

## SUICIDE PREVENTION RESOURCES

### Prevent Suicide WV

(304) 618-5044

[hopesiler@prestera.org](mailto:hopesiler@prestera.org)



Westbrook Crisis Line (304)485-1725

or 1-(800) 579-5844



**WESTBROOK**

*Health Services*

Community Focused. People Driven

### 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

<https://www.samhsa.gov/prevention/suicide.aspx>



**CRISIS TEXT LINE |**

Text HOME to 741741 in the US

<https://www.crisistextline.org/>

## 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. (9-11th)  
<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/>
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- 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