health
208 E. Unaka Ave.
Johnson City, TN 37601
877-928-9062

Volunteer Behavioral Health
1504 Williams Dr.
Murfreesboro, TN 37129
800-704-2651

McNabb Center
5310 Ballcamp Pike
Knoxville, TN 37920
865-541-6958

Mental Health Cooperative
275 Cumberland Bend, Suite 237
Nashville, TN 37228
615-726-0125

McNabb Center
320 West 3rd North St.
Morristown, TN 37814
423-273-5599

Pathways of Tennessee
238 Summar Dr.
Jackson, TN 38301
731-541-8258

Volunteer Behavioral Health
1200 S. Willow Ave.
Cookeville, TN 38506
800-704-2651

Alliance Healthcare Services
3200 Broad Ave.
Memphis, TN 38112
901-577-9400

Volunteer Behavioral Health
413 Spring St., Chattanooga, TN 37405
800-704-2651

VA Medical Centers and Clinics

VA Medical Center at Vanderbilt
1310 24th Ave. S.
Nashville, TN 37212
615-327-4751

Clarksville VA Clinic
782 Weatherly Dr.
Clarksville, TN 37043
931-645-3552

Alvin C. York VA Medical Center
3400 Lebanon Rd.
Murfreesboro, TN 37219
615-867-6000

VA Columbia Outpatient Clinic
800 S. James Campbell Blvd., Suite 100
Columbia, TN 38401
931-981-6930

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WHAT **BEHAVIORAL HEALTH** CAN DO FOR YOU

24/7 Behavioral Health: 615-806-2899

- Provide no-charge behavioral health counseling for Soldiers and family members local to home with civilian private practice providers.
- Provide individual, family, couple, and children's counseling services at little to no charge.
- Act as subject matter experts for command teams or individual Soldiers related to questions about potential services or career-based concerns related to receiving such services.
- Help navigate deployment or medical board issues related to behavioral health treatment or case management services.
- Provide unit-level education or presentations related to behavioral health treatment, suicide, resiliency, or deployment-based concerns.
- Serve as individual case managers for Soldiers navigating their own behavioral health treatment through the TNARNG.
- Serve as primary referral sources for specialized behavioral health treatment related to trauma/post-traumatic stress disorder (PTSD), anxiety/depression, substance abuse, Veteran's Administration services, etc.
- Serve as subject matter experts for those interested in becoming mental health providers or potentially working in the field.

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WHAT **MILITARY & FAMILY READINESS** CAN DO FOR YOU

24/7 Statewide Phone Number: 1-877-311-3264

- Legal Referral
- TRICARE Information
- Financial Assistance and Referral
- DEERS/ID Cards Referral
- Crisis Intervention and Referral
- Community Resource and Referral
- Emergency Family Assistance Center (EFAC)
- Exceptional Family Member Program (EFMP)
- Other Services for Quality of Life Issues
- Assists with the execution of the Military & Family Readiness Standard Operating Procedure for all levels of command
- Provides orientation, ongoing training, hands-on assistance, and information to subordinate Unit commanders and Soldier Family Readiness Groups on all aspects of Military & Family Readiness, well-being, and the deployment cycle
- Tracks and maintains Military & Family Readiness records and reporting requirements for all levels of command
- Serves as the liaison between the Brigade, Battalion, and Company Commanders, State Family Program Office, Family Program Specialist (FPS), and volunteers
- Provides regulatory guidance and all trainings regarding Military & Family Readiness
- Serves as the subject matter expert on Military & Family Readiness while facilitating resources

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WHAT **THE RISK REDUCTION TEAM** CAN DO FOR YOU

This is not a 24/7 resource.

- Schedule and administer your Unit Risk Inventory (URI).
- Assist with completing the Risk Mitigation Plan (RMP).
- Provide case management to Soldiers who fail a UA.
  - Assist with scheduling alcohol/drug assessment.
  - Provide treatment resources.
  - Follow up with case management.
- Conduct annual Suicide Prevention training.
- Conduct annual Substance Misuse training.
- Offer resources for a variety of needs:
  - Resiliency courses.
  - Azimuth check (formerly GAT) reminders.
  - Additional suicide prevention/intervention/postvention support.

Learn more:

Email: **ng.tn.tnarng.mbx.hro-r3sp@army.mil**

Visit: **https://armyeitaas.sharepoint-mil.us/sites/NGTN-HRO/SitePages/Resilience,-Risk-Reduction,-and-Suicide-Prevention-(R3SP)-Program.aspx**

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WHAT **THE CHAPLAIN CORPS** CAN DO FOR YOU

24/7 Statewide Phone Number:
615-517-0988

Motto:
Nurture the Living,
Care for the Wounded,
Honor the Dead.

- Advise commanders on religious, ethical, and moral issues.
- Religious leadership through worship services, sacraments, and spiritual guidance.
- Crisis response through death notifications, casualty affairs, and mass casualty events.
- Religious support through workshops, religious education, and special events.
- Pastoral counseling and emotional support for Service members and their families.
- Relationship training through building strong and ready team events.

State Chaplain
CH (COL) Mark Phillips
Call: **615-517-0988**
Email: **Mark.D.Phillips48.mil@army.mil**

CHAPLAIN CORPS

TAB 5

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WHAT **THE SAPR PROGRAM** CAN DO FOR YOU

24/7 Statewide Phone Number: 615-313-7501

Reporting Options

Empower Soldiers, Airmen, and Federal civilian employees with both restricted and unrestricted reporting options, allowing you to decide the level of confidentiality and involvement.

Commander Support

Equips commanders with guidance, data, and tools to foster a climate of dignity and respect while meeting all Sexual Assault Prevention and Response (SAPR) regulatory obligations.

Training and Prevention

Provides tailored training that goes beyond check-the-box – engaging sessions for units, leadership, and civilians to build real-world skills and awareness.

Resource Navigation

Connects individuals and families with behavioral health, legal, medical, and community-based resources statewide – even outside of a formal report.

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RESOURCES

Counseling and Treatment Resources

Centerstone
Provides mental health services, 12 free counseling sessions for Service members and family; includes counseling for individuals, couples, family, and employment.
Call: **877-467-3123**

Psychology Today
Provides a list of therapists for you to choose from in your area.
www.psychologytoday.com

Give an Hour
Provides a multitude of evidence-based, consumer-informed therapeutic strategies for human-made traumas.
www.giveanhour.org

Alma
Provides a list of therapists who fit your parameters and take your insurance.
www.helloalma.com

Substance Abuse and Mental Health Services Administration (SAMHSA)
Provides treatment and support for mental health and aims to prevent substance abuse.
Call: **800-662-HELP (4357)**
www.samhsa.gov
Find a treatment facility in your area: **https://findtreatment.gov**

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Support Resources

211
Find services (housing, child care, health care, counseling, legal, etc.) near you.
www.211.org

Crisis Text Line
Text **HOME** to **741741** to reach a mental health professional 24/7.

988 Suicide & Crisis Lifeline
Call or text: **988**
https://988lifeline.org

Findhelp
Discover a variety of local services (e.g., social, financial, health) when you enter your zip code.
https://findhelp.org

Vets4Warriors
Provides personalized, confidential peer support by Veterans for Service members, Veterans, spouses, family members, caregivers, and friends.
Call: **855-838-8255** | Text: **732-333-3634**

National Resource Directory
Provides resources at the national, state, and local levels to support recovery, rehabilitation, and community reintegration.
www.nrd.gov

Military OneSource
Provides information and support on a wide range of resources from the Department of Defense (DoD) to help overcome a variety of military life challenges.
www.militaryonesource.mil

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