

## ***Mental/Behavioral Health Resources for Individuals and Families living in Yakima County***

### ***If you or a loved one is experiencing distress and needs support, call:***

- ☒ National Parent Helpline 1-855-4 A PARENT or 1-855-427-2736
- ☒ Info Children /Parent Helpline 1-778-782-3548
- ☒ National Suicide Prevention 1-800-273-8255
- ☒ Crisis Text Line by texting TALK to 741741

### ***Local Crisis Line for Yakima County:***

- ☒ Comprehensive Healthcare Crisis Line- 509-575-4200
- ☒ NAMI 509-453-8229 (available 24/7)

### ***If you or a loved one have mental health concerns, or behavioral challenges, and would like to make a referral, call the following for ongoing services (additional local mental health counselors may also be available):***

- ☒ Behavioral Health Services (Yakima Valley Farmworkers Clinic) - 509-453-1344
- ☒ Comprehensive Healthcare-509-575-4084
- ☒ Catholic Charities Services- 509-965-7100
- ☒ Medicaid / Managed Care Organizations offer Case Coordination Support
- ☒ Private Insurance companies will direct you to authorized service providers

### ***Please remember to take care of yourself during this stressful time, including:***

- ☒ Taking breaks- go for a walk outside, play outside with your children/family
- ☒ Don't watch the news 24/7
- ☒ Take time for fun! Do a craft activity with your child, watch a funny movie, and be silly
- ☒ Reach out to a friend by phone or Face Time- talk about things other than the virus
- ☒ Eat healthy as much as possible
- ☒ Get enough sleep
- ☒ Try to maintain a daily routine- for you and your children!
- ☒ Keep in mind, this will pass- focus on positives as much as possible
- ☒ Separate what is in your control from what is not

### ***10 Ways to Feel Less Isolated as a Parent While Social Distancing***

1. Post heartwarming memories on social media.
2. Open up about how you're organizing your time.
3. Cook with friends and loved ones virtually.
4. Create a thoughtful craft.
5. Bust out that stationery and pen.
6. Interact with people in your neighborhood from a distance.
7. Put on a show for family or friends via Face Time or Zoom.
8. Get philanthropic.
9. Host a virtual book club and/or happy hour.
10. Get creative.

<https://www.parents.com/kids/health/childrens-mental-health/ways-to-feel-less-isolated-as-a-parent-while-social-distancing/>

## **Suicide Prevention**

**What leads to suicide?** There's no single cause for suicide. Suicide most often occurs when stressors and health issues converge to create an experience of hopelessness and despair. Depression is the most common condition associated with suicide, and it is often undiagnosed or untreated. Conditions like depression, anxiety, and substance problems, especially when unaddressed, increase risk for suicide. Yet it's important to note that most people who actively manage their mental health conditions go on to engage in life.

### **Suicide risk factors**

Risk factors are characteristics or conditions that increase the chance that a person may try to take their life.

**Risk factor: Mental/Emotional and Physical Health-** Depression, Substance use, Bipolar disorder, Schizophrenia, Personality traits of aggression, mood changes and poor relationships, Conduct disorder, Anxiety disorders, Serious physical health conditions including pain, Traumatic brain injury

**Risk factor: Environmental-** Access to lethal means including firearms and drugs; prolonged stress, such as harassment, bullying, relationship problems or unemployment; Stressful life events, like rejection, divorce, financial crisis, other life transitions or loss; Exposure to another person's suicide, or to graphic or sensationalized accounts of suicide

**Risk factor: Historical-** Previous suicide attempts, Family history of suicide, Childhood abuse, neglect or trauma

### **Suicide warning signs**

Something to look out for when concerned that a person may be suicidal is a change in behavior or the presence of entirely new behaviors. This is of sharpest concern if the new or changed behavior is related to a painful event, loss, or change. Most people who take their lives exhibit one or more warning signs, either through what they say or what they do.

**Warning sign: Talk-** If a person talks about: killing themselves, feeling hopeless, having no reason to live, being a burden to others, feeling trapped, unbearable pain

**Warning sign: Behavior-** Behaviors that may signal risk, especially if related to a painful event, loss or change: Increased use of alcohol or drugs; looking for a way to end their lives, such as searching online for methods; withdrawing from activities, isolating from family and friends; sleeping too much or too little; visiting or calling people to say goodbye; giving away prized possessions; aggression; fatigue

**Warning sign: Mood-** People who are considering suicide often display one or more of the following moods: Depression, Anxiety, Loss of interest, Irritability, Humiliation/Shame, Agitation/Anger, Relief/Sudden Improvement

<https://afsp.org/risk-factors-and-warning-signs>

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*Compiled by the Children and  
Youth with Special Health  
Care Needs Team at  
Children's Village*

*509-574-3200*

Children's Mental Health Resource: On Our Sleeves: <https://onoursleeves.org/>