SUICIDE PREVENTION RESOURCES

Prevent Suicide WV
(304) 618-5044
hopesiler@prestera.org

Westbrook Crisis Line (304)485-1725
or 1-(800) 579-5844

Help for West Virginia
1-844-HELP-4-WV (1-844-435-74980)
https://www.help4wv.com/services

National Suicide Prevention Lifeline
1-800-273-TALK (8255)
https://suicidepreventionlifeline.org/

Substance Abuse and Mental Health Services Administration

RESOURCES

- See something say something – S4 free suicide prevention app
- Crisis Connections Curriculum: Riding The Waves (5th grade), Look Listen Link (6-8th), H.E.L.P. (9-
  https://www.crisisconnections.org/get-training/schools/
- Step up – Bystander intervention and prosocial behavior program - http://stepupprogram.org/about/
- National Alliance on Mental Illness – OK2TALK
- Kognito – Online health simulations can help train staff how to talk to suicidal children
- Suicide Prevention Resource Center – safeTALK
- Question, Persuade, Refer
  https://qprinstitute.com/individual-training
• SOS Signs Of Suicide Prevention Program
  https://www.mindwise.org/what-we-offer/suicide-prevention-programs/
• Learn to ACT – Acknowledge Care Tell
  https://stopasuicide.org/learn-to-act.php
• American Foundation For Suicide Prevention
  https://afsp.org/our-work/education/
• Livingworks - Applied Suicide Intervention Skills Training (ASIST) -
  https://www.livingworks.net/trainings
• The Trevor Project  https://www.thetrevorproject.org/education/
• Youth Mental Health First Aid
  https://www.mentalhealthfirstaid.org/take-a-course/course-types/youth/
• The Jason Foundation
  https://learn.jasonfoundation.com/courses/
• Texas Suicide Prevention
  https://texassuicideprevention.org/training/
• SAVE- Suicide Awareness Voices of Education
  https://save.org/what-we-do/education/

• MY3 – Helps you stay connected by identifying 3 people you can reach out to when
  you are having thoughts of suicide
• Breath2Relax – Stress reduction through guided breathing
• SAMHSA: Suicide Safe (For providers to help suicidal clients) & Know Bullying
  (Prevention of Bullying and to build resilience)
• MoodKit – Mood Improvement Cognitive Behavioral Therapy Based
• Calm – Meditation Techniques, Stress Reduction, Improves Sleep
• Virtual Hope Box – Tools for coping, relaxation, distraction, and positive thinking
• TalkLife – Peer Support Community
• DBT Diary Card & Skills Coach – increase or decrease behaviors
• KOKO – Social Networking for mental health to share concerns and skills
• Optimism – Symptom tracking to identify triggers and patterns
• Headspace – Mindfulness & Meditation
• Moodnotes – Thought journal and mood diary
• Moodpath – Screening questions for thoughts, emotions, and feelings
• Pacifica – Helps you deal with anxiety & stress
• Superbetter – Increases resilience and optimism
• 7 Cups – Online therapy and emotional support
• Happify – Helps you regain control of thoughts and feelings, reduce stress, and build
  resilience
• Mindshift – Manage symptoms of anxiety
• Betterhelp – Online counseling
• Suicide Safety Plan – Helps deal with suicidal thoughts and prevent suicide