Suicide Prevention Resources

Suicide is preventable, and we can all play our part in understanding and addressing suicide in our communities. In recognition of this year’s World Suicide Prevention Day (September 10, 2023), here are some recommended resources to help you learn more about the warning signs, suicide prevention, how to help someone in need, and how to get help for yourself.

Resources

- **988 Suicide & Crisis Lifeline**
  - Call 988 or 800-273-8255
  - Get Help
  - Help Someone Else
  - We Can All Prevent Suicide
  - Stories of Hope and Recovery

- **Crisis Text Line**
  - Text “HOME” to 741741
  - How to Deal with Suicide

- **Mental Health America**
  - Suicide
  - Preventing Suicide in Older Adults

- **HelpGuide**
  - Suicide Prevention
  - Are You Feeling Suicidal?

- **Now Matters Now**
  - Skills and support for coping with suicidal thoughts
  - Coping Skills

- **The Jason Foundation**
  - Dedicated to the prevention of the “Silent Epidemic” of youth suicide

- **The Trevor Project**
  - Suicide prevention resources for LGBTQ youth
  - Call 866-488-7386
  - Talking about Suicide

- **Trans Lifeline**
  - Call 877-565-8860

- **#BeThe1To**
  - The five action steps for communicating with someone who may be suicidal are supported by evidence in the field of suicide prevention