



Suicide Prevention Resources

Emergency Community Resources

- Call your doctor or other health care provider for assistance
- Center for Health Care Services Child/Adolescent Crisis Clinic (210) 223-7233
- Call law enforcement and request a mental health unit officer 911
- Clarity Child Guidance **Psychiatry Emergency Room** (210) 616-0300
- Nix Behavioral Health serving children, adults, and seniors 1-877-231-4299
- Laurel Ridge Treatment Center 579-3800 (800)
- San Antonio Behavioral Health Hospital 624-7975 (210)
- Go to the nearest hospital emergency room in your area 541-5300

Suicide Crisis Lines and Chat Rooms/Text

National Suicide Prevention Lifeline

Lifeline is a 24 hr. toll free phone line that also has an online chat option.

<http://www.suicidepreventionlifeline.org/Gethelp/lifelinechat.aspx>

Crisis Line/Chat

1-800-273-TALK (8255)

1-888-628-9454 En Espanol

1-800-799-4889 TTY

The Trevor Project

The Trevor Project provides 24 hr. crisis counseling to lesbian, gay, bisexual, transgender and questioning (LGBTQ) youths ages 13-24.

Trevor Chat is available 6 hrs. a day at

<http://www.thetrevorproject.org/chat>

Youth LGBTQ Crisis Line/Chat/Text

1-866-488-7386

1-866-4-TREVOR

Texas Suicide Prevention

An online resource that provided education, training, a teen chat room and a link to the Mental Health America of Texas mobile app called ASK & Prevent Suicide available through iTunes which includes suicide education and intervention guidance.

<http://www.texasuicideprevention.org/>

Youth Focused/Chat

Phone App

Education Resources

Reach Out

Youth helpline - Your Life Your Voice - run by Boys Town National Hotline (for everyone). This website is for youth, created by youth, with information on how to help yourself or a friend who is thinking about suicide.

<http://us.reachout.com/>

Youth Focused/Crisis Line

1-800-448-3000



Suicide Prevention Resources

Suicide Crisis Lines and Chat Rooms/Text (continued)

The Jed Foundation

A resource for college students containing information about depression and anxiety among college students, and information about how to get help at school.

<http://www.jedfoundation.org/>

College Focused/TEXT

Text START to 741-741

National Association of School Psychologists

NASP has resources available to assist families and educators in preventing youth suicide.

<http://www.nasponline.org/>

Professional/School/Families

Toll Free: (866) 331-NASP

Crisis Text Line

Provides free emotional support and information to teens in any type of crisis, including suicidal. You can text with a trained specialist 24 hrs. a day.

<http://www.crisistextline.org>

Crisis/Text

Text "CTL" or "Listen" to 741-741

Suicide Prevention Resources: Youth and College/Young Adult Focused

Mind your Mind

A Non-Profit dedicated to providing reliable information for youth dealing with depression, anxiety, and suicide. The site contains youth-specific resources, tips for coping with mental illness issues, and the personal stories of youth who have experienced and overcome these issues.

<http://mindyourmind.ca/help>

Youth Focused

Reach Out - We Can Help US

A collection of videos made by real teens that have gone through a variety of different challenges and overcome them. Also allows other youth to share their stories in a supportive environment.

<http://us.reachout.com/wecanhelpus/>

Youth Focused

Half of Us (MTV)

Through Half of Us (MTV) aims to initiate a public dialogue to raise awareness about the prevalence of mental health issues and connect students to the appropriate resources to get help.

<http://www.halfofus.com/>

Youth/Young Adult Focused



Suicide Prevention Resources

Suicide Prevention Resources: Youth and College/Young Adult Focused (cont.)

Save a Friend: Tips for Teens to Prevent Suicide

Youth Focused

Learn the warning signs of suicide and how to prevent it.

http://www.nasponline.org/resources/crisis_safety/savefriend_general.aspx

Light for Life Program

Youth Focused

A community based, volunteer organization developed to serve youth and the communities that surround them, and to address youth/teen suicide through public awareness, education and training to help communities build new and/or strengthen existing programs.

<http://www.yellowribbon.org/>

Youth Suicide Prevention Program

Youth/LGBTQ

Site includes information on suicide, depression, how to help and LGBTQ youth information

<http://www.yspp.org/>

Learn Psychology

Youth/College Students

This guide is dedicated to helping those who are suffering or have suffered from depression, suicidal thoughts or suicide attempts. It is also designed for concerned friends and family members who might be worried that someone they love will experience death by suicide. Finally, it is meant for students, so that they might spot the warning signs of suicide in others – or in themselves – and find resources.

<http://www.learnpsychology.org/suicide-depression-student-guidebook/>

Suicide Prevention Resources: General/Training

American Foundation for Suicide Prevention

General

AFSP is a multifaceted organization made up of scientists, dedicated survivors of suicide loss, people with mental disorders and their families, and an expansive network of business/community leaders.

<https://www.afsp.org/>

Society for the Prevention of Teen Suicide

General/Training

The mission of the Society for the Prevention of Teen Suicide is to reduce the number of youth suicides and attempted suicides by encouraging public awareness through the development and promotion of educational training programs. Offers progressive programs, online training, and support.

<http://www.sptsusa.org/>

American Foundation for Suicide Prevention

General/Training

Offers educational programs, advocate for public policy, and support those affected by suicide.

<https://www.afsp.org/>



Suicide Prevention Resources

Suicide Prevention Resources: General/Training (continued)

To Write Love on Her Arms

General

To Write Love on Her Arms is a non-profit movement dedicated to presenting hope and finding help for people struggling with depression, addiction, self-injury, and suicide. TWLOHA exists to encourage, inform, inspire, and also to invest directly into treatment and recovery.

