

# Federation of Families for Children's Mental Health of South Carolina



## Federation of Families of SC Newsletter

[www.fedfamsc.org](http://www.fedfamsc.org)

Suicide Prevention

September 2014

If this email was forwarded to you and you would like to be added to our E-Newsletter list click on the button below.

[Join Our Mailing List!](#)

[www.fedfamsc.org](http://www.fedfamsc.org)

### Quick Links

[FFSC's Website](#)

[Like us on Facebook](#)

### Contact us

Toll Free: 866-779-0402  
Columbia: 803-772-5210

### \*Upcoming Events\*

#### Family Support Networks

Spartanburg  
Sept. 30th 6:30-8:00 pm

Richland/Lexington  
October 16th 6:30-8:00 pm

Greenville  
October 21st 6:30: 8:00 pm

Call Toll Free  
for Locations  
866-779-0402  
803-772-5210

## Suicide Prevention Month



*The purple and turquoise Suicide Prevention Ribbon symbolizes suicide prevention and awareness and serves as a reminder that suicide is an issue that we need to talk about.*

*In honor of Suicide Prevention Month, we have tailored our newsletter to reflect the colors of the ribbon.*

Did you know that, in the United States, one person completes suicide every 13 minutes? Or that it's estimated that more than 5 million people in the United States have been directly affected by a suicide?

Experts believe that most suicidal individuals do not want to die. They just want to end the pain they are experiencing.

Experts also know that suicidal crises tend to be brief. When suicidal behaviors are detected early, lives can be saved.

Out of the Darkness Walk  
Riverfront Park  
1:00 pm  
October 26, 2014

### **\*Key Facts\***

**\*Approximately 1 out of 5 adolescents has a diagnosable mental health disorder.**

**\*The treatment success rate for children's mental health disorders is 80%.**

**\*Children & Youth who experience trauma display increases in stress hormones that are comparable to those displayed in combat veterans.**

## **"Children's Mental Health Matters"**

The Lifeline is **FREE**, confidential, and always available.

**HELP**  
a loved one,  
a friend,  
or yourself.

Community crisis centers  
answer Lifeline calls.



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Substance Abuse and Mental Health Services Administration  
www.samhsa.gov

Printed 2005 • Reprinted 2011  
CMHS-SVP-0126

NATIONAL  
**SUICIDE**  
PREVENTION  
**LIFELINE**<sup>TM</sup>  
1-800-273-TALK (8255)  
suicidepreventionlifeline.org

**Learn the  
Warning  
Signs.**

Learn more about the [warning signs of suicide](#).

## **NIMH News**

### **ER Screen Will Identify Troubled Teens**

NIMH has focused on hospital emergency departments as a prime setting for suicide prevention efforts in recent years. Learn more about the Emergency Department Screen for Teens at Risk for Suicide (ED-STARS), a recently-launched study in a network of hospital emergency departments (EDs) across the country, will develop and test a personalized, computer-based suicide risk screening tool for teenagers [here](#).

## **Youth M.O.V.E. SC on Suicide Prevention**

### **Would You Know How to Help a Friend Who is Contemplating Suicide?**

"A Friend Asks" is a FREE smart-phone app that helps provide the information, tools and resources to help a friend (or yourself) who may be struggling with thoughts of suicide.

The "A Friend Asks" App contains the following information:

- **warning signs of suicidal ideation**
- **how to help a friend**
- **how to get help now**

- **what to do and what not to do**
- **the B1 Program**

Download and learn more about the [app](#).  
If in an immediate crisis, call 911.

**+++Employment Opportunity+++**

**Continuum to Hire Parent Support Providers**

The Federation of Families was recently awarded a contract to provide four full-time Parenting Peer Support Providers through the Governor's Office Continuum of Care. A Parenting Parent Support Provider will be based in these regions: Columbia, Greenville, Florence, and Charleston. To find out more about these positions, click [here](#).

[Forward email](#)



This email was sent to donna.shaw@fedfamsc.org by [pheobe.malloy@fedfamsc.org](mailto:pheobe.malloy@fedfamsc.org) | [Update Profile/Email Address](#) | Rapid removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).



Federation of Families of SC | 810 Dutch Square Blvd Ste 205 | Columbia | SC | 29210