



National Resources

Crisis Resources

- National Suicide Prevention Lifeline: 988
- Veteran's Crisis Line (call, chat, text): www.veteranscrisisline.net/
- Crisis Text Line: Text HELLO to 741741 www.crisistextline.org/

Other Suicide Prevention and Mental Health Resources

- American Association of Suicidology www.suicidology.org
- American Foundation for Suicide Prevention www.AFSP.org Help Yourself, Help Another (screening tools): www.helpyourselfhelpothers.org
- Man Therapy www.mantherapy.org
- Mental Health America www.mentalhealthamerica.net
- National Alliance on Mental Health www.nami.org
- National Institute of Mental Health www.nimh.nih.gov
- Suicide Prevention Resource Center www.SPRC.org

Additional Resources for Training

- QPR www.qprinstitute.com
- LivingWorks www.livingworks.net
- Mental Health First Aid www.mentalhealthfirstaid.org

Youth, Schools and College/Universities Resources

- Active Minds www.activeminds.org
- The Jed Foundation www.jedfoundation.org
- The Second Wind Fund www.thesecondwindfund.org
- Sources of Strength www.sourcesofstrength.org
- The Trevor Project www.thetrevorproject.org
- ULifeline www.ulifeline.org
- Yellow Ribbon Foundation www.yellowribbon.org

Resources for Loss Survivors

- Alliance of Hope www.allianceofhope.org
- American Foundation for Suicide Prevention Loss Survivors of Suicide
- <https://afsp.org/ive-lost-someone>



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