

Suicide Prevention Resources

- Screening for Mental Health Signs of Suicide Prevention Program
<https://sosignsofsuicide.org/user/login?destination=>
 - Login- centralsd-par
 - Password: Prevention18

- If you are in crisis, call the toll-free National Suicide Prevention Lifeline at 1- 800-273-TALK (8255), available 24 hours a day, 7 days a week. The service is available to anyone. All calls are confidential.
<http://www.suicidepreventionlifeline.org>

- American Foundation for Suicide Prevention: <https://afsp.org/>
 - AFSP raises awareness, funds scientific research and provides resources and aid to those affected by suicide.

- National Alliance for Mental Illness: <https://www.nami.org/>
 - NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI educates and advocates about mental illness and can provide various resources to individuals and families.

- For LGBTQIA+ The Trevor Project: <http://www.thetrevorproject.org/>
 - Founded in 1988 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, and questioning (LGBTQ) young people under 25.

- Crisis Text Line: Text CONNECT to 741741
 - Crisis Text line is free, 24/7 support for those in crisis, connecting people in crisis to trained crisis counselors. Our first priority is helping people move from a hot moment to a cool calm , guiding you to create a plan to stay safe and healthy. You= our priority.

- Substance Abuse and Mental Health Services Administration (SAMHSA):
<https://www.samhsa.gov/find-help/national-helpline>
 - Call 1-800-662-HELP (4357) SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

- 211- <http://www.211.org/>
 - Get referrals for any services you need in the community.
 - You are not alone everyday thousands of people across the U.S. and Canada turn to 211 for information and support-whether financial, domestic, health, or disaster related. 211 is free and confidential.

- Need a mental health referral through your health insurance? Call the behavior health number on your insurance card or your membership number. They can connect you to a therapist in your area that accepts your health insurance.