



Suicide Prevention Resources

National Suicide Prevention Lifeline: #1.800.273.TALK (8255) or #1.800.SUICIDE (784.2433)

Crisis Text Line: text “TALK” to 741-741

Online Chat: <http://chat.suicidepreventionlifeline.org/GetHelp/LifelineChat.aspx>

Veterans: #1.800.273.8255 (press “1”) or text 838255

Deaf or Hard of Hearing: #1.800.799.4TTY (4889)

En Español: #1.888.628.9454

Suicide Prevention Resource Center: www.sprc.org

American Foundation for Suicide Prevention: <https://afsp.org/>

Veterans Crisis Line: www.veteranscrisisline.net – includes online chat option and various resources

The Trevor Project: www.thetrevorproject.org – call #1.866.488.7386 for crisis intervention and suicide prevention for LGBTQ youth (offers text and chat options at certain times of day)

Samaritans: <http://samaritanshope.org/> – call or text #1.877.870.HOPE (4673); has been “providing compassionate suicide prevention programs for 40 years” – email info@samaritanshope.org

International Suicide Hotlines: www.suicide.org/international-suicide-hotlines.html – also has info for the U.S., examples of No Harm Contracts, support groups, military and LGBT resources, etc.

Wikipedia Info for International Hotlines: https://en.wikipedia.org/wiki/List_of_suicide_crisis_lines

How to Help Someone Who is Suicidal: www.helpguide.org/articles/suicide-prevention/suicide-prevention-helping-someone-who-is-suicidal.htm – includes warning signs, how to respond, risk factors, related articles, etc.

How to Deal with Suicidal Thoughts and Feelings: www.helpguide.org/articles/suicide-prevention/suicide-help-dealing-with-your-suicidal-thoughts-and-feelings.htm

What Happens When You Call a Suicide Hotline?: www.healthyplace.com/suicide/suicide-hotline-what-happens-when-you-call/ – consider sharing this link with any clients that are hesitant to call a hotline due to uncertainty about the process