

# HSWL RP Cape May

## Suicide Prevention & Mental Health

### Resource Information



<p><u>READY</u></p>	<p>You Can Help!</p> <p>Suicide prevention is an all-hands every day effort.</p> <p>You don't need special training to talk about suicide or show genuine concern for someone in a crisis, but if you want to learn more about how to recognize and talk with someone in crisis, and techniques to safely intervene, USCG Workforce Resilience and Ask-Care-Escort (ACE) training is available by contacting your USCG HSWL RP Cape May Employee Assistance Program Coordinator at (609) 898-6731. You can download a copy of the USCG ACE card <a href="#">here</a>.</p>
<p><u>RELEVANT</u></p>	<p>Suicide is a serious public health problem that has lasting harmful effects on individuals, families and communities. When individuals face stressful situations, they may utilize positive or negative coping strategies. Reducing negative coping strategies and replacing them with positive coping and problem-solving strategies can result in a decreased risk for suicide and suicide-related behaviors. The Coast Guard focuses on minimizing suicide-related behaviors by promoting wellness and social cohesion. When people are thinking about suicide, they almost always express their pain in ways that invite others to reach out and help.</p>
<p><u>RESPONSIVE</u></p>	<p>Connect to Protect: Support is Within Reach, emphasizing connections with others and the community, as well as with suicide prevention resources. Everyone is encouraged to reach for support – whether that's seeking help or offering support. There are numerous resources contained within this pamphlet available to help Coast Guard active duty members, reservists, civilian employees and family members who are in need of assistance within the HSWL RP Cape May area of responsibility (Delaware, eastern Pennsylvania, and southern New Jersey).</p>

Resource	Services	Phone Number	Website
<b>Emergency</b>			
Emergency	Fire, police, and medical emergency	911	N/A
<b>National Crisis Resources</b>			
National Suicide Prevention Lifeline	We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.	1-800-273-8255 Text: 838255	<a href="https://suicidepreventionlifeline.org/">https://suicidepreventionlifeline.org/</a>
Military/Veterans Crisis Line	Connect with the Veterans Crisis Line to reach caring, qualified responders with the Department of Veterans Affairs. Many of them are Veterans themselves.	1-800-273-4357 & Press 1	General website: <a href="https://www.veteranscrisisline.net/">https://www.veteranscrisisline.net/</a> To chat online: <a href="https://www.veteranscrisisline.net/get-help/chat">https://www.veteranscrisisline.net/get-help/chat</a>
Crisis Text Line	Crisis Text Line is free, 24/7 crisis support by text message.	Text TALK to 741-741	<a href="https://www.crisistextline.org/">https://www.crisistextline.org/</a>
Vets4Warriors	Provides 24/7 confidential peer support network for veterans and military communities.	1-855-838-8255 Email: vets4warriors@ubhc.rutgers.edu	<a href="https://www.vets4warriors.com/">https://www.vets4warriors.com/</a>
Substance Abuse and Mental Health & Human Services (SAMSHA) Treatment Referral Hotline	Provides confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders.	1-800-662-HELP (4357) TTY: 1-800-487-4889	<a href="https://www.samhsa.gov/find-help/national-helpline">https://www.samhsa.gov/find-help/national-helpline</a>
The Trevor Project	Provides information, support, suicide prevention, and crisis intervention for LGBTQ (lesbian, gay, bisexual, transgender, queer, and questioning) young people 24/7, all year round.	1-866-488-7386 Text START to 678-678	<a href="https://www.thetrevorproject.org/">https://www.thetrevorproject.org/</a>
Trans Helpline	Trans Lifeline is an organization offering direct emotional and financial support to trans people in crisis – for the trans community, by the trans community.	1-877-565-8860	<a href="https://translifeline.org/">https://translifeline.org/</a>
National Poison Control Hotline	Connects you to your local poison center and is your resource for help in a	1-800-222-1222	<a href="https://poisonhelp.hrsa.gov/poison-centers/find-poison-center">https://poisonhelp.hrsa.gov/poison-centers/find-poison-center</a>

