Post Traumatic Stress Disorder & Suicide Prevention
A guide to unmasking the hidden wounds of our veterans, students, teachers and staff.

New Business Item (NBI)

“The NEA, through digital technology, will publicize through existing channels, of Post Traumatic Stress Disorder and Suicide Prevention. Suicide rates are higher in people with PTSD, among those individuals who have suffered traumatic events, this includes our veterans and all students and education staff hiding these invisible wounds.”
ABSTRACT

This document holds the necessary resources to provide optimal suicide prevention by cause of Post Traumatic Stress Disorder. The resources listed below, in order of direct relevance, address the content knowledge needed to answer the New Business Item (NBI) stated above. The list of resources first cover the topic of basic information- including the definition of Post Traumatic Stress Disorder, how one contracts the mental illness and symptoms to watch for. Following the overview, this document will cover three major target groups and therapies to assist them each respectfully. The groups spoken to in this research include veterans, children/adolescents and the general population. Concluding the examination of Post Traumatic Stress Disorder as it is linked to suicide across America and throughout the world, the appropriate Suicide Crisis Hotlines by state are also available upon the close of this document.
Post Traumatic Stress Disorder (PTSD) Helplines /Suicide Prevention State Contacts

National Suicide Prevention Lifeline: 1-800-273-8255

Alabama:
National Alliance on Mental Illness
1401 I-85 parkway, Suite A
Montgomery, AL 36106
Phone: 334-396-4797 or toll free 800-626-4199
Email: wlaird@namialabama.org
Website: www.namialabama.org

Alaska:
Alaska Department of Health and Social Services – Behavioral Health/Prevention & Early Intervention
P.O. Box 110620
Juneau, AK 99811
Phone: 907-465-8536
President: James Gallanos
Email: James.gallanos@alaska.gov
Website: http://dhss.alaska.gov/dbh/Pages/Prevention/default.aspx

Arizona:
Arizona Suicide Prevention Coalition
P.O. Box 10745
Phoenix, AZ 85064
Phone: 602-248-8337
President: Nikki Kontz
Email: nikki@teenlifeline.org
Website: http://www.azspc.org/

Arkansas:
Suicide Prevention Program: Arkansas Department of Health
4815 West Markham Street, Slot 10
Little Rock, AR 72205
Phone: 501-614-5234
President: Amanda Thomas
Email: Amanda.thomas@arkansas.gov
Website: https://www.sprc.org/grantees/arkansas-department-health-2
California:
California Department of Health Care Services
1500 Capitol Avenue
Sacramento, CA 95899
Phone: 916-324-0401
Section Chief: Donna Ures
Email: Donna.ures@dhcs.ca.gov
Website: http://www.dhcs.ca.gov/services/MH/Pages/SuicidePrevention.aspx

Colorado:
Colorado Department of Public Health and Environment
4300 Cherry Creek Drive South
Denver, CO 80246
Phone: 303-692-2369
Director: Sarah Brummett
Email: Sarah.brummett@state.co.us
Website: https://www.colorado.gov/cdphe/categories/services-and-information/health/prevention-and-wellness/suicide-prevention

Connecticut:
Connecticut Department of Mental Health
410 Capitol Avenue
Hartford, CT 06134
Phone: 860-418-6801
Manager: Andrea Duarte
Email: Andrea.duarte@ct.gov
Website: http://www.ct.gov/dmhas/site/default.asp

Delaware:
Mental Health Association in Delaware
100 West 10th Street, Suite 600
Wilmington, DE 19801
Phone: (302) 654-6833
Executive Director: Emily Coggin
Email: ecoggin@mhainde.org
Website: http://www.mhainde.org/wp/
District of Columbia:
District of Columbia Department of Mental Health
64 New York Avenue, NE, Suite 371
Washington, DC 20002
Phone: (202) 671-3105
Director: Lisa Bullock
Email: Lisa.bullock@dc.gov
Website: https://dbh.dc.gov/

Florida:
Florida Department of Children and Families
1317 Winewood Blvd.
Tallahassee, FL 32399
Phone: (850) 717-4429
Suicide Prevention Specialist: Sindie Castro
Email: Sindie.castro@myflfamilies.com
Website: http://www.myflfamilies.com/service-programs/mental-health/suicide-prevention

Georgia:
Georgia Department of Behavioral Health and Developmental Disabilities
2 Peachtree Street NE, 23-486
Atlanta, GA 30303
Phone: (404) 657-1686
Suicide Prevention Coordinator: Sally VanderStraeun
Email: Sally.vanderstraeten@dbhdd.ga.gov
Website: https://dbhdd.georgia.gov/suicide-prevention?vgnextoid=2e07d733e662f210VgnVCM100000bf01010aRCRD

