



SUICIDE PREVENTION Resource Guide

Hotlines and Helplines



National Suicide Prevention Lifeline: 988



Trans Lifeline: 877-565-8860



Stop Soldier Suicide Hotline: 844-317-1136



Crisis Text Line: Text HOME to 741741
For Spanish: Text AYUDA to 741741 and/or 442-AYUDAME in WhatsApp



U.S. Substance Abuse and Mental Health Services Administration (SAMHSA): 1-800-662-HELP (4357)

National Organizations Serving Everyone

National Alliance on Mental Illness



Resources include local mental health hotlines, education and support groups. Some resources vary by chapter location.

- Helpline can be reached Monday-Friday, 10 am - 10 pm ET
- Call 1-800-950-NAMI (6264)
- Text "Helpline" to 62640
- Email helpline@nami.org

Depression and Bipolar Support Alliance



Resources include education and support groups.

American Association of Suicidology



Resources include training and certification programs for clinicians, a research program and a "Healing After Suicide Loss" conference.

Hope For The Day



Mental health and proactive suicide prevention programming for individuals, groups and workplaces.

American Foundation for Suicide Prevention



Resources surround advocacy, education and connecting community members via awareness walks and suicide loss support groups.

Substance Abuse and Mental Health Services Administration



Free resources and information to help prevent suicide and



A Journey Toward Health and Hope: Your Handbook for Recovery After a Suicide Attempt

National Organizations Serving Everyone (Continued)

Suicide Prevention Resource Center



The only federally supported resource center devoted to the National Strategy for Suicide Prevention. Offers consultation, training and resources.

1N5



Provides resources for suicide prevention and mental wellness, including the Reach Out app, mental health toolkits, free QPR training sessions and resources for the Cincinnati, Ohio area and beyond.

Only7Seconds



Inspires intentional connection by empowering people and equipping partners through established programs and resources to combat the epidemic of loneliness. The Only7Seconds "I Know Lonely" project collects stories of loneliness and hope in an effort to build understanding of the diverse, universal experience of loneliness. With their direct-to-school programming, Only7Seconds works to build empathy in younger populations.

Military/Veteran Resources

Stop Soldier Suicide



Mental health support, case management for the military and veteran community.

→ Crisis Hotline: 844- 317-1136

Once A Soldier



Financial aid and financial crisis support after a veteran suicide.

Native and Indigenous Resources

We R Native



A comprehensive health resource for Native youths, by Native youths, with content and stories on mental health topics, including suicide.

→ Crisis Text Line: Native communities can text NATIVE or INDIGENOUS to 741741.

Indian Health Service



Federally run mental health programs. Note: Some tribes run their own behavioral health programs so please look at your tribe's website and search for "mental health services."



Navajo Nation



Cherokee Nation



Choctaw Nation of Oklahoma

Teen/Young Adult Resources

Active Minds



Provides education, research and advocacy programming for young adults ages 14-25.

The JED Foundation



Offers programming rooted in their comprehensive approach to mental health promotion and suicide prevention for colleges and universities and for high schools. Includes the four-year JED Campus program, JED High School program, Mental Health Is Health initiative, and Set To Go program to support the school-to-college or school-to-career transition.

Grant Halliburton Foundation



Provides education via free events for students, educators, parents and professionals covering topics like suicide prevention, bullying and building resiliency. Their mental health support search engine and hotline at [HereForTexas.com](https://www.herefortexas.com) helps Texans find mental health support such as counseling or intensive treatment.

Robbie's Hope



An uprising of teens to help other teens. They've made it their mission to stop the suicide epidemic that's taking the lives of their friends. They do this through their teen ambassador program, creation of handbooks for adults on how to talk with their teens and technology, and their HOPEfull Conversations podcast with executive director and co-founder Kari Eckert.

Second Wind Fund



Second Wind Fund has built an innovative program in Colorado that matches children and youths, age 19 and younger, who are at risk for suicide and do not have the means or adequate insurance for necessary mental health treatment, with licensed therapists in their local communities or potentially via teletherapy. Sometimes even finding the right provider can be a barrier. For children and teens who have Medicaid, Child Health Plan Plus or private insurance that adequately covers mental health treatment, Second Wind Fund can help narrow down a list of therapists who meet the child or teen's needs, bypassing confusing health care systems.

Born This Way Foundation



Resources include [Channel Kindness](#) to learn about acts of kindness, bravery and resilience; a free "Be There" certification course to learn how to support others' and your own mental health; teen mental health first-aid trainings; and the [Please Stay pledge](#).



Channel Kindness



Please Stay pledge



LGBTQ+ Resources

SAGE



Advocacy and resources to improve the lives of LGBTQ+ elders. Resources include a Long-Term Care Equality Index, training for care-providing institutes, a digital financial wellness platform and the National Resource Center on LGBTQ+ Aging.

Trans Lifeline



Resources include a hotline where you can speak to a trans person (whether or not you are in crisis), a resource library and microgrants.

→ Trans Lifeline: 877-565-8860 to 741741.

Resources for Women

2020 Mom



Policy center working to close the gaps in maternal mental health through providing resources and training, participating in research, impacting federal and state policy, and more.

She Recovers



Offers resources to empower woman-identifying individuals who are seeking recovery, including virtual and local community support for a variety of identities and professions.

Resources for People of Color

Kevin Berthia Foundation



The foundation was created to give a voice of hope to individuals who suffer in silence with undiagnosed or diagnosed mental health conditions.

Mental Health America's 2023 BIPOC Mental Health Toolkit



This theme of this year's toolkit is "Culture, Community, and Connection."

Black Mental Wellness



The mission of Black Mental Wellness is to provide access to evidence-based information and resources about mental health and behavioral health topics from a Black perspective, to highlight and increase the diversity of mental health professionals and to decrease the mental health stigma in the Black community.

Resources for Athletes

Morgan's Message



Provides an ambassador program to high school and college students designed to create mental health awareness and eliminate mental health stigma in the student athlete community. Hosts the Mental Matchup podcast.

The Kevin Love Fund (KLF)



Through a unique combination of education and advocacy, KLF provides an engaging curriculum for students to aid them in their social-emotional learning.

Madison Holleran Foundation



Provides resources to high school seniors and college freshmen on suicide prevention. Carli Bushoven, Madison's sister, speaks across the country in an effort to destigmatize mental health and create suicide prevention awareness.

Resources for the Elderly Community

SAGE



Advocacy and resources to improve the lives LGBTQ+ elders. Resources include a Long-Term Care Equality Index, training for care-providing institutes, a digital financial wellness platform and the National Resource Center on LGBTQ+ Aging.

SAMHSA



Provides resources and toolkits for suicide prevention in the elderly community, as well as webinars and guides for building community around elderly populations.

American Association for Geriatric Psychiatry



Works to advance the mental health of older adults through professional education, research and advocacy. They provide resources for caregivers as well as the elderly community.

Artistic Resources

Breaking the Chains Foundation



Committed to the prevention of body-focused and mental well-being stigmas. Their mission is to use the power of art and expression to foster creativity, build connections and create a community in which individuals can thrive. They host in-person and online events aimed at breaking stigma related to mental health through the use of self-expression.

Art With Impact



Hosts art-based workshops and events meant to promote mental wellness by creating space for young people to learn more about mental health and connect to a community of support.

Mental Health Care and Resources

Whether you are just starting your mental health journey or you have been on this path for a while, you don't have to seek healing on your own. **Eating Recovery Center** and **Pathlight Mood & Anxiety Center** offer comprehensive treatment and free support groups, community events, podcasts and education.



Eating Disorder Resources



Mood & Anxiety Disorder Resources

