



Websites

Suicide Prevention Hotlines

http://depression.about.com/od/suicidecrisis/Suicide_Hotlines.htm

About.com: Suicide Hotlines

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

National Suicide Prevention Lifeline

Phone: 800-273-TALK (8255)

Phone: 800-273-TALK (8255), press '1' (for veterans)

Para obtener asistencia en español durante las 24 horas, llame al **1-888-628-9454**

<http://suicidehotlines.com/>

Suicide Hotlines

<http://suicidehotlines.com/canada.html>

Suicide Hotlines: Canada

Suicide Prevention – General

http://www.suicidepreventionlifeline.org/media/pdf/NSPL_WalletCard_AssessingRisk_GREEN.pdf

Substance Abuse and Mental Health Services Administration: Assessing Suicide Risk – Initial Tips for Counselors pamphlet

<http://www.afsp.org>

American Foundation for Suicide Prevention

<http://www.suicideprevention.ca>

Canadian Association for Suicide Prevention (CASP/ACPS)

<http://www.save.org>

Suicide Awareness/Voices of Education

Suicide Prevention – Military and Veterans

<http://www.af.mil/suicideprevention.asp>

U.S. Air Force: Suicide Prevention

<http://www.usmc-mccs.org/suicideprevent/>

Marine Corps Community Services: Suicide Prevention

<http://www.armyg1.army.mil/hr/suicide/default.asp>

Army Suicide Prevention Program

<http://www.veteranscrisisline.net/>

Veterans Crisis Line

Phone: 800-273-TALK (8255), press '1'

To ensure veterans with emotional crises have round-the-clock access to trained professionals, the Department of Veterans Affairs (VA) has begun operation of a national suicide prevention hotline for veterans. To operate the national hotline, VA is partnering with the Substance Abuse and Mental Health Services Administration of the Department of Health and Human Services (HHS) and the National Suicide Prevention Lifeline. Veterans can call 1-800-273-TALK (8255) and press "1" to reach the VA hotline, which will be staffed by mental health professionals in Canandaigua, N.Y. who will work closely with local VA mental health providers to help callers.

The information contained in this message is presented for the purpose of educating and informing you about paralysis and its effects. Nothing contained in this message should be construed nor is intended to be used for medical diagnosis or treatment. It should not be used in place of the advice of your physician or other qualified health care provider. Should you have any health care related questions, please call or see your physician or other qualified health care provider promptly. Always consult with your physician or other qualified health care provider before embarking on a new treatment, diet or fitness program. You should never disregard medical advice or delay in seeking it because of something you have read in this message.