

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

17 th Circuit Court – Kent County	632-5067
Personal Protection Order	

http://www.accesskent.com/CourtsAndLawEnforcement/17thCircuitCourt/17cc_ppo.htm

61 st District Court Grand Rapids	632-5700
62-A District Court Wyoming	257-9814
62-B District Court Kentwood	554-0711
63 rd District Court	632-7770
Kent County Prosecutor	632-6710

Sex Offender Registry Information

State of Michigan
Family Watch Dog

www.mipsor.state.mi.us
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
Kentwood Police Crime Mapping	https://www.crimereports.com/
Grand Rapids Police Crime Mapping	http://www.crimemapping.com/map.aspx

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:
 - **Question** – *“Are you thinking about killing yourself?”*
 - **Question** – *“Have you ever tried to hurt yourself before?”*
 - **Question** – *“Do you think you might try to hurt yourself today?”*
 - **Question** – *“Have you thought of ways that you might hurt yourself?”*
 - **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.