

## SUICIDE PREVENTION

National Suicide Prevention Hotline **800.273.8255** (Main number on many org sites)

World Suicide Prevention Day **September 10, 2021** is an awareness observance day. The International Association for Suicide Prevention collaborates with the World Health Organization and the World Federation of Mental Health to host the day in order to provide worldwide commitment and action to prevent suicides, with various activities around the world.

**September** is National Suicide Awareness month.

American Foundation for Suicide Prevention 800.273.8255 or text to talk 741741

<https://afsp.org/find-support/resources/>

Local programs and events in all 50 states. AFSP's chapters are at the forefront of suicide prevention. They create a culture that's smart about mental health through education and community programs, research and advocacy, and support for those affected by suicide. AFSP sponsors programs and events in local communities. Similar to attending a recovery meeting.

Alliance of Hope for Suicide Loss Survivors

Provide healing, compassionate support to those who are suffering through the lonely and tumultuous aftermath of suicide. AHSLS services help people survive and go beyond just surviving to lead productive lives. The Alliance operates like a 24/7 support group with online forums supervised by a mental health professional and moderated by a trained team of loss survivors. Members can read and comment, share their stories, and connect with other suicide loss survivors.

National Institute of Mental Health (NIMH)

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

This website has information about mental illness and suicide prevention, including statistics, symptoms, treatment options, and risk factors. It also provides resources that can help people understand the connection between suicide and other mental health issues such as depression, bipolar disorder, and more (**dual diagnosis**).

Suicide Prevention Resource Center (SPRC)

<https://www.sprc.org>

Crisis Line: 1.800.273.8255

Chat: <http://chat.suicidepreventionlifeline.org/gethelp/lifelinechat.aspx>

SPRC is one of the most comprehensive resources for suicide prevention. In addition to information and training, they offer a hotline to help anyone who is experiencing suicidal ideation. Their website has links to resources in different states and a video providing advice on how to help support those considering suicide.

The Trevor Project

[www.thetrevorproject.org](http://www.thetrevorproject.org)

Founded in 1998 by the creators of the Academy Award-winning short film TREVOR, the Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to LGBTQ+ and young people under 25.