Hawaii:
Hawaii State Department of Health, EMS Injury Prevention and Control System Branch
3675 Kilauea Avenue
Honolulu, HI 96816
Phone: (808) 733-9238
Suicide Prevention Coordinator: Nancy Deeley
Email: Nancy.deeley@doh.hawaii.gov
Website: http://health.hawaii.gov/injuryprevention/home/suicide-prevention/information/
Idaho:
Idaho Department of Health and Welfare, Division of Public Health
450 W. State Street
Boise, ID 83702
Phone: (208) 334-4938
Manager: Kim Kane
Email: Kim.kane@dhw.idaho.gov
Website: http://healthandwelfare.idaho.gov/Families/SuicidePrevention/tabid/486/Default.aspx

Illinois:
Illinois Department of Public Health, Office of Health Promotion
535 West Jefferson, 2nd Floor
Springfield, IL 62761
Phone: (217) 558-4081
Injury Prevention Coordinator: Jennifer Martin
Email: Jennifer.L.martin@illinois.gov
Website: http://www.dph.illinois.gov/topics-services/prevention-wellness/suicide-prevention

Indiana:
Indiana Division of Mental Health & Addiction, Indiana Family and Social Services Administration
402 West Washington Street, Room W353
Indianapolis, IN 46204
Phone: (317) 232-7800
Statewide Suicide Prevention Coordinator: Jason Murrey
Email: Jason.murrey@fssa.in.gov
Website: http://www.in.gov/issp/

Iowa:
Iowa Department of Public Health
321 East 12th St.
Des Moines, IA 50319
Phone: (515) 281-5444
Suicide Prevention Coordinator: Pat Mcgovern
Email: Pat.mcgovern@idph.iowa.gov
Website: https://idph.iowa.gov/substance-abuse/suicide-prevention
Kansas:
Behavioral Health Services Commission, KS Dept for Aging & Disability Services
503 S. Kansas Ave.
Topeka, KS 66603
Phone: (785) 296-4528
Behavioral Health Prevention Consultant: Kimi Gardner
Email: Kimi.gardner@ks.gov
Website: https://www.kdads.ks.gov/commissions/behavioral-health

Kentucky:
Kentucky Department for Behavioral Health, Developmental and Intellectual Disabilities
275 E. Main Street
Frankfort, KY 40601
Phone: (502) 782-2474
Kentucky Suicide Prevention Coordinator: Patti Clark
Email: Patti.clark@ky.gov
Website: http://dbhdid.ky.gov/dbh/sp.aspx

Louisiana:
Office of Behavioral Health
PO Box 4049
Baton Rouge, LA 70821
Phone: (225) 342-2540
Director of Prevention Services: Leslie Brougham Freeman
Email: Leslie.broughamfreeman@la.gov
Website: http://dhh.louisiana.gov/index.cfm/newsroom/detail/3515

Maine:
Maine Center for Disease Control, Department of Health & Human Services
286 Water Street, 5th Floor / 11 State House Station
Augusta, ME 04333
Phone: (207) 287-3856
Director: Sheila Nelson
Email: Sheila.nelson@maine.gov
Website: http://maine.gov/suicide/
Maryland:
Maryland Department of Health: Behavioral Health Administration
55 Wade Avenue
Catonsville, MD 21228
Phone: (410) 402-8576
Director of Suicide Prevention: Janel Cubbage
Email: Janel.cubbage@maryland.gov
Website: https://health.maryland.gov/suicideprevention/Pages/home.asp

Massachusetts:
Massachusetts Department of Public Health, Suicide Prevention Program
250 Washington Street
Boston, MA 02108
Phone: (617) 624-5460
Assistant Director: Kelley Cunningham
Email: kelley.cunningham@state.ma.us

Michigan:
Michigan Department of Health and Human Services: Injury & Violence Prevention Section
Lansing, MI 48909
Phone: (517) 335-9703
Violence Prevention Program Coordinator: Patricia Smith
Email: smithp40@michigan.gov
Website: http://www.michigan.gov/mdhhs/0,5885,7-339-71548_58879-58892--,00.html

