

ED-SAFE For Emergency Departments
EMNet-usa.org/research/studies/edsafe

Model School Policy for K-12 Schools for Suicide Prevention
AFSP.org/our-work/education/model-school-policy-suicide-prevention

Provides a thorough plan for school districts to implement suicide prevention policies in their community.

Preventing Suicide: A Community Engagement Toolkit Pilot version 1.0
WHO.int/health-topics/suicide

Suicide Prevention Resource Center (SPRC)
SPRC.org/states

The only federally supported resource center devoted to advancing the implementation of the National Strategy for Suicide Prevention. SPRC is funded by the U.S. Department of Health and Human Services' Substance Abuse and Mental Health Services Administration (SAMHSA).

After a Suicide: A Toolkit for Schools
SPRC.org/sites/default/files/migrate/library/AfteraSuicideToolkitforSchools.pdf

Safety Planning
SPRC.org/resources-programs/safety-planning-guide-quick-guide-clinicians

Suicide Prevention Toolkit for Rural Primary Care Settings
SPRC.org/settings/primary-care/toolkit

SUICIDE AWARENESS & PREVENTION Hotlines & Support Groups

Suicide Prevention Lifeline 1-800-273-8255

Veteran Crisis Line and Chat, press 1

988

This new three-digit number for mental health, substance use, and suicidal crises is slated to go live nationwide by July 2022.

Provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States.

SuicidePreventionLifeline.org

Alliance of Hope AllianceOfHope.org

Created by survivors for survivors, providing online healing support and other services for people who are coping with devastating loss to suicide.

Speaking of Suicide SpeakingOfSuicide.com

A site for suicidal individuals and their loved ones, survivors, mental health professionals, and others who care.

You Matter YouMatter.SuicidePreventionLifeline.org

Safe space for youth to discuss and share stories about mental health and wellness, created and administered by the National Suicide Prevention Lifeline.



Suicide Prevention Apps



- Be Safe
- DMHS Interactive Suicide Prevention
- MY3
- Suicide Help: Dealing With Suicidal Thoughts
- Suicide Lifeguard by University of Missouri, St. Louis
- Suicide Safe by SAMHSA
- Suicide Safety Plan
- You Are Important

You can download the **PsychU App** from Google Play or from the Apple App Store.

Suicide Awareness & Prevention

RESOURCE GUIDE

SCAN ME



Learn more about Suicide Awareness at:

PsychU.org/resource-library/suicide-awareness

Main Organizations

American Association of Suicidology [Suicidology.org](https://www.suicidology.org)

Promoting the understanding and prevention of suicide and support those who have been affected by it.

American Foundation for Suicide Prevention [AFSP.org](https://www.afsp.org)

Voluntary health organization that gives those affected by suicide a nationwide community empowered by research, education, and advocacy.

Mental Health America [MHAnational.org/tags/suicide-prevention](https://www.mhanational.org/tags/suicide-prevention)

The nation's leading community-based nonprofit dedicated to addressing the needs of those living with mental illness and promoting the mental health of all.

National Action Alliance for Suicide Prevention [TheActionAlliance.org](https://www.theactionalliance.org)

Public-private partnership for suicide prevention, working with more than 250 national partners to advance the National Strategy for Suicide Prevention

[TheActionAlliance.org/communities/faith-communities](https://www.theactionalliance.org/communities/faith-communities)

Communications aids and spiritual resources to help prevent suicides in faith communities.

Substance Abuse and Mental Health Services Administration (SAMHSA) [SAMHSA.gov/suicide](https://www.samhsa.gov/suicide)

Agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation.

Suicide Awareness Voices of Education (SAVE) [SAVE.org](https://www.save.org)

Six main program areas: Public Awareness, Education, Training and Consulting, Grief Support, Products & Resources, and Research and Innovation.

World Health Organization [WHO.int/health-topics/suicide](https://www.who.int/health-topics/suicide)

Championing global efforts to give everyone, everywhere an equal chance to live a healthy life.

High Risk Populations

Black Mental Wellness Lounge [YouTube.com/c/TheBlackMentalWellnessLounge](https://www.youtube.com/c/TheBlackMentalWellnessLounge)

A safe space YouTube channel created to talk about things that directly impact Black people's mental health.

Black Congressional Caucus Task Force on Black Youth Suicide [WatsonColeman.house.gov/suicidetaskforce](https://www.watsoncoleman.house.gov/suicidetaskforce)

Established by U.S. Representative Bonnie Watson Coleman with a working group of experts composed of the country's leading Black academic, advocacy and practicing experts in this space.

The Confess Project [TheConfessProject.com](https://www.theconfessproject.com)

America's first mental health barbershop movement.

The JED Foundation [JEDfoundation.org](https://www.jedfoundation.org)

Nonprofit that protects emotional health and prevents suicide for our nation's teens and young adults, giving them the skills and support they need to thrive today...and tomorrow.

The Steve Fund [SteveFund.org](https://www.stevefund.org)

The nation's leading organization focused on supporting the mental health and emotional well-being of young people of color.

Trans Lifeline [Translifeline.org](https://www.translifeline.org)

Grassroots hotline and non-profit organization offering direct emotional and financial support to trans people in crisis—for the trans community, by the trans community.

The Trevor Project [TheTrevorProject.org/explore](https://www.thetrevorproject.org/explore)

Building a safer, more inclusive world for LGBTQ young people.



Frameworks

Zero Suicide [ZeroSuicide.sprc.org/toolkit](https://www.zerosuicide.sprc.org/toolkit)

For systems dedicated to improving patient safety, Zero Suicide presents an aspirational challenge and practical framework for system-wide transformation toward safer suicide care.

Joint Commission [JointCommission.org](https://www.jointcommission.org)

Continuously improving health care for the public, in collaboration with other stakeholders, by evaluating health care organizations and inspiring them to excel in providing safe and effective care of the highest quality and value.

SafeSide Prevention [SafeSidePrevention.com](https://www.safesideprevention.com)

Provides leadership consultation and workforce education for health, mental health, educational, and governmental organizations seeking to unite and inspire their mental health and primary care workforces to prevent suicide.

Suicide Prevention: Stahl's Handbooks

By Christine Moutier, Anthony Pisani, & Stephen Stahl

Watch An Interview With Drs. Moutier & Pisani at [PsychU.org](https://www.psychu.org)

