



APPENDIX

Resources for Suicide Survivors and Suicide Prevention

SUICIDE HOTLINES

National Suicide Prevention Lifeline

(800) 273-TALK (8255)

www.suicidepreventionlifeline.org

www.crisischat.org

www.youmatter.suicidepreventionlifeline.org

<http://lifelineforattemptsurvivors.org>

The National Suicide Prevention Lifeline is a twenty-four-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress. Calls are routed to the nearest crisis center in a national network of more than 150 crisis centers. Calls to 800-SUICIDE (784-2433) are also routed through this network. Lifeline Crisis Chat is an online version that provides online emotional support, crisis intervention, and suicide prevention services. You Matter and Lifeline for Attempt Survivors are online communities for people at risk for suicide and for suicide attempt survivors.

IMALive

www.imalive.org

IMALive is an online crisis network for people considering suicide who might not call a phone hotline. All responders are trained and certified in crisis intervention.

Crisis Text Line

Text HELP to 741741

www.crisistextline.org

Live trained crisis counselors are available to text people in crisis and work with them to get help and find solutions.

NONPROFIT ORGANIZATIONS

Alliance of Hope for Suicide Loss Survivors

www.allianceofhope.org

<http://forum.allianceofhope.org>

This organization provides healing support for people who have lost loved ones to suicide. It includes resources for understanding grief and a community forum where survivors can connect with one another to share about the suicide loss experience. Forum boards cover every imaginable topic, from specific circumstances of a loved one's death (spouse, military, teen, etc.) to issues like finances, sleep, triggers, PTSD, addictions, and much more.

American Association of Suicidology

5221 Wisconsin Ave., NW

Washington, DC 20015

202-237-2280

www.suicidology.org

Dedicated to the understanding and prevention of suicide, AAS promotes research, public awareness programs, education, and training for professionals and volunteers. It serves as a national

clearinghouse for information on suicide. Its website includes a national directory of support groups for survivors of suicide, listed by state, as well as contact info for crisis centers and hotlines.

American Foundation for Suicide Prevention

120 Wall Street, 29th Floor

New York, NY 10005

212-363-3500 or 888-333-2377

info@afsp.org

www.afsp.org

The American Foundation for Suicide Prevention aims to advance our knowledge of suicide and our ability to prevent it. Its website provides helpful data on suicide and resources for prevention.

SAVE: Suicide Awareness Voices of Education

8120 Penn Ave. S., Suite 470

Bloomington, MN 55431

952-946-7998

www.save.org

SAVE sponsors suicide prevention campaigns with billboards and ads about the danger of untreated depression. It provides suicide prevention kits for schools and organizations.

Suicide Prevention Resource Center

43 Foundry Avenue

Waltham, MA 02453-8313

877-438-7772

info@sprc.org

www.sprc.org

SPRC is the nation's only federally supported resource center devoted to advancing the National Strategy for Suicide Prevention. SPRC provides technical assistance, training, and materials to

increase the knowledge and expertise of suicide prevention practitioners and other professionals serving people at risk for suicide.

To Write Love on Her Arms

PO Box 2203

Melbourne, FL 32902

info@twloha.com

<https://twloha.com>

Founded in 2006 by Jamie Tworkowski, To Write Love on Her Arms is a nonprofit movement dedicated to presenting hope and finding help for people struggling with depression, addiction, self-injury, and suicide.

Yellow Ribbon Suicide Prevention Program

PO Box 644

Westminster, CO 80036-0644

303-429-3530

ask4help@yellowribbon.org

www.yellowribbon.org

The Light for Life Foundation International focuses on preventing teen suicide. The founders started the Yellow Ribbon program in 1994 after their teen took his life just seven minutes before his parents came home and found him. Their Yellow Ribbon cards for teens read: “This Ribbon Is a Lifeline! If you are in need and don’t know how to ask for help, take this card to a counselor, teacher, clergy, doctor, parent or friend and say, ‘I need to use my Yellow Ribbon.’” On the back is information to get the friend help. Over 2.5 million Yellow Ribbon cards have been distributed.

U.S. GOVERNMENT RESOURCES FOR SUICIDE PREVENTION

National Action Alliance for Suicide Prevention
1025 Thomas Jefferson St. NW, Suite 700
Washington, DC 20007
info@ActionAllianceForSuicidePrevention.org
<http://actionallianceforsuicideprevention.org>
Zero Suicide: www.zerosuicide.com

Faith Communities Task Force: www.faith-hope-life.org

Established in 2010, the Action Alliance is the national public-private partnership advancing the National Strategy for Suicide Prevention, championing suicide prevention as a national priority and catalyzing prevention efforts in both the public and private sector. The 2012 national strategy report is available at www.surgeongeneral.gov/library/reports/national-strategy-suicide-prevention/full_report-rev.pdf.

The Zero Suicide toolkit provides resources for suicide prevention in health and behavioral health care systems. The Faith Communities Task Force's campaign "Faith. Hope. Life." offers congregational resources for suicide prevention.

National Center for Injury Prevention and Control
Centers for Disease Control and Prevention
1600 Clifton Road
Atlanta, GA 30329-4027
www.cdc.gov/injury
www.cdc.gov/ViolencePrevention/suicide/index.html

National Institute of Mental Health
6001 Executive Blvd., Rm. 6200, MSC 9663
Bethesda, MD 20892-9663
nimhinfo@nih.gov
www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml

Substance Abuse and Mental Health Services Administration
5600 Fishers Lane
Rockville, MD 20857
877-726-4727
www.samhsa.gov/suicide-prevention

These agencies provide current statistical data, research, and analysis on suicide, as well as suicide prevention guidelines and resources.

INTERNATIONAL ORGANIZATIONS

Befrienders International
info@befrienders.org
www.befrienders.org

Founded in 1974, Befrienders International is a global suicide prevention network with 349 member centers in 32 countries and a head office in London. Its multilingual website features a comprehensive directory of emotional first-aid help lines in countries around the globe. Befrienders aims to reduce suicide by increasing general awareness of suicide, promoting relevant research, and establishing volunteer crisis centers.

The Samaritans
Freepost RSRB-KKBY-CYJK
PO Box 9090, Stirling, FK8 2SA
United Kingdom
jo@samaritans.org
www.samaritans.org

The Samaritans has 201 branches in the United Kingdom and Republic of Ireland that provide confidential emotional support to any person who is suicidal or despairing. It works to increase public awareness of issues surrounding suicide and depression.

World Health Organization

Avenue Appia 20

1211 Geneva 27

Switzerland

www.who.int/topics/suicide/en

www.who.int/mental_health/prevention/suicide/suicide-prevent/en

WHO's website has data on suicide as a global phenomenon as well as suicide rates for individual countries. It also has resources for suicide prevention, including documents for physicians, health care workers, media, teachers, and survivors. In 2013, the World Health Assembly adopted a Mental Health Action Plan with a goal of reducing the rate of suicide in countries by 10 percent by 2020. Their report "Preventing Suicide: A Global Imperative" is available on their website.