AREA RESOURCES

Emergency
Emergency - On Campus 526-3333
Emergency - Off Campus 911

Non-Emergency Numbers
Grand Rapids Fire Department 456-3900
Grand Rapids Police Department 456-3400
East Grand Rapids Public Safety Dept. 949-7010
Kentwood Police Department 698-6580
Kent County Sheriff’s Department 632-6100

Local Emergency Rooms
Spectrum Blodgett Hospital 774-7444
Spectrum Butterworth Hospital 391-1774
Metro Hospital 252-7200
Saint Mary’s Hospital 685-6789

Mental Health Counseling Services
Broene Counseling Center 526-6123
Network 180 336-3909
Pine Rest 455-9200
Forrest View 942-9610
Help Crisis Line 459-2255
National Suicide Prevention Lifeline 1-800-273-TALK (8255)

Courts
17th Circuit Court – Kent County 632-5067
Personal Protection Order http://www.accesskent.com/CourtsAndLawEnforcement/17thCircuitCourt/17cc_ppo.htm
61st District Court Grand Rapids 632-5700
62-A District Court Wyoming 257-9814
62-B District Court Kentwood 554-0711
63rd District Court 632-7770
Kent County Prosecutor 632-6710
Sex Offender Registry Information
State of Michigan  www.mipsor.state.mi.us
Family Watch Dog  www.familywatchdog.us

Other Resources
Kent County Victim Witness  632-5400
Legal Aid of West Michigan  774-0672
Domestic Violence Hot Line  451-2744
Poison Control Center  1-800-222-1222
Silent Observer  774-2345
YMCA Nurse Examiner Program  776-RAPE
Michigan Secretary of State Office  www.michigan.gov/sos
Heart of West Michigan United Way  2-1-1
ID Theft  1-877-IDTHEFT or www.idtheftcenter.org

Assessing Suicide Risk – by the National Suicide Prevention Lifeline

What to do if you think a person is having suicidal thoughts

Seek help as soon as possible by contacting Broene Counseling Center, Pine Rest, Network 180 or by calling the National Suicide Prevention Lifeline if you or someone you know exhibits any of the following signs:

- Threatening to hurt or kill oneself or talking about wanting to hurt or kill oneself.
- Looking for ways to kill oneself by seeking access to firearms, available pills, or other means.
- Talking or writing about death, dying or suicide when these actions are out of the ordinary for the person.
- Feeling hopeless.
- Feeling rage or uncontrolled anger or seeking revenge.
- Acting reckless or engaging in risky activities – seemingly without thinking
- Feeling trapped – like there’s no way out.
• Increasing alcohol or drug use.
• Withdrawing from family, friends, and society.
• Feeling anxious, agitated, or unable to sleep or sleeping all the time.
• Experiencing dramatic mood changes.
• Seeing no sense of purpose in life.

You cannot predict death by suicide, but you can identify people who are at increased risk for suicidal behavior, take precautions, and refer them for effective treatment.

• Ask the person directly if he or she is having suicidal thoughts/ideas, if they have a plan to do so, and if they have access to lethal means:
  o Question – “Are you thinking about killing yourself?”
  o Question – “Have you ever tried to hurt yourself before?”
  o Question – “Do you think you might try to hurt yourself today?”
  o Question – “Have you thought of ways that you might hurt yourself?”
  o Question – “Do you have pills/weapons in your room/apartment/house?”

• This won’t increase the person’s suicidal thoughts. It will give you information that indicates how strongly the person has thought about killing him or herself.

• Take seriously all suicide threats and all suicide attempts. A past history of suicide attempts is one of the strongest risk factors for death by suicide.

• There is no evidence that “no-suicide contracts” prevent suicide. In fact, they may give counselors a false sense of reassurance.

ACT!

• If you think the person might harm him or herself, do not leave the person alone.
• Say, “I’m going to get you some help.”
• Call the National Suicide Prevention Lifeline @ 1-800-273-TALK. You will be connected to the nearest crisis center.