Minnesota:
Minnesota Department of Health
85 East Seventh Place, Suite 220 P.O. Box 64882
St. Paul, MN 55164-0882
Phone: (651) 201-5723
Suicide Prevention Coordinator: Amy Lopez
Email: Amy.Lopez@state.mn.us
Website: http://www.health.state.mn.us/injury/topic/suicide/
Mississippi:
Mississippi Department of Mental Health
239 North Lamar St
Jackson, MS 39201
Phone: (601) 359-6251
Director of the Bureau of Outreach: Wendy Bailey
Email: wendy.bailey@dmh.ms.gov
Website: http://www.dmh.ms.gov/shatter-the-silence/

Missouri:
Missouri Department of Mental Health
1706 East Elm, P.O. Box 687
Jefferson City, MO 65102
Phone: (573) 522-2572
Suicide Prevention Coordinator: Stacey Williams
Email: Stacey.Williams@dmh.mo.gov
Website: https://dmh.mo.gov/mentalillness/suicide/prevention.html

Montana:
Montana Department of Public Health and Human Services
100 N. Park Ave., Suite 300, P.O. Box 202905
Helena, MT 59620
Phone: (406) 444-3349
Suicide Prevention Coordinator: Karl Rosston
Email: krosston@mt.gov
Website: http://dphhs.mt.gov/suicideprevention/suicideresources

Nebraska:
Nebraska Department of Health & Human Services Division of Behavioral Health
301 Centennial Mall South
Lincoln, NE 68509
Phone: (402) 471-7772
Behavioral Health Services Manager: Renee Faber
Email: renee.faber@nebraska.gov
Website: http://dhhs.ne.gov/behavioral_health/Pages/behavioral_health_index.aspx
Nevada:
Nevada Division of Public and Behavioral Health, Office of Suicide Prevention
9670 Gateway Drive, Suite 200
Reno, NV 89521
Phone: (775) 443-7843
Suicide Prevention Coordinator: Misty Vaughan Allen
Email: mvallen@health.nv.gov
Website: http://suicideprevention.nv.gov/

New Hampshire:
National Alliance on Mental Illness New Hampshire, The Connect Program
85 N. State Street
Concord, NH 03301
Phone: (603) 225-5359
Supervisor of Training and Prevention Services: Elaine de Mello
Email: edemello@naminh.org
Website: http://www.naminh.org/

New Jersey:
Division of Family and Community Partnerships, and Division on Women
50 East State Street, 7th floor
Trenton, NJ 08635
Phone: (609) 888-7400
Assistant Commissioner: Charmaine Thomas
Email: Charmaine.Thomas@dcf.state.nj.us
Website: http://www.nj.gov/humanservices/dmhas/home/

New Mexico:
New Mexico Department of Health: Behavioral Health Services Division
Santa Fe, NM 87501
Phone: (505) 476-9273
Manager: Brenda Martinez
Email: BrendaV.Martinez@state.nm.us
Website: https://nmhealth.org/#suicide
New York:
New York State Office of Mental Health
44 Holland Avenue
Albany, NY 12229
Phone:  (716) 816-2249
Associate Director: Sigrid Pechenik
Email: Sigrid.Pechenik@omh.ny.gov
Website: http://www.preventsuicideny.org/

North Carolina:
North Carolina Department of Health and Human Services: Division of Public Health, Injury and Violence Prevention Branch
1915 Mail Service Center
Raleigh, NC 27699
Phone:  (919) 707-5430
Public Health Program Consultant: Jane Miller
Email: Jane.Miller@dhhs.nc.gov
Website: http://www.injuryfreenc.ncdhhs.gov/preventionResources/Suicide.htm

North Dakota:
North Dakota Department of Health
600 East Blvd Avenue
Bismarck, ND 58505
Phone:  (701) 328-4580
Suicide Prevention Director: Alison Traynor
Email: atraynor@nd.gov
Website: http://www.ndhealth.gov/suicideprevention/

Ohio:
Ohio Department of Mental Health & Addiction Services
2323 West 5th Ave Suite 160
Columbus, OH 43204
Phone:  (614) 429-1528 x402
Director: Shawna Hite
Email: shawna.hite@ohiospf.org
Website: http://mha.ohio.gov/Default.aspx?tabid=111
Oklahoma:
Oklahoma Suicide Prevention Council
31870 Highway 51
Coweta, OK 74429
Phone: (918) 279-3471
Chair: Robin Hudson
Email: robin.hudson@creekhealth.org
Website:
https://www.ok.gov/odmhsas/Prevention_/Prevention_Initiatives/Youth_Suicide_Prevention_and_Early_Intervention_Initiative/

Oregon:
Oregon Health Authority, Public Health Division
800 NE Oregon Street, Suite. 730
Portland, OR 97232
Phone: (971) 673-1023
Zero Suicide Coordinator: Meghan Crane
Email: Meghan.crane@state.or.us
Website:
https://public.health.oregon.gov/PreventionWellness/SafeLiving/SuicidePrevention/Pages/index.aspx

