

Suicide Prevention Resources



We asked over 50,000 therapists in our Therapist Toolbox Community “What Are Some Suicide Prevention Resources Everyone Should Know About?” and this is what they shared.

- A Resource List by [Mentally Fit](#)

---- Have a resource to add to this list? Email us at: hello@joinmentallyfit.com ----

Resources Recommended:

Support Hotlines

[Crisis Text Line](#) - Text HOME to 741741 to connect with a Crisis Counselor. The Crisis Counselor is a trained volunteer, not a professional. They can provide support, but not medical advice.

Free 24/7 support at your fingertips US and Canada: text 741741 UK: text 85258 | Ireland: text 50808

[7 Cups](#) - 7 Cups connects you to caring listeners for free emotional support.

Documents

[A Guide to Using Facebook to Promote Suicide Prevention and Mental Illness Stigma Reduction](#) - a Guide Developed through the County of San Diego Health and Human Services Agency.

Suicide Scale ([English](#) | [Spanish](#) | [Portuguese](#))

DISCLAIMER: this should not be the ONLY thing you do to assess for suicidal ideation/intent. It is a tool that you can feel free to use, but you should absolutely further explore with each client.

[Columbia Suicide Severity Rating Scale](#) - This scale is intended to be used by individuals who have received training in its administration. The questions contained in the Columbia-Suicide Severity Rating Scale are suggested probes. Ultimately, the determination of the presence of suicidal ideation or behavior depends on the judgment of the individual administering the scale.

Organizations with Resources

[The Suicide Prevention Resource Center \(SPRC\)](#) - the only federally supported resource center devoted to advancing the implementation of the National Strategy for Suicide Prevention.

[Seize the Awkward](#) - Having a conversation about mental health might be uncomfortable, but it can make all the difference. Check out these tools – from conversation guides to tips –that can help you help those in need.

[The National Suicide Prevention Lifeline](#) - 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.

[To Write Love on Her Arms \(TWLOHA\)](#) - a nonprofit organization that aims to present hope for people struggling with addiction, depression, self-injury and thoughts of suicide, while also investing in treatment and recovery.

[The American Foundation for Suicide Prevention \(AFSP\)](#) - a voluntary health organization that gives those affected by suicide a nationwide community empowered by research, education and advocacy to take action against this leading cause of death.

[The National Alliance on Mental Illness \(NAMI\)](#) - the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

Podcasts

[Pandemic of Grief: Surviving Loss During Covid19 with Dr. Alan Wolfelt](#) - Join Dan Pierce and Dr. Alan Wolfelt from the Center for Loss & Life Transition in Colorado for a discussion on grief; what it takes to overcome an unbearable loss; and how to support others who have experienced a significant loss.

Videos

[Stay Alive - Suicide Prevention Documentary](#) - Stay Alive is a 75-minute video/podcast documentary serving at-risk populations. The program's two sections – Understanding and Helping, deliver messages of Education, Compassion and Caring for those who are in deep despair, along with Guidance for their families and friends who love them. Stay Alive is recommended for individuals, families, schools, communities, social services, and churches – anywhere there is a need. Stay Alive is available on YouTube and other distribution channels Free of Charge.

[What Is The Semicolon Tattoo Project?](#) - Project Semicolon is a non-profit movement dedicated to presenting hope to those who are struggling with mental health, suicide, self-injury, and addiction. ... This means anyone can raise awareness of suicide prevention, depression, addiction, and help stop mental health stigma.

Apps

[Virtual Hope Box](#) - The Virtual Hope Box (VHB) is a smartphone application designed for use by patients and their behavioral health providers as an accessory to treatment. The VHB contains simple tools to help patients with coping, relaxation, distraction, and positive thinking.

Patients and providers can work together to personalize the VHB content on the patient's own smartphone according to the patient's specific needs. The patient can then use the VHB away from clinic, continuing to add or change content as needed.

Veteran Resources

[VA Safety Plan](#) - A safety plan is a prioritized written list of coping strategies and sources of support that Veterans who have been deemed to be at high risk for suicide can use before or during a crisis. The plan is brief, easy to read, and in the Veteran's own words.

[Closing The Door To Suicide](#) - According to the Veteran's Administration the current suicide rates are 22% higher than civilians. Among female veterans the rate is 150 % higher than male veterans for committing suicide. At present we are losing 20 veterans daily to suicide. This video helps solve the problem.

Location Specific Resources

[Maryland Suicide Prevention Program](#) - The Maryland Suicide Prevention Program aims to prevent suicide by collaborating with the Governor's Commission on Suicide

Prevention as well as various state departments, community agencies, providers, and members to increase awareness of suicide and improve preparedness to identify individuals at-risk, intervene, and provide support to promote healing and improved quality of life.

Teen Resources

[Society for the Prevention of Teen Suicide](#) - The mission of the Society for the Prevention of Teen Suicide is to reduce the number of youth suicides and attempted

suicides by encouraging public awareness through the development and promotion of educational training programs.

LGBTQIA+ Resources

[The Trevor Project](#) - Founded in 1998 by the creators of the Academy Award®-winning short film TREVOR, The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25.

Recommended Books

[The Practical Art of Suicide Assessment: A Guide for Mental Health Professionals and Substance Abuse Counselors](#)

[Helping the Suicidal Person by Stacey Freedenthal](#) - Helping the Suicidal Person provides a highly practical toolbox for mental health professionals. The book first covers the need for professionals to examine their own personal experiences and fears around suicide, moves into essential areas of risk assessment, safety planning, and treatment planning, and then provides a rich assortment of tips for reducing the person's suicidal danger and rebuilding the wish to live.