<http://twloha.com/>

SAMHSA Tribal/U.S. Department of Health and Human Services, National Strategy on Suicide Prevention

Tribal/General

A list of organizations, links, articles, and other resources for suicide prevention.

<http://www.samhsa.gov/tribal-ttac/resources/suicide-prevention>

American Association of Suicidology

General

AAS is a charitable non-profit membership organization for all those involved in suicide prevention and intervention, or touched by suicide.

<http://www.suicidology.org>

National Mental Health Association

General

A community-based non-profit organization dedicated to helping people achieve wellness by living mentally healthier lives. Provide prevention services, early identification and intervention for those at risk, and integrated care and treatment for those who need it, with recovery as the goal.

www.nmha.org

Suicide Awareness/Voices of Education (SAVE)

General

The mission of SAVE is to prevent suicide through public awareness and education, reduce stigma and serve as a resource to those touched by suicide.

www.save.org

Addiction and Mental Health Resource

General

Provides resources on mental health and suicide prevention such as; noticing the signs, precaution, and what to do after an attempt.

<http://www.morningsiderecovery.com/educational-resources/mental-health-and-suicide-prevention-resources/>

Project Semicolon

General

Project Semi colon is a global non-profit movement dedicated to presenting hope and love for those who are struggling with mental illness, suicide, addition and self-injury. The title, "Project Semicolon," represents a goal – to believe that this is not the end but a new beginning.

<http://www.projectsemicolon.org/>



Suicide Prevention Resources

Suicide Prevention Resources: General/Training (continued)

The Surgeon General's Call to Action to Prevent Suicide

General

This document introduces a blueprint for addressing suicide: Awareness, Intervention, and Methodology (AIM). This approach is derived from the collaborative deliberations of participants at the 1st National Suicide Prevention Conference. As a framework for suicide prevention, AIM includes 15 key recommendations refined from deliberative consensus and from evidence-based findings.

Know the Signs

General

Know the Signs is a statewide (California) suicide prevention social marketing campaign built on three key messages: Know the signs. Find the words. Reach out.

<http://www.suicideispreventable.org/>

Suicide Prevention Resources: Schools

Times of Tragedy: Preventing Suicide in Troubled Children and Youth, Part I

School/Parent

Tips for Parents and Schools on the warning signs of youth suicide

http://www.nasponline.org/resources/crisis_safety/suicidept1_general.aspx

Taking the Lead on Suicide Prevention and Intervention in the Schools

School

NASP members address issues relevant to adolescent mental health and academic achievement in the context of what middle or high school principal needs to know.

www.nasponline.org/resources/principals/index.aspx.

S.O.S High School Suicide Prevention Program

School

Providing tools for educators to help youth identify the signs and symptoms of depression, suicidality, and self-injury in themselves and their peers.

<http://www.mentalhealthscreening.org/highschool/>

Preventing Suicide: A Toolkit for High Schools

School

Assists high schools and school districts in designing and implementing strategies to prevent suicide and promote behavioral health. Includes tools to implement a multi-faceted suicide prevention program that responds to the needs and cultures of students.

National- After a Suicide: Toolkit for Schools

School

Copy of American Association of Suicidology Guidelines for Schools:

www.suicidology.orghttp://www.sprc.org/library/AfteraSuicideToolkitforSchools.pdf

The Role of High School Teachers in Preventing Suicide

School

Key Steps to Reduce Suicide Risk among Students



Suicide Prevention Resources

<http://www.sprc.org/sites/sprc.org/files/Teachers.pdf>

Suicide Prevention Resources: Schools (continued)

Early Warning Data System Tool, SEDL

School

Developed by the National High School Center at the American Institutes for Research to calculate automatically the high-yield indicators related to dropout.

<http://txcc.sedl.org/resources/ewds/>

School Suicide Prevention Accreditation, American Association of Suicidology

School

Provides a variety of opportunities, including the AAS Annual Conference, accessing the premier journal in the field (Suicide and Life-Threatening Behavior), collaborating with researchers and clinicians on projects, and networking with other students. <http://www.suicidology.org/students>

Youth Suicide Prevention – School based Guide 2012 Update, University of S. Florida

School

Provides a framework for schools to assess their existing or proposed suicide prevention efforts and provides resources and information that school administrators can use to enhance or add to their existing program. <http://theguide.fmhi.usf.edu>

Suicide Prevention Resource Center Resources: The Role of High School Mental Health Providers in Preventing Suicide.

This page, created for high school mental health providers, contains information on recognizing and responding to warning signs, resource materials about suicide prevention, including programs, as well as other suicide prevention information relevant to school health providers. http://www.sprc.org/library_resources/items/role-high-school-mental-health-providers-preventing-suicide-sprc-customized-

Suicide Prevention Resources: Professional

American Academy for Child and Adolescent Psychiatry

Professional

Distributes information to promote an understanding of mental illnesses and remove the stigma associated with them.

www.aacap.org

National Institute of Mental Health Suicide Prevention Resources

Professional/General

An online resource that provides education and clinical research on mental health.

<http://www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml>

Suicide Safe

Professionals/Health Care Providers

Suicide Safe, SAMHSA's new suicide prevention app for mobile devices and optimized for tablets, helps providers integrate suicide prevention strategies into their practice and address suicide risk among



Suicide Prevention Resources

their patients. Suicide Safe is a free app based on SAMHSA's Suicide Assessment Five-Step Evaluation and Triage (SAFE-T) card.

http://store.samhsa.gov/apps/suicidesafe/?WT.mc_id=EB_20150924_SuicideSafe