Pennsylvania:
Pennsylvania Office of Mental Health and Substance Abuse Services, Bureau of Children’s Behavioral Health Services
P.O. Box 2675 / Commonwealth Towers, 11th Floor
Harrisburg, PA 17105-2675
Phone: (717) 705-9709
Human Services Program Representative: Shaye Erhard
Email: eserhard@pa.gov
Website:
http://www.health.pa.gov/My%20Health/School%20Health/Pages/Quick%20Links/Coordinated%20School%20Health/Mental-Health.aspx#.VwrI30bn8qQ
Rhode Island:
Rhode Island Department of Health
3 Capitol Hill, Room 409
Providence, RI 02908
Phone: (401) 222-1173
Suicide Prevention Project Manager: Jeffery Hill
Email: jeffrey.hill@health.ri.gov
Website: http://www.health.ri.gov/violence/about/suicide/

South Carolina:
South Carolina Department of Mental Health
2205 Main Street
Columbia, SC 29201
Phone: (803) 896-4352
Program Director: Alexandra Karydi
Email: alexandra.karydi@scdmh.org
Website: http://www.state.sc.us/dmh/

South Dakota:
Department of Social Services, Division of Behavioral Health
700 Governors Drive
Pierre, SD 57501
Phone: (605) 773-3123
Prevention Program Manager: Janelle Keller
Email: Janelle.Keller@state.sd.us
Website: http://sdsuicideprevention.org/

Tennessee:
Tennessee Department of Mental Health and Substance Abuse Services
446 Metroplex Drive
Suite A-224
Nashville, TN 37211
Phone: (615) 297-1077
Executive Director: Scott Ridgway
Email: sridgway@tspn.org
Website: http://www.tn.gov/behavioral-health/topic/suicide-prevention
Texas:
Department of Health and Human Services, Medical and Social Services Division, Behavioral Health Services Section
8317 Cross Park Dr.
Austin, TX 78754
Phone: (512) 922-6790
Statewide Suicide Prevention Coordinator: Jenna Heise
Email: jenna.heise@hhsc.state.tx.us
Website: https://sites.utexas.edu/zest/

Utah:
Utah Department of Human Services
195 N 1950 W
Salt Lake City, UT 84116
Phone: (801) 538-4028
Suicide Prevention Coordinator: Kim Myers
Email: kmyers@utah.gov
Website: http://dsamh.utah.gov/

Vermont:
Center for Health and Learning
28 Vernon Street, Suite 319
Brattleboro, VT 05301
Phone: (802) 254-6590
Executive Director: JoEllen Tarallo-Falk
Email: joellen@healthandlearning.org
Website: http://healthvermont.gov/family/injury/suicide_prevent.aspx#prevent

Virginia:
Department of Behavioral Health & Developmental Services
109 Governor St.
Richmond, VA 23219
Phone: (804) 371-6885
Suicide Prevention Coordinator: Nicole Gore
Email: nicole.gore@dbhds.virginia.gov
Website: http://www.vdh.virginia.gov/livewell/programs/suicide/
Washington:
Washington State Department of Health
Olympia, WA 98504
Phone: (360) 236-2803
Statewide Suicide Prevention Plan Program Manager: Neetha Mony
Email: neetha.mony@doh.wa.gov
Website: http://www.doh.wa.gov/YouandYourFamily/InjuryandViolencePrevention/SuicidePrevention

West Virginia:
West Virginia Adolescent Suicide Prevention and Early Intervention Project (ASPEN)
511 Morris Street
Charleston, WV 25301
Phone: (304) 341-0511 x1691
Project Director: Barri Faucett
Email: Barri.Faucett@prestera.org
Website: http://www.dhhr.wv.gov/bhhf/resources/Pages/Suicide.aspx

Wisconsin:
Mental Health America of Wisconsin
600 W. Virginia St., Suite 502
Milwaukee, WI 53204
Phone: (608) 250-4368
Director of Public Policy: Shel Gross
Email: shel@mhawisconsin.org
Website: http://www.preventsuicidewi.org/

Wyoming:
Wyoming Public Health Division
401 Hathaway Building
Cheyenne, WY 82002
Phone: (307) 777-8034
Injury Prevention Program Manager: Lindsay Martin
Email: Lindsay.Martin@wyo.gov
Website: https://health.wyo.gov/publichealth/prevention/substanceabuseandsuicide/suicide-prevention/preventing-suicide-wyoming/