

Appendix

Resources for Suicide Survivors & Suicide Prevention



Nonprofit Organizations

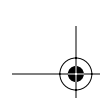
American Association of Suicidology
4201 Connecticut Ave., NW, Suite 408
Washington, DC 20008
202-237-2280; fax 202-237-2282
www.suicidology.org

Dedicated to the understanding and prevention of suicide, AAS promotes research, public awareness programs, education and training for professionals and volunteers. 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 hot-lines.

American Foundation for Suicide Prevention
120 Wall Street, 22nd Floor
New York, NY 10005
212-363-3500 or 888-333-AFSP; fax 212-363-6237
e-mail: inquiry@afsp.org
www.afsp.org

The American Foundation for Suicide Prevention aims to advance our knowl-





edge of suicide and our ability to prevent it. Website provides helpful data on suicide and resources for prevention.

National Hopeline Network
800-SUICIDE (800-784-2433)
www.hopeline.com

Founded by a survivor after the suicide of his wife. Connects callers to national crisis centers and suicide prevention hotlines through one toll-free phone number.

SAVE: Suicide Awareness Voices of Education
7317 Cahill Road, Suite 207
Minneapolis, MN 55439-0507
952-946-7998 or 888-511-SAVE
e-mail: save@winternet.com
www.save.org

Launched by a couple who lost two children to suicide. Sponsors suicide prevention campaigns with billboards and ads about the danger of untreated depression. Provides suicide prevention kits for schools and organizations.

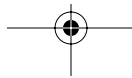


SOLOS: Survivors of Loved Ones' Suicides
P.O. Box 592
Dumfries, VA 22026-0592
703-580-8958
e-mail: solos@1000deaths.com
www.1000deaths.com

Provides help and support to survivors of suicide through outreach, education and research. Website includes poetry and prose by survivors. The website's domain name comes from the saying "A suicide dies once. Those left behind die a thousand deaths trying to understand why."

SOSR: Survivors of Suicide Web Ring
www.webring.org/cgi-bin/webring?home&ring=sos
Links to other websites by and for survivors of suicide.

Survivors of Suicide
www.thewebpacer.com/sos/
Hosts a discussion board where survivors can post messages and help one another. Intent is to offer a safe place to share and discuss the feelings associated with such a loss.





Suicide Prevention Advocacy Network
5034 Odin's Way
Marietta, GA 30068
888-649-1366; fax 770-642-1419
www.spanusa.org

SPAN USA is a nonprofit organization dedicated to the creation of an effective national suicide prevention strategy. SPAN links the energy of those bereaved by suicide with the expertise of leaders in science, business, government and public service to achieve the goal of significantly reducing the national rate of suicide by the year 2010.

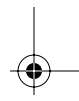
Yellow Ribbon Suicide Prevention Program
P.O. Box 644
Westminster, CO 80036-0644
303-429-3530; fax 303-426-4496
e-mail: ask4help@yellowribbon.org
www.yellowribbon.org

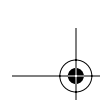
The Light for Life Foundation International focuses on preventing teen suicide. The founders started the Yellow Ribbon program in 1994 after their teen took his life just seven minutes before his parents came home and found him. They started making Yellow Ribbon cards for teens which read: "This Ribbon Is a Lifeline! It carries the message that there are those who care and will help! If you are in need and don't know how to ask for help, take this card to a counselor, teacher, clergy, parent or friend and say, 'I NEED TO USE MY YELLOW RIBBON.'" On the back is information to help the friend get help. Over 2.5 million Yellow Ribbon cards have been distributed, and over 1,500 lives have been saved.

U.S. Government Resources for Suicide Prevention

National Strategy for Suicide Prevention
www.mentalhealth.org/suicideprevention/index.htm

Surgeon General David Satcher's call for action on suicide established this collaborative effort between the Substance Abuse and Mental Health Services Administration, the Centers for Disease Control and Prevention, the National Institutes of Health and the Health Resources and Services Administration. This site has links to various agencies with resources for suicide prevention. The Surgeon General's Call to Action to Prevent Suicide (1999) is available on this site.





National Center for Injury Prevention and Control
Mailstop K60
4770 Buford Highway
Atlanta, GA 30341-3724
770-488-4362; fax 770-488-4349
e-mail: OHCINFO@cdc.gov
www.cdc.gov/ncipc/

National Institutes of Mental Health
6001 Executive Blvd., Rm. 8184, MSC 9663
Bethesda, MD 20892-9663
301-443-4513; fax 301-443-4279
e-mail: nimhinfo@nih.gov
www.nimh.nih.gov/research/suicide.htm

Both these organizations provide current statistical data, research and analysis on suicide, as well as suicide prevention guidelines and resources.

International Organizations



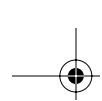
Befrienders International
26/27 Market Place
Kingston upon Thames
Surrey KT1 1JH
United Kingdom
+44-0-20-8541-4949; fax: +44-0-20-8549-1544
e-mail: jo@befrienders.org
www.befrienders.org



Founded in 1974, Befrienders International is a global suicide prevention network with 357 member centers in 41 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
10 The Grove
Slough, Berkshire SL1 1QP
United Kingdom
01753-216500; fax 01753-775787
e-mail: jo@samaritans.org





APPENDIX

 167

www.samaritans.org.uk

The Samaritans is a registered charity based in the United Kingdom and Republic of Ireland that provides 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

+00-41-22-791-21-11; fax +00-41-22-791-3111

Telex 415-416

e-mail: info@who.int

www.who.int/mental_health/Suicide

In 1999 the World Health Organization launched SUPRE, a worldwide initiative for the prevention of suicide. Its 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. A guide for survivors, "Preventing Suicide: How to Start a Survivors' Group" (Geneva: World Health Organization, 2000), is available online at www.who.int/mental_health/Suicide/resources.html.

