

Quick Reference for Intervention

During office hours, Chattanooga State students, faculty, and staff should contact one of the individuals listed below.

Primary	Secondary	Emergency
Carisa Powell, LPC – MHSP Desk: 423-697-3228 Main: 423-697-5583	Michelle Kilgore, Director Student Support Services Office: 423-697-5740 Cell: 423-593-1927	Campus Police Office: 423-697-4467 Cell: 423-595-3651
Doug Byrd Desk: 423-697-3169 Main: 423-697-5583	Amanda Bennett, Vice-President Student Affairs Office: 423-697-4423 Cell: 423-413-2984	<u>988 Suicide & Crisis Lifeline</u> Call 988 Text 2417



After hours, Chattanooga State students, faculty, and staff should contact Campus Police or contact trained professionals through the **988 Suicide & Crisis Lifeline**

Primary	Secondary
Campus Police Office: 423-697-4467 Cell: 423-595-3651	<u>988 Suicide & Crisis Lifeline</u> Call: 988 Text: 2417

Intervention Resources

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For 24/7 support, contact:

- **988 Suicide & Crisis Lifeline**: Call 988 or Text 2417
- Trevor Lifeline for LGBTQIA Youth: Call 1-800-488-7386 or Text "START" to 678-678
- Tennessee Statewide Crisis Line: Call 1-800-273-8255 or Text "TN" to 741-741
- Veteran Crisis Line: Dial 988 then Press 1, Text 838255

Additional Counseling Support in the Chattanooga area:

1. Chattanooga State Center for Access and Disability Services: Room Branch 54, Phone: 423-697-4454.
2. McNabb Center Address: 601 Cumberland Street, Chattanooga, TN Contact: Gayle Lodato, Senior Director, Southeast Region Phone: 423-763-0101 Services: Prevention Training, Counseling, Crisis Counseling, and Intervention
3. Chattanooga Vet Center Address: 1300 Perimeter Drive, Suite 180, Chattanooga, TN 37421 Phone: 423-855-6570 Website: www.vetcenters.va.gov Services: Prevention Training, Counseling, Crisis Counseling, and Intervention
4. Volunteer Behavioral Health Address: 420 W. Bell Avenue, Chattanooga, TN 37405 Phone: 423-634-8884 Services: Prevention Training, Counseling, Crisis Counseling, and Intervention
5. Mobile Crisis Unit Address: 423 Spring Street, Chattanooga, TN 37405 Phone: 423-417-2585 Services: Crisis Counseling, and Intervention Transportation

Note: These resources can provide additional support and services for mental health needs.

If an individual is feeling suicidal, there are several interventions they can utilize to seek help and support. Here are some options:

1. **Call a helpline or crisis hotline:** Contact a helpline specifically dedicated to suicide prevention and crisis intervention. In the United States, the National Suicide Prevention Lifeline can be reached at 1-800-273-TALK (1-800-273-8255). Other countries have their own helplines, so it's important to identify the appropriate helpline for your location.
2. **Text a crisis hotline:** Some crisis hotlines provide the option to seek help through text messages. Crisis Text Line (in the United States) can be reached by reaching out to: 988 Suicide & Crisis Lifeline: Call 988 or Text 2417.
3. **Reach out to a trusted person:** Share your feelings with a trusted friend, family member, or someone you feel comfortable talking to. They can offer support and help you navigate the situation.
4. **Contact mental health professionals:** Reach out to mental health professionals such as therapists, counselors, psychologists, or psychiatrists. They are trained to provide support and can help develop a safety plan and treatment options.
5. **Visit an emergency room:** If you're in immediate danger or need urgent assistance, go to the nearest emergency room. They have resources and professionals available to help in crisis situations.
6. **Seek support from support groups or community organizations:** Joining support groups or reaching out to community organizations that focus on mental health can provide a sense of connection, understanding, and additional resources.
7. **Utilize online resources:** There are online platforms, websites, and forums dedicated to suicide prevention and mental health support. These platforms may offer information, resources, and communities where you can connect with others facing similar challenges.
8. **Have a trusted individual secure items such as sharps, firearms, medications (OTC and prescription), etc.** These items can be stored in a lock box, trunk, etc.

Remember, if you or someone you know is in immediate danger or experiencing a life-threatening emergency, call emergency services in your country right away. It's important to prioritize your safety and seek professional help when needed.



It's essential to recognize the warning signs of suicide to help identify when someone may be at risk. Warning signs can vary from person to person, but some common indicators include:

1. **Talking about suicide:** Expressing thoughts or feelings about wanting to die, talking about suicide, or verbalizing feelings of hopelessness or being a burden to others.
2. **Increased social withdrawal:** Withdrawing from social activities, isolating oneself from friends, family, and loved ones.
3. **Emotional changes:** Experiencing intense and persistent feelings of sadness, despair, anxiety, or mood swings. Displaying a sense of hopelessness or feeling trapped.
4. **Giving away possessions:** Giving away personal belongings, making arrangements, or saying goodbye to loved ones as if preparing for the end.

5. Increased substance abuse: Escalating use of drugs or alcohol as a way to cope with emotional pain or numb their feelings.
6. Sudden calmness: A sudden shift from being highly distressed or depressed to appearing calm and at peace. This can occur if someone has made the decision to attempt suicide.
7. Drastic behavior changes: Engaging in risky or self-destructive behaviors, acting recklessly, or displaying uncharacteristic impulsivity.
8. Preoccupation with death: Showing an excessive interest in death, dying, or morbid themes through conversations, writing, artwork, or social media posts.
9. Loss of interest: Losing interest in activities, hobbies, or relationships that were once enjoyable or meaningful.
10. Neglecting personal appearance: Exhibiting a decline in personal hygiene or neglecting self-care.

It's important to note that these signs are not definitive proof of suicidal intentions but should be taken seriously. If you observe these warning signs in someone, it is crucial to reach out, show support, and help them access appropriate mental health resources.

Prevention Programming and Resources

In compliance with T.C.A. § 49-7-172, the Chattanooga State prevention strategies will include:

- The following suicide or mental health wellness statement included on course syllabi:

Chattanooga State Community College is committed to and cares about the well-being of all students and employees. Support services are available for any person in need of assistance who may feel overwhelmed, hopeless, depressed, and/or is thinking about self-harm or suicide. To access mental health support, contact the Student Support Center at 423-697-5583. After hours, call Campus Police at 423-697-4467 or 423-595-3651. The [988 Suicide and Crisis Lifeline](#) also offers help 24/7. Dial 988, text 988, or chat at <https://988lifeline.org/>

Go to [Chattanooga State Master Syllabi, including college policy statements](#).

- Promotion of campus and community resources, including 988 Suicide & Crisis Lifeline.
- Overview of the Suicide Prevention Plan emailed each semester.
- Four annual training opportunities for faculty, staff, and students.
- Partnerships with mental health providers in the service area.

T.C.A. § 49-7-172 Compliance and Postvention

Chattanooga State Community College is dedicated to the mental health wellness of our students, faculty, and staff. In compliance with T.C.A. § 49-7-172, the institution maintains a Suicide Prevention Plan that outlines strategies for prevention and intervention. In the event that a Chattanooga State student, faculty or staff commits suicide, the Assistant Vice President of Student Engagement and Support Services will act on behalf of the institution.

For further information about the Chattanooga State Suicide Prevention Plan:

Amanda Bennett, Student Affairs Vice-President

Office: 423-697-4423

Email: amanda.bennett@chattanoogastate.edu