	poisoning emergency.		
American Red Cross	The American Red Cross provides confidential services to all members of the military, veterans, and their families by connecting them with local, state and national resources through our network of chapters in communities across the United States and offices on military installations worldwide.	1-877-272-7337	<a href="https://www.redcross.org/get-help/military-families/information-referral-services.html">https://www.redcross.org/get-help/military-families/information-referral-services.html</a>
<b>State of Delaware Resources</b>			
DE211	Connect with resources in your local DE community. Our specialists will listen to your needs, and give you information on programs in your community that might be able to help.	See website.	<a href="https://www.delaware211.org/">https://www.delaware211.org/</a>
Delaware Crisis Intervention	Crisis intervention services are available 24 hours a day to assist people, 18 years and older, with severe personal, family or marital problems.	Northern Delaware 1-302-577-2484, or toll-free 1-800-652-2929  Southern Delaware 1-302-424-5550, or toll-free 1-800-345-6785	<a href="https://www.dhss.delaware.gov/dsamh/crisis_intervention.html">https://www.dhss.delaware.gov/dsamh/crisis_intervention.html</a>
Delaware Coalition for Injury Prevention - Poisoning	Provides free 24/7 emergency and information hotline by health care professionals with immediate help in poisoning emergencies as well as in situations where someone is just a little worried.	1-800-222-1222	<a href="https://www.dhss.delaware.gov/dhss/dph/ems/ippoison.html">https://www.dhss.delaware.gov/dhss/dph/ems/ippoison.html</a>
<b>State of New Jersey Resources</b>			
NJ211	Connect with resources in your local NJ community. Our specialists will listen to your needs, and give you information on programs in your community that might be able to help.	See website.	<a href="https://www.nj211.org/">https://www.nj211.org/</a>
New Jersey Mental Health & Crisis Intervention	Provides mental health services including assessment, emergency and referral services to persons in need in a specified geographical area of New Jersey.	See website. Refer to the designated screening centers by County.	<a href="https://www.nj.gov/humanservices/dmhas/home/hotlines/MH_DI_RECTORY_by_Program.pdf">https://www.nj.gov/humanservices/dmhas/home/hotlines/MH_DI_RECTORY_by_Program.pdf</a>
NJ Hope Line	A confidential NJ Suicide Prevention Hopeline designed to lessen the	1-855-654-6735	<a href="https://njhopeline.com/">https://njhopeline.com/</a>

	amount of distress you are currently experiencing and work collaboratively with you to develop a resolution to whatever stressors prompted you to contact us.		
NJ Mental Health Cares	New Jersey's behavioral health information and referral service.	1-866-202-HELP (4357) TTY: 1-877-294-4356 E-mail: <a href="mailto:help@njmentalhealthcares.org">help@njmentalhealthcares.org</a>	<a href="https://www.njmentalhealthcares.org/">https://www.njmentalhealthcares.org/</a> Designated screening services can be found at <a href="https://www.nj.gov/humanservices/dmhas/home/hotlines/MH_Screening_Centers.pdf">https://www.nj.gov/humanservices/dmhas/home/hotlines/MH_Screening_Centers.pdf</a>
NJ Vet2Vet	Provides 24-hour support to New Jersey National Guard members, active military personnel, veterans, their families, and caregivers, statewide.	1-866-838-7654 E-mail at <a href="https://www.njvet2vet.com/email-support/">https://www.njvet2vet.com/email-support/</a>	
NJ Resources for Safety, Prevention, & Crisis Counseling Services	Local organizations that offer counseling services for persons in need throughout New Jersey.	See website.	<a href="https://www.capeatlanticresources.org/health-services/crisis-safety/">https://www.capeatlanticresources.org/health-services/crisis-safety/</a>
NJ Poison Control	Provides free 24/7 emergency and information hotline by health care professionals with immediate help in poisoning emergencies as well as in situations where someone is just a little worried.	1-800-222-1222 Text at 1-973-339-0702	<a href="https://www.njpies.org/about-njpies/">https://www.njpies.org/about-njpies/</a>
<b>State of Pennsylvania Resources</b>			
PA211	Connect with resources in your local PA community. Our specialists will listen to your needs, and give you information on programs in your community that might be able to help.	See website.	<a href="https://www.pa211.org/">https://www.pa211.org/</a>
Pennsylvania Crisis Intervention	Provides mental health services including assessment, emergency and referral services to persons in need in a specified geographical area of Pennsylvania.	See website. Refer to the designated screening centers by County.	<a href="https://www.cor.pa.gov/Documents/PA%20County%20Crisis%20Contacts.pdf">https://www.cor.pa.gov/Documents/PA%20County%20Crisis%20Contacts.pdf</a>
PA Support & Referral Helpline		1-855-284-2494 TTY: 1-724-631-5600	<a href="https://www.dhs.pa.gov/Services/Mental-Health-In-PA/Pages/default.aspx">https://www.dhs.pa.gov/Services/Mental-Health-In-PA/Pages/default.aspx</a>
PA Prevent Suicide	Navigate easily through the resources available to military & veterans, and their families, in the state of Pennsylvania.	See website.	<a href="https://www.preventsuicidepa.org/resources/military/">https://www.preventsuicidepa.org/resources/military/</a>

