

Suicide Risk Factors

- Depression, Anxiety and other Mental Health conditions
- Substance use disorder
- Chronic pain
- Prior suicide attempt
- Family history of suicide
- Family violence, including physical and sexual abuse
- Access to firearms
- Exposure to suicidal behavior of others

Warning Signs

- Talking about wanting to die or kill oneself
- Making a plan or looking for a way to kill oneself, such as searching online
- Feeling empty, hopeless or like there is no reason to live
- Feeling trapped or in unbearable physical or emotional pain
- Talking about being a burden to others
- Withdrawing from family or friends, or feeling isolated
- Saying goodbye to loved ones, putting affairs in order

Our Mission

To promote the health and well-being of individuals, families and organizations.

We accomplish this through professional, caring and comprehensive behavioral health care services and by partnering with other organizations that share our philosophy.



10 Tsienneto Road, Derry NH

103 Stiles Road, Salem NH

603-434-1577 Option 1

CenterforLifeManagement.org

 **New Hampshire**
Rapid Response Access Point

833-710-6477

NH988.com

**If You or a Loved One
is Experiencing a
Mental Health Crisis**



**What to Expect when
Contacting
Acute Care Services**



Acute Care Services

Team Members:

Peer Support: Crisis workers with lived experience empowering recovery from substance use disorder or mental health symptoms.

Case Management: Crisis workers supporting access to community resources.

Clinicians: Master's level crisis workers able to provide crisis therapy, and crisis assessments.

Available Services are based on your needs:

- **Telephone Crisis Support and Assessment** is a short assessment of the crisis and creation of a crisis plan to help an individual remain safe in the community when possible.
- **Family Consultation** provided when a friend or family member has concerns regarding a person in crisis, CLM offers support and guidance to the friend or family to help them help their loved one in crisis.
- **Mobile Crisis Assessments** are in-person to the individual where they are in the community if the crisis can't be resolved over the phone or video telehealth.



- **Crisis Stabilization** is short-term intervention that involves an intensive, comprehensive assessment and crisis planning for an individual who is remaining in the community, but is in a state of crisis or risk due to recent stressors and events. Quick stabilization of the individual's symptoms through therapeutic crisis planning and support is the primary goal of this intervention.

Crisis Center Services

- **Crisis Center Services** provide "no-wrong-door" access to mental health care; operating much like a hospital emergency department that accepts all walk-ins, ambulance, fire and police drop-offs. After the initial screening and evaluation, other available services before discharge are group support, peer support, and case management to help people self manage their behavioral health crisis.
- **Walk-in Crisis Assessment** available onsite during **Crisis Center hours 8 a.m. to 8 p.m. daily (call ahead appreciated)** at our Derry office (only), 10 Tsienneto Road.

• When to call 24/7 Acute Care Services

CLM Acute Care Services provides assessment and support for individuals experiencing a mental health crisis such as:

- Overwhelming Panic or Anxiety
- Excessive worry, Depression or Despair
- Non-suicidal Self-injury
- Thoughts of Harm to Self or Others
- Other Emotional or Mental Health Crisis

If you have concerns about yourself, a loved one or a student who may be experiencing a mental health crisis, please call Acute Care Services. We are able to do an assessment via telehealth by phone or video, or to schedule an in-office assessment when needed. It is also valuable to a thorough assessment to be able to collect observations and concerns from the referral source such as a family member, school or community contact.

To reach 24/7 Acute Care Services, call: 603-434-1577, option 1

