



## Resources for Suicide Prevention

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### Crisis Lines

#### **National Suicide Prevention Lifeline**

*suicidepreventionlifeline.org*

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. If you're thinking about suicide, are worried about a friend or loved one, or would like emotional support, the Lifeline network is available 24/7 across the United States. You can call **1-800-273-TALK (8255)** or **chat**. En Español, **1-888-628-9454**

#### **Crisis Text Line**

*crisistextline.org*

Text Line is free, 24/7 support for those in crisis. **Text 741741** from anywhere in the U.S. to text with a trained Crisis Counselor. Crisis Text Line trains volunteers to support people in crisis. With over 79 million messages processed to date, they are growing quickly, but so is the need.

#### **Trevor Lifeline**

*thetrevorproject.org/get-help-now*

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer, and questioning (LGBTQ) young people under 25. The TrevorLifeline is a crisis intervention and suicide prevention phone service available 24/7 at **1-866-488-7386**. TrevorText is available by texting **"START" to 678678**.

#### **TrevorSpace**

*trevorspace.org*

Trevor Space is an online international peer-to-peer community for LGBTQ young people and their friends.

#### **Trans Lifeline**

*translifeline.org*

Trans Lifeline is a national trans-led 501(c)(3) organization dedicated to improving the quality of trans lives by responding to the critical needs of our community with direct service, material support, advocacy, and education. Fighting the epidemic of trans suicide and improving overall life-outcomes of trans people the Trans Lifeline facilitates justice-oriented, collective community aid. Their peer support hotline is run by and for trans people. The line is available daily from 7 a.m.–1 a.m. PST / 9 a.m.–3 a.m. CST / 10 a.m.–4 a.m. EST. Volunteers may be available during off hours. Call **877-565-8860** to speak to someone now.

## **Veterans Crisis Line**

*veteranscrisisline.net*

The Veterans Crisis Line is a free, confidential resource that's available to anyone, even if you're not registered with VA or enrolled in VA health care. The caring, qualified responders at the Veterans Crisis Line are specially trained and experienced in helping veterans of all ages and circumstances; many of the responders are veterans themselves. If you're a veteran in crisis or concerned about one, there are caring, qualified VA responders standing by to help 24 hours a day, 7 days a week. **Call 1-800-273-8255 and press 1 or text 838255.**

## **SAMHSA Prevention Resources**

### **SAMHSA's Suicide Prevention Resource Center**

*sprc.org/resources-programs*

SAMHSA's SPRC provides accurate data, up-to-date research, and knowledge of effective strategies and interventions that are essential to our ability to prevent suicide. Find programs, toolkits, fact sheets, and other resources to help you take effective action.

### **Zero Suicide**

*zerosuicide.sprc.org*

The foundational belief of Zero Suicide is that suicide deaths for individuals under the care of health and behavioral health systems are preventable. For systems dedicated to improving patient safety, Zero Suicide presents an aspirational challenge and practical framework for system-wide transformation toward safer suicide care.

### **#BeThe1To**

*bethe1to.com*

#BeThe1To is the National Suicide Prevention Lifeline's message for National Suicide Prevention Month and beyond, spreading the word about actions we can all take to prevent suicide. The Lifeline network and its partners are working to change the conversation from suicide to suicide prevention, to actions that can promote healing, help and give hope. Together, we can prevent suicide by learning to help ourselves, help others, seek consultation from trained providers (hotlines and clinicians) and to seek hospital care when necessary.

### **National Action Alliance for Suicide Prevention**

*theactionalliance.org*

The National Action Alliance for Suicide Prevention (Action Alliance) is the nation's public-private partnership for suicide prevention. The Action Alliance works with more than 250 national partners to advance the National Strategy for Suicide Prevention. Current priority areas include: transforming health systems, transforming communities, and changing the conversation.

*From <https://www.samhsa.gov/childrens-awareness-day/event/resources-suicide-prevention>*

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*Thank you for joining us for Children's Mental Health  
Awareness Day 2019!*

*For more information about mental health resources in  
Elkhart County, visit*

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