PA Poison Control Center	Provides free 24/7 emergency and information hotline by health care professionals with immediate help in poisoning emergencies as well as in situations where someone is just a little worried.	1-800-222-1222	<a href="https://www.chop.edu/centers-programs/poison-control-center">https://www.chop.edu/centers-programs/poison-control-center</a>
<b>Finding Mental Health Care</b>			
Primary Care Manager	Your primary health care provider.	Refer to your Primary Care Manager.	Refer to your Primary Care Manager
Tricare East	Search for network providers offering telemedicine by filtering your search results, or try one of our new telemedicine options with Doctor On Demand and Telemetry!	(800) 444-5445	<a href="https://www.humanamilitary.com/beneficiary/findcare">https://www.humanamilitary.com/beneficiary/findcare</a>
Substance Abuse and Mental Health & Human Services (SAMSHA) Behavioral Health Treatment Locator	A confidential and anonymous source of information for persons seeking treatment facilities in the United States or U.S. Territories for substance use/addiction and/or mental health problems.	See website	<a href="https://findtreatment.samhsa.gov/">https://findtreatment.samhsa.gov/</a>
National Association of Social Workers	Find professional social workers who provide individual psychotherapy and other forms of mental health assistance, including group therapy and support groups.	See website	<a href="http://www.helpstartshere.org/">http://www.helpstartshere.org/</a>
<b>USCG Network of Care</b>			
CG SUPRT	CG SUPRT provides confidential professional counseling, education, and referral services to Coast Guard members and families.	1-855-CG SUPRT (247-8778)	<a href="http://www.CGSUPRT.com">www.CGSUPRT.com</a>
TRICARE Nurse Advice Line	The MHS Nurse Advice Line is available 24/7 by phone, web chat, and video chat.	1-800-TRICARE (874-2273), option 1	<a href="https://mhsnurseadvice.com/home">https://mhsnurseadvice.com/home</a>
Chaplain Services	Advises members and families during times of need.	See website	<a href="https://www.uscg.mil/Leadership/Senior-Leadership/Chaplain-of-the-Coast-Guard/locations/">https://www.uscg.mil/Leadership/Senior-Leadership/Chaplain-of-the-Coast-Guard/locations/</a>
Office of Work-Life	Work-Life Programs support the well-being of active duty, reserve and civilian employees and family members.	1-202-475-5100	<a href="https://www.dcms.uscg.mil/Our-Organization/Assistant-Commandant-for-Human-Resources-CG-1/Health-Safety-and-Work-Life-CG-11/Office-of-Work-Life-CG-111/">https://www.dcms.uscg.mil/Our-Organization/Assistant-Commandant-for-Human-Resources-CG-1/Health-Safety-and-Work-Life-CG-11/Office-of-Work-Life-CG-111/</a>
USCG TRACEN Cape	The Samuel J. Call Health	1-609-898-6610	<a href="https://www.forcecom.uscg.mil/">https://www.forcecom.uscg.mil/</a>

May Medical Clinic	Services Center (SJCHSC) is the largest healthcare facility in the Coast Guard, and provides health services across a wide spectrum of care, including primary care, dental, mental health, pharmacy, physical therapy/sports medicine, laboratory, radiology and optometry.		<a href="#">Our-Organization/FORCECOM-UNITS/TraCen-Cape-May/Medical-Services/</a>
Unit Ombudsman	Provides information and referral services to Coast Guard families.	See website	<a href="https://cgombudsmanregistry.org/">https://cgombudsmanregistry.org/</a>
<b>Other Resources &amp; Mobile Apps</b>			
USCG Mobile Apps	Information about Coast Guard support programs and services available to members and families.	N/A	<p>HSWL App: <a href="https://www.uscg.mil/mobile/">https://www.uscg.mil/mobile/</a></p> <p>MyCG App: <a href="https://www.mycg.uscg.mil/">https://www.mycg.uscg.mil/</a></p> <p>CG SUPRT (Password: USCG): <a href="https://www.uscg.mil/mobile/">https://www.uscg.mil/mobile/</a></p> <p>COVID Coach: <a href="https://mobile.va.gov/app/covid-coach">https://mobile.va.gov/app/covid-coach</a></p>
USCG Family Resources	A list of USCG Family Resources and links.	N/A	<a href="https://safe.menlosecurity.com/doc/docview/viewer/docN7FE502D26280deadaac39f388c97c9af5795fe368cdd8f2f562abfb00d93a291e373d4f900a">https://safe.menlosecurity.com/doc/docview/viewer/docN7FE502D26280deadaac39f388c97c9af5795fe368cdd8f2f562abfb00d93a291e373d4f900a</a>
MyCG	MyCG is a one-stop information gateway on the public web that brings together essential Coast Guard news and resources and gives you easier access to the important information you need.	N/A	<a href="https://mycg.uscg.mil">https://mycg.uscg.mil</a>
American Red Cross Hero Care App	Access vital emergency and non-emergency resources for military members, veterans and military families.	Test "GETHEROCARE" to 90999	<a href="https://www.redcross.org/get-help/how-to-prepare-for-emergencies/mobile-apps.html">https://www.redcross.org/get-help/how-to-prepare-for-emergencies/mobile-apps.html</a>