# Buffalo County Suicide Prevention Resource List

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| LIFELINES |  |
| **Suicide Prevention Lifeline**1-800-273-TALK (8255) **Crisis Textline** 741-741Suicidepreventionlifeline.org | **Nebraska Family Helpline**888-866-8660www.nebraskafamilyhelpline.ne.gov |
| **Boys Town National Hotline**1-800-448-3000Text: VOICE to 20121 to startwww.yourlifeyourvoice.org | **Richard Young Access Center**800-930-0031(308) 865-2249 |
| **South Central Behavioral Services** 308-237-5951  http://www.scbsne.com/ | **The Trevor Project** 866-488-7386  Text "Trevor" to 1-202-304-1200  http://www.thetrevorproject.org/ |
| Inpatient Facilities |  |
| **Richard Young Outpatient Clinic**1755 Prairie View PlaceKearney, Nebraska 68845(308) 865-2249www.richardyoungoutpatientclinic.org |  |
| Community Resources |  |
| **Center for Psychological Services, P.C.**4111 4th Avenue, Suite 32Kearney, Nebraska 68845-2884(308) 234-6029(800) 325-1111 – 24 Hour Crisis Linewww.centerforpsychsrvs.org | Youth Services   In-School Behavior Skills Program  **Trauma Informed Services:** Trauma Focused-Cognitive Behavioral Therapy for Children, Eye Movement Desensitization & Reprocessing (EMDR), Motivational Interviewing, Cognitive Behavioral Therapy, Dialectic Behavioral Therapy, Neurosequential Model treatment, and trained in Psychological Debriefing and Critical Incident Stress Management (CISM). Child-Parent Psychotherapy, Circle of Security (COS) provided.  Bi-lingual Services: A translator is located when possible. |
| **Families CARE, Inc.**Contact: Karla Bennetts4111 4th Avenue, Suite 2Kearney, NE 68845Phone: 308-237-1102 OR 877-225-0500Fax: 308-234-5712www.FamiliesCare.org | Youth Services   Young Adult Care Partner Program AKA Transitional Youth Advocate Program (MH) (Peer Run)  Families CARE provides advocacy, resources, education and support to families who have kids with emotional, behavioral or mental health concerns. Families CARE have Family Peer Support Specialists, all parents who are or have parented children with emotional, behavioral or mental health challenges—and assist and empower parents in the behavioral health system of care, through providing resources, support and education.  Families CARE Youth and Parent Support Group meets once a month:  every 2nd Tuesday at 6:00 pm - Evangelical Free Church, 2609 S. Blaine, Grand Island  every 3rd Tuesday at 6:00 pm – Families CARE, 4009 6th Ave. Suite 55, Kearney  Circle of Security Parenting Training  WRAP Group (14-19 year olds)  Support groups provide a safe, friendly environment for parents to gain new information, share resources, experiences, & support one another. Youth meet separately & through fun positive experiences, gain knowledge about social skills build positive peer relations. All ages welcome. Any parent/youth struggling with emotional/behavioral/mental health needs is welcome; they do not have to be utilizing Families CARE services. |
| **Region 3 Behavioral Health Services**Contact: Beth Baxter4009 6th Avenue, Suite 65P.O. Box 2555Kearney, NE 68848-2555Phone: 308-237-5113800-321-4981Fax: 308-236-7669Website: www.region3.net | Trauma Informed Services:  Region 3 provides the following training for system stakeholders: Psychological First Aid, Mental Health First Aid, Compassion Fatigue, Vicarious Trauma, Trauma-Informed Care, and Train-the-Trainer for Trauma-Informed Care. Additionally staff are trained in the above and also some have Motivational Interviewing training and use the concepts when working with consumers.  Bi-lingual Services: In-house staff who is bi-lingual (Spanish/ |
| **South Central Behavioral Services**Kearney office contact: Sarah Hock3810 Central AvenueP.O. Box 1716Kearney, NE 68848-1716Phone: 308-237-5951Fax: 308-237-5953www.scbsne.com | Adult Services   Intensive Outpatient (SA)   Outpatient/Assessment (MH/SA)   Family Drug Court (SA)   Women's Treatment Program (SA)   Buffalo County Outreach Program   Substance Abuse Education Classes   Peer Support   Medication Management (MH) (Lanning Center satellite office)   Crisis Response  Youth Services   Outpatient/Assessment (MH/SA)  Trauma Informed Services (all locations): DBT, Motivational Interviewing, Seeking Safety, TF-CBT, EMDR, gender-specific. “Helping Women Recover” and “Helping Men Recover” in Adult IOP and aftercare 16 Steps Groups.   Bi-lingual Services: Utilize an interpreter. |
| Survivor of Suicide Loss Resources | |
| **Survivors of Suicide (Support Group)**Meets 2nd Monday of the month6:50 – 8:50 p.m.First Baptist Church(308) 222-0498 afsp.kearney@yahoo.com | **Survivors of Loved Ones’ Suicide** www.1000deaths.com/lists.html |
| **Survivors of Suicide Loss** www.survivorsofsuicide.com/index.html | **Compassionate Friends**1-877-969-0010Compassionatefriends.org |
| **American Foundation for Suicide Prevention**www.afsp.org | **Friends for Survival**1-800-646-7322 |
| Websites and Resources for More Information | |
| **The Connect Program** www.TheConnectProgram.org  Training, education, consultation and materials | **Action Alliance for Suicide Prevention**Actionalallianceforsuicideprevention.org |
| **Nebraska DHHS.ne.gov**www.dhhhs.ne.gov | **American Association of Suicidology**www.Suicidology.org |
| **National Alliance on Mental Illness (NAMI)** www.naminebraska.org | **American Foundation for Suicide Prevention**  https://afsp.org/ |
| **Suicide Prevention Resource Center** www.sprc.org | **The Kim Foundation**  www.thekimfoundation.org/html/about\_us.html |
| **Suicide Contagion: School Support**www.headspace.org.au/assets/School-Support/Suicide-contagion-web.pdf | **Recommendations for Reporting on Suicide**reportingonsuicide.org |
| **To talk or not to talk? The dilemma of suicide contagion**theconversation.com/to-talk-or-not-to-talk-the-dilemma-of-suicide-contagion-46434 | **Social Media Guidelines for Mental Health Promotion and Suicide Prevention**www.eiconline.org/teamup/wp-content/files/teamup-mental-health-social-media-guidelines.pdf |
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