

FOR YOUR TEENS

SUICIDE PREVENTION ORGANIZATIONS & RESOURCES



BROUGHT TO YOU BY

— *the* —
RELATIONSHIP
PROJECT

Resources

NATIONAL HOTLINES

Police

911

National Suicide Prevention Lifeline

1-800-273-TALK (8255)

Chat service available at www.suicidepreventionlifeline.org

Crisis Text Line

Text HOME to 741741 for free, 24 hours a day, 7 days a week.

www.crisistextline.org

National Runaway Safeline

1-800-786-2929

Chat service available at www.1800runaway.org

WEBSITES:

www.afsp.org *American Foundation for Suicide Prevention*

Provides information on facts and figures, risk factors, warning signs, etc.

www.cdc.gov *Centers for Disease Control and Prevention*

Provides information on disease risk, prevention strategies and statistics, as well as information on a variety of health and safety topics. Provides access to a national survey of teens on a variety of safety topics including depression and suicide (<http://www.cdc.gov/HealthyYouth/yrbs/>).

www.kidshealth.org

Provides information on children's health and development.

www.jasonfoundation.com *The Jason Foundation, Inc.*

Provides information on suicide facts, signs and concerns, etc. Site contains a resource library (articles) on relevant topics such as Bullying, depression, mental health, etc.

www.mentalhealth.gov

Information about mental health: Basics, What To Look For, Talking About Mental Health, How To Get Help, etc.

www.mindwise.org *Mindwise Innovations*

Provides information and facts on a range of mental health issues including depression and suicide. Distributes the Signs of Suicide (SOS) program to schools and organizations nation-wide.

www.nami.org *National Alliance on Mental Illness*

NAMI provides education; awareness and support; and advocacy for individuals, families and communities affected by mental illness. There are many local affiliates including a Cook County North Suburban affiliate (www.namiccns.org) that provides classes, support groups, lectures and resources, (all at no cost), to help with the many challenges that come to families and individuals in need. The contact for the Cook County North Suburban affiliate is Nancy Sussman, Program Director, available at nsussman@namiccns.org.

www.rebeccasdream.org *Rebecca's Dream*

Changing the face of depression and Bipolar Disorder, their mission is to promote awareness and compassionate understanding of depression and bipolar disorder as real diseases.

www.ryanpatrickhalligan.org *Ryan's Story*

Provides information on cyberbullying as well as suicide prevention. Also has parenting tips for concerned parents.

stopbullying.gov *Stop Bullying.gov, part of the Department of Health and Human Services.*

Provides information for kids, teens, young adults, parents, educators, and for the community. Site provides a definition of bullying, lists warning signs, and indicates how to go about seeking help.

Assembly of Orthodox Bishops Directory of Orthodox Mental Health Professionals

A comprehensive and unified Directory of Orthodox Christian Mental Health Professionals. The Directory includes Eastern or Oriental Orthodox Christians verified to be in good sacramental standing by their parish priest or local bishop. The interactive directory allows users to search by zip code for Orthodox Christian mental health providers licensed to practice in their state. The directory offers useful details about each provider's area of practice, as well as contact information.

<https://www.assemblyofbishops.org/directories/mental-health/>

National Institute of Mental Health (NIMH)

This website has information about mental illness and suicide prevention, including statistics, symptoms, treatment options, and risk factors. It also provides resources that can help people understand the connection between suicide and other mental health issues such as depression, bipolar disorder, and more.

<https://www.nimh.nih.gov/health/topics/suicide-prevention/index.shtm>

#Bethe1to

#BeThe1To is the National Suicide Prevention Lifeline's message for National Suicide Prevention Month and beyond, and its aim is to spread the word about actions people can take to prevent suicide. This site provides information on the 5 steps to help prevent suicide, ways to participate, and current resources.

<https://www.bethe1to.com/>

Suicide Prevention Resource Center (SPRC)

SPRC is one of the most comprehensive resources for suicide prevention. In addition to information and training, they offer a hotline to help anyone who's experiencing suicidal ideation: 1-800-273-TALK. Their website has links to resources in different states and a video providing advice on how to help support those considering suicide.

Website: <http://www.sprc.org/>

Crisis Line: 1-800-273-TALK (8255)

Chat: <http://chat.suicidepreventionlifeline.org/GetHelp/LifelineChat.aspx>

Society for the Prevention of Teen Suicide (SPTS)

Teen suicide is a growing problem in America and many other countries. SPTS is a nonprofit organization created by parents whose teen children died by suicide. It's dedicated to helping to reduce the problem of teen suicide by providing resources for teens, parents, and educators. SPTS also pushes for legislation requiring teachers to undergo training in suicide prevention.

<http://www.sptsusa.org/>

Action Alliance for Suicide Prevention

This is a public and private alliance of organizations dedicated to preventing suicide. The Action Alliance works with many groups, including government agencies, religious groups, schools, and mental health organizations to help people understand and prevent suicide.

<http://actionallianceforsuicideprevention.org/resources>

Faithtree 

