

## EMPLOYEE ASSISTANCE PROGRAM

# SUICIDE PREVENTION AND AWARENESS RESOURCES

- **7 Cups of Tea**  
7 Cups is an online resource that offers free, anonymous, and confidential text chat with trained listeners and online therapists and counselors. With over 28 million conversations to date, it's the world's largest emotional support system.
- **American Association of Suicidology**  
Access to resources including mental health and public health professionals, researchers, suicide prevention and crisis intervention centers, school districts, crisis center volunteers, survivors of suicide loss, attempt survivors, and a variety of lay persons who have an interest in suicide prevention.
- **ADAA Online Support Group**  
With more than 18,000 subscribers worldwide, the Anxiety and Depression Association of America's online support group is a safe, supportive place to share information and experiences.
- **Befrienders**  
Befrienders is a global network of 349 emotional support centers around the world. It offers an open space for anyone in distress to be heard. Support is available via telephone, text message, in person, online, and through outreach and local partnerships.
- **Crisis Text Line**  
Crisis Text Line provides free, text-based support 24/7. Text MHA to 741741 and you'll be connected to a trained Crisis Counselor.
- **Disaster Distress Helpline**  
The national Disaster Distress Helpline is available for anyone experiencing emotional distress related to natural or human-caused disasters. Call or text 1-800-985-5990 to be connected to a trained, caring counselor, 24/7/365.
- **IMAlive**  
IMAlive is a virtual crisis center. It offers volunteers who are trained in crisis intervention. These individuals are ready to instant message with anyone who needs immediate support.
- **Jed Foundation**  
The Jed Foundation (JED) is a nonprofit organization that exists to protect the emotional health and prevent suicide of our nation's teens and young adults. JED equips these individuals with the skills and knowledge to help themselves and each other, and encourages community awareness, understanding, and action for young adult mental health. The organization also partners with high schools and colleges to strengthen their mental health, substance use, and suicide prevention programs and systems.
- **KidsHealth from Nemours**  
This online resource helps parents decide whether their child's behavior is just a phase or a sign of something more serious.
- **National Action Alliance for Suicide Prevention**  
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.
- **National Alliance on Mental Illness (NAMI) Resource**  
Helping a loved one with mental illness can be challenging, but knowing where to begin is an important first step. NAMI offers family members and caregivers specific guidance on a variety of issues, including how to help prevent suicide.



- **National Organization for People of Color Against Suicide**  
NOPCAS serves as the only national organization of its kind addressing the issue of suicide prevention and intervention, specifically in communities of color. Our primary focus and mission is to increase suicide education and awareness. We offer unique opportunities for outreach partnerships and community education efforts directed at communities of colors across the nation.
- **National Suicide Prevention Lifeline**  
The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. Call 1-800-273-8255.
- **Now Matters Now**  
We teach Mindfulness, Mindfulness of Current Emotion, Opposite Action and Paced-breathing. These skills are part of Dialectical Behavior Therapy or DBT, proven to be helpful for people considering suicide. These tools are not considered a replacement for one-to-one counseling. You do not have to have suicidal thoughts or mental health problems to use these tools – they are useful for most people and many problems.
- **Physician Support Line**  
Physician Support Line is a national, free, and confidential support line service made up of 600+ volunteer psychiatrists to provide peer support for other physicians and American medical students. Call 1-888-409-0141 every day from 8:00 AM - 1:00 AM ET.
- **Rocky Mountain MIRECC for Suicide Prevention**  
Resources for how to talk to a child about a suicide attempt in your family.
- **Safety Planning Tools**  
The purpose of the Safety Planning Intervention is to provide people who are experiencing suicidal ideation with a specific set of concrete strategies to use in order to decrease the risk of suicidal behavior. The safety plan includes coping strategies that may be used and individuals or agencies that may be contacted during a crisis.
- **Suicide Awareness Voices of Education (SAVE)**  
SAVE was one of the nation's first organizations dedicated to the prevention of suicide. Our work is based on the foundation and belief that suicide is preventable and everyone has a role to play in preventing suicide. Through raising public awareness, educating communities, and equipping every person with the right tools, we know we can SAVE lives.
- **Self-Injury Outreach and Support**  
Self-Injury Outreach and Support is an international outreach organization offering a variety of resources for those who self-injure, including guides, stories, and methods for day-to-day coping.
- **Society for the Prevention of Teen Suicide**  
The Society for the Prevention of Teen Suicide helps parents and educators raise awareness about youth suicide and attempted suicide through the development and promotion of educational training programs. The site also offers resources for teenagers who are contemplating suicide.
- **StopBullying.gov**  
StopBullying.gov provides information from various government agencies on what bullying is, what cyberbullying is, who is at risk, and how you can prevent and respond to bullying.
- **Suicide Stop**  
A source of emergency numbers, online chats, suicide hotlines, and therapy options, Suicide Stop gives people a variety of support methods.
- **The Dougy Center – The National Center for Grieving Children and Families**  
Dougy Center provides support in a safe place where children, teens, young adults, and families who are grieving can share their experiences before and after a death. They provide support and training locally, nationally, and internationally to individuals and organizations seeking to assist children in grief.
- **The Jason Foundation**  
The Jason Foundation, Inc. (JFI) is dedicated to the prevention of the "Silent Epidemic" of youth suicide through educational and awareness programs that equip young people, educators/ youth workers and parents with the tools and resources to help identify and assist at-risk youth.
- **The Trevor Project**  
A national 24-hour, toll free confidential suicide hotline for LGBTQ youth. Call 1-866-488-7386 or text START to 678678.
- **The Tyler Clementi Foundation**  
The Tyler Clementi Foundation was born out of the urgent need to address these bullying challenges facing vulnerable populations, especially LGBT communities and other victims of hostile social environments. Through programs such as #Day1, which provides free downloadable toolkits customized for different communities, the foundation encourages leadership to create safe spaces where individuals move from being bystanders to Upstanders who embrace diversity.
- **The Veterans Crisis Line**  
The Veterans Crisis Line is a free, confidential resource staffed by qualified responders from the Department of Veterans Affairs. Anyone can call, chat, or text — even those not registered or enrolled with the VA. Call 800-273-8255 and press 1 or text 838255.
- **THRIVE app**  
The Thrive app is designed by the Society for Adolescent Health and Medicine. It helps guide parents in starting important dialogue with their teenage children on a variety of health and wellness topics.
- **To Write Love on Her Arms**  
This nonprofit aims to help people struggling with depression, addiction, self-injury, and suicide by connecting them with the appropriate hotlines, resources, and online communities through its blog and social channels. The organization also fundraises to directly invest into treatment and recovery programs.
- **Trans Lifeline**  
Trans Lifeline's Hotline is a peer support service run by trans people, for trans and questioning callers. Dial 877-565-8860 for US and 877-330-6366 for Canada.