



Suicide Prevention and Hotlines



Websites

Suicide Prevention Hotlines

Boys Town Hotline

<http://www.boystown.org/hotline>

<http://www.yourlifeyourvoice.org>

Phone: 800-448-3000

The Boys Town National Hotline is open 24 hours a day, 365 days a year, and is staffed by specially trained Boys Town counselors. It is accredited by the American Association of Suicidology (AAS). Spanish-speaking counselors and translation services representing more than 140 languages are available, along with a TDD line (1-800-448-1833) that allows counselors to communicate with speech-impaired and deaf callers. Boys Town is also able to communicate via chat, email, and text if preferred.

National Suicide Prevention Lifeline

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

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 988**

National Suicide Prevention Lifeline has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline. While some areas may be currently able to connect to the Lifeline by dialing 988, this dialing code will be available to everyone across the United States starting on July 16, 2022.

TransLife Line

www.translifeline.org

Phone: 877-565-8860 (U.S.)

Phone: 877-330-6366 (Canada)

Trans Lifeline is a 501(c)3 non-profit dedicated to the well-being of transgender people. They run a hotline staffed by transgender people for transgender people in crisis.

The Trevor Project

www.thetrevorproject.org

Phone: 866-488-7386

The Trevor Project offers a suicide hotline for LGBTQ youth between the ages of 13 to 24.

International Association for Suicide Prevention

www.iasp.info

<https://www.iasp.info/resources/index.php>

IASP offers suicide hotline numbers for countries around the world. Click on Resources, then Crisis Centres, then the continent you are interested in.

About.com: Suicide Hotlines

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

Disaster Distress Helpline

<https://www.samhsa.gov/find-help/disaster-distress-helpline>

Phone: 800-662-4357 or Text "Talk with Us" to 66746

SAMHSA's Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress **related to natural or human-caused disasters**. Stress, anxiety, and other depression-like symptoms are common

reactions after a disaster. Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor.

Suicide Prevention – General

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

https://store.samhsa.gov/product/National-Suicide-Prevention-Lifeline-Wallet-Card-Assessing-Suicide-Risk-Initial-Tips-for-Counselors/SVP13-0153?referer=from_search_result

American Association of Suicidology

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

600 N Broad Street, Suite 5

Middletown, DE 19709

Phone: 202-237-2280

This organization provides a list of warning signs, stats and resources for suicide loss survivors as well as for survivors of suicide attempts. It also has a list of video resources on this topic and offers certification of crisis call centers.

American Foundation for Suicide Prevention (AFSP)

<http://www.afsp.org>

199 Water St., 11th Floor

New York, NY 10038

Toll-free: 888-333-2377

Phone: 212-363-3500

Email: info@afsp.org

AFSP is a national organization bringing together people across communities and backgrounds to understand and prevent suicide, and to help heal the pain it causes. They serve individuals, families, and communities who have been personally touched by suicide.

Canadian Association for Suicide Prevention (CASP/ACPS)

<http://www.suicideprevention.ca>

Phone: 613-702-4446

CASP offers suicide prevention and survivor information. CASP is not a crisis service and does not provide on line counseling, advice or referral. A listing of crisis line services across Canada is available on this website.

Centers for Disease Control & Prevention: Suicide Prevention

www.cdc.gov/ViolencePrevention/suicide

National Action Alliance for Suicide Prevention

<http://actionallianceforsuicideprevention.org/>

Phone: 202-572-3737

Email: info@ActionAllianceForSuicidePrevention.org

NAASP is a public-private partnership advancing the National Strategy for Suicide Prevention by championing suicide prevention as a national priority.

National Alliance on Mental Illness (NAMI)

www.nami.org

4301 Wilson Blvd., Suite 300

Arlington, VA 22203

Phone: 703-524-7600

NAMI has various resources, factsheets, and brochures on suicide and suicide prevention.

National Institute of Mental Health (NIMH): Suicide Prevention

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

Phone: 301-443-8431

Toll-free: 866-615-6464

TTY: 866-415-8051

Paralyzed Veterans of America has a clinical practice guideline for health care workers titled **Management of Mental Health Disorders, Substance Use Disorders, and Suicide in Adults with Spinal Cord Injury**.

www.pva.org

Substance Abuse and Mental Health Services Administration (SAMSA): Promoting Emotional Health and Preventing Suicide: A Toolkit for Senior Living Communities

https://store.samhsa.gov/product/Promoting-Emotional-Health-and-Preventing-Suicide/SMA10-4515?referer=from_search_result

This free toolkit offers strategies senior centers can use to integrate suicide prevention into activities that support the well-being of older adults. Describes activities that increase protective factors and explains how to recognize the warning signs of suicide.

Suicide Awareness/Voices of Education (SAVE)

<http://www.save.org>

7900 Xerxes Ave. South., Suite 810

Bloomington, MN 55431

Phone: 952-946-7998

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.

Suicide is Different

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

Info for the suicide caregiver (the person who supports someone who has attempted or is at risk of suicide).

Suicide Prevention Resource Center

www.sprc.org

University of Oklahoma Health Sciences Center

1000 N.E. 13th Street, Nicholson Tower, Suite 5900
Oklahoma City, OK 73104

This is not a crisis center, they provide state specific info and an online library as well as training in suicide prevention.

Zero Suicide in Health and Behavioral Health Initiative

<http://zerosuicide.sprc.org/>

This initiative challenges health care systems to prevent suicides while a patient is in their care.

Suicide Prevention – Military and Veterans

U.S. Air Force: Suicide Prevention

<http://www.af.mil/SuicidePrevention.aspx>

Marine Corps Community Services: Suicide Prevention

<https://www.usmc-mccs.org/services/support/suicide-prevention/>

Army Suicide Prevention Program

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

Veterans Crisis Line

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

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.

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