[Hello Cruel World: 101 Alternatives to Suicide for Teens, Freaks and Other Outlaws by Kate Bornstein](#) - Celebrated transsexual trailblazer Kate Bornstein has, with more humor and spunk than any other, ushered us into a world of limitless possibility through a daring re-envisionment of the gender system as we know it.

Here, Bornstein bravely and wittily shares personal and unorthodox methods of survival in an often cruel world. A one-of-a-kind guide to staying alive outside the box, Hello, Cruel World is a much-needed unconventional approach to life for those who want to stay on the edge, but alive.

[I Wasn't Ready to Say Goodbye: Surviving, Coping and Healing After the Sudden Death of a Loved One by Brook Noel and Pamela D Blair](#) - The grief book that just "gets it." Whether you're grieving the sudden loss of a loved one or helping someone else through their grief, I Wasn't Ready to Say Goodbye offers a comforting hand to help guide you through the grieving process, from the first few weeks to the longer-term emotional and physical effects. It then reveals some of the myths of the grieving process and what really happens as you navigate through the pain.

[The Practical Art of Suicide Assessment: A Guide for Mental Health Professionals and Substance Abuse Counselors by Shawn Christopher Shea](#) - Penned with a compelling elegance and charm, the "Practical Art of Suicide Assessment" is

brimming with clinical wisdom, enlightening case illustrations and a vibrant sense of compassion. Viewed as one of the classics in the field of mental health, and acclaimed by both beginning students and experienced clinicians alike, it describes in a step-by-step fashion exactly how to make a sound suicide assessment.

[Night Falls Fast: Understanding Suicide by Kay Redfield Jameson](#) - From the author of the best-selling memoir *An Unquiet Mind*, comes the first major book in a quarter century on suicide, and its terrible pull on the young in particular. *Night Falls Fast* is tragically timely: suicide has become one of the most common killers of Americans between the ages of fifteen and forty-five.

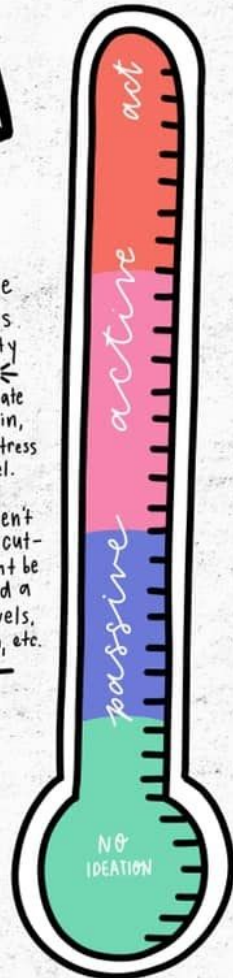
Shareable Graphics

THERE ARE DIFFERENT TYPES OF SUICIDAL IDEATION

NOTE

ALL of these types + levels of suicidality are **VALID** & doesn't dictate the level of pain, intensity, & distress you may feel.

These also aren't always clear cut—someone might be moving around a few, "skip" levels, fall inbetween, etc.



SUICIDE ATTEMPT

attempts to kill self, either initiating made plan or impulsively

SUICIDAL with PLAN & INTENT

has a specific plan (how, when, where) and intends to carry it out → Ex. "I am going to overdose tomorrow at home."

SUICIDAL INTENT (no plan)

intends to kill self but doesn't have a specific plan → Ex. "I think I'm going to kill myself, but not sure when."

SUICIDAL THOUGHTS (method, no plan, or intent)

has an idea of how they would do it, but no specific plan or intent → Ex. "I've thought about overdosing, but I'm not going to."

SUICIDAL THOUGHTS (no intent/plan)

thinking about killing self, but no details & no intention to act → Ex. "I should just kill myself." "I wish I could just kill myself."

THOUGHTS OF MORBIDITY

thinking about own death & dying, but not specifically by self → Ex. "I wish I wouldn't wake up" "I wish I were dead."

RANDOM INTRUSIVE THOUGHT*

passing thought, curiosity → Ex. "What if I just jumped?" when waiting for train *different if person has chronic suicidality

NO THOUGHTS

SOURCED FROM David experience & Columbia-suicide severity rating scale

@ALYSERURIANI

LGBTQ

Suicide Prevention Resources



National Suicide Prevention Lifeline

1-800-273-TALK (8255)
Veterans: Press 1



Text TALK to 741741

Text with a trained counselor from the Crisis Text Line for free, 24/7



The Trevor Project

TrevorLifeline: Available 24/7 at
1-866-488-7386

TrevorText: Text TREVOR to
1-202-304-1200

TrevorChat: Via thetrevorproject.org



Trans Lifeline

Support for transgender people,
by transgender people
1-877-565-8860



SAGE LGBT Elder Hotline

Peer-support and local resources
for older adults
1-888-234-SAGE



The LGBT National Hotline

Peer-support and local resources
for all ages
1-888-843-4564

afsp.org/lgbtq



**American
Foundation
for Suicide
Prevention**

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This document was created for members of the Therapist Toolbox Community by [Mentally Fit](#). Please feel free to share it virtually or as a printed handout with anyone you'd like!

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** Therapist Toolbox is for mental health professionals only! **

Support & Resources for Everyone

Join us for honest conversations about mental health and support from peers, mentors and experts in our online community. <https://joinmentallyfit.com/>

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