



Suicide awareness resources

988 Suicide and Crisis Lifeline

Call **988** to connect with free, confidential support 24/7. Or visit the **988 Suicide and Crisis Lifeline** website for information, resources or to use the Lifeline Chat and Text.

Veterans Crisis Line

Call **988** and then press **1** to reach a trained responder with the Department of Veterans Affairs.

American Foundation for Suicide Prevention

Visit **afsp.org** or call **1-888-333-AFSP (2377)** for research, education and current statistics on suicide. The website offers links to other suicide prevention and mental health sites.

National Alliance for the Mentally Ill (NAMI)

Visit **nami.org** for information on suicide and family support and self-help groups. NAMI also has a helpline to support people struggling with mental health. Call **1-800-950-NAMI (6264)** or text **HelpLine** to **62640**.

The Jason Foundation

Go to **jasonfoundation.com** to find suicide prevention resources for teachers, parents and students.

Centers for Disease Control and Prevention

Visit **cdc.gov** for links to suicide statistics, prevention and safety information.

National Library of Medicine

Visit the **National Library of Medicine website** and search “suicide” for suicide-related information and articles.

Suicide Awareness-Voices of Education (SAVE)

The **SAVE website** provides suicide education, facts and statistics on suicide and depression. It links to information on warning signs of suicide and the role a friend or family member can play in helping someone who's having suicidal thoughts.

Mental Health First Aid

Do you want to learn more about stigma and how to respond to mental health problems? Similar to CPR and First Aid training, Mental Health First Aid helps people identify, understand and respond to mental health issues. You can find a local training at the **Mental Health First Aid website**.

Crisis text line

Text HOME to **741741** to chat with a crisis counselor by text message.

You can also call Resources for Living 24/7 for in-the-moment support.

