



April 14, 2026

Mid Shore Behavioral Health Inc., (MSBH), in collaboration with our regional Mid Shore Planning Collaborative leadership and the Behavioral Health Administration, is reaching out to connect for support, awareness, and recommended tools, due to recent losses in our mid-shore community.

MSBH would like to remind our partners of the warning signs of youth suicide, provide options for screening tools, and resources for support and guidance. It is very important that all members of the mid-shore provider network know the warning signs and signs of immediate risk. If these signs are observed, do not leave the person unsupervised and immediately connect them to help:

- Talking about wanting to die or suicide
- Expressing hopelessness about the future
- Talking about being unbearably overwhelmed, feeling trapped or in unbearable pain
- Looking for ways or making plans to die, such as obtaining access to a gun or medication

Other worrisome changes in behavior can be a sign that a young person is at risk of suicide:

- Changes in sleep, sleep disturbances
- Dramatic changes in eating or appetite
- Increasing the use of alcohol or drugs
- Engaging in non-suicidal self-injury
- Acting anxious or agitated, or behaving recklessly
- Withdrawing or isolating self
- Showing hostility, rage or talking about seeking revenge
- Displaying extreme mood swings
- Talking about being a burden to others

(Maryland Action Plan to Prevent Suicide in Schools (MAPS))

[Pages - Maryland Action Plan to Prevent Suicide in Schools](#)

At this time, we encourage enhanced screening. Some recommended tools:

- PHQ9, Depression screen. Useful as initial screen then follow-up with Columbia or ASQ if needed. <https://www.apa.org/depression-guideline/patient-health-questionnaire.pdf>
- Columbia Protocol ([About the Protocol - The Columbia Lighthouse Project](#))
- ASQ [Ask Suicide-Screening Questions \(ASQ\) Toolkit - National Institute of Mental Health \(NIMH\)](#)



- SAFE-T [SAFE-T \(Suicide Assessment Five-Step Evaluation and Triage\) Flier](#)
- CALM Training, free through Zero Suicide ([Counseling on Access to Lethal Means](#)). This is a training on discussing means of suicide with youth and parents, not a screening tool.

Recommended steps when a provider flags a student at risk. Suggestions provided by the Educational Development Center <https://edc.org/>

- Conduct a suicide risk assessment to identify the students' level of risk (e.g. low vs. high) as that informs what comes after.
 - i. The Columbia has a long-version of a suicide risk assessment (vs its short screener) here: <https://988lifeline.org/wp-content/uploads/2016/09/Suicide-Risk-Assessment-C-SSRS-Lifeline-Version-2014.pdf>. Free trainings are available from Columbia here: <https://cssrs.columbia.edu/training/training-options/>
- If an individual shows a high level of risk conduct a warm handoff to a crisis response team or clinical provider, if not already connected, notify family, and follow up in next business day to confirm how youth is doing.
- When a student has a low or medium level of risk that doesn't require immediate crisis intervention, immediately work with them to create a safety plan that addresses access to lethal means. It is very important to include parents in these safety planning conversations.
 - i. Safety planning template: <https://suicidesafetyplan.com/forms/>
 - ii. Free safety planning trainings: <https://suicidesafetyplan.com/training/>

Additional Resources:

- Suicide Prevention Resource Center ([Suicide Prevention Resource Center](#))
- SAMHSA ([Suicide Prevention Resource Center \(SPRC\) | SAMHSA](#))
- 988 (Call, text, chat [Get Help - 988 Lifeline](#))
- [Toolkit: Treat | Zero Suicide](#)
- <https://midshorebehavioralhealth.org/resources-and-links/>

Please do not hesitate to reach out to Mid Shore Behavioral Health, Inc. for assistance in seeking services, 410-770-4801. For immediate assistance contact 988 or 1-888-407-8018 (Eastern Shore Crisis Hotline/Eastern Shore Crisis Response).

In partnership, The Mid Shore Behavioral Health Team