THE HOME FOR LITTLE WANDERERS

BETTER, BRIGHTER FUTURES FOR KIDS

Suicide Crisis Resources

National Suicide Prevention Lifeline: www.suicidepreventionlifeline.org
1-800-273-TALK (8255) – English and Spanish
Live text response: 741741

Peer Support Crisis Chat: https://projectlets.org/peer-crisis-line

- Reserved for individuals with limited access to mental health professionals
- hours:
  - M – F: 12p – 12am
  - Sat – Sun: 10am – 1am

Trans Lifeline: https://translifeline.org/about/

- Description: "Trans Lifeline is run by and for trans people. Trans Lifeline is a grassroots hotline and microgrants 510c(3) non-profit organization offering direct emotional and financial support to trans people in crisis – for the trans community, by the trans community"
- 1-877-565-8890

The Trevor Project Lifeline: https://www.thetrevorproject.org/get-help-now/

- Description: provides "crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25."
- 1-866-488-7386

Blackline: https://www.callblackline.com/

- Description: "BlackLine provides a space for peer support, counseling, witnessing and affirming the lived experiences to folxs who are most impacted by systematic oppression with an LGBTQ+ Black Femme Lens"
- Phone number: (for text and calls) 1-800-604-5841

Boystown: https://www.boystown.org/child-family-services/crisis

- Description: The Boys Town National Hotline is open 24 hours a day, 365 days a year, and is staffed by specially trained Boys Town counselors. It is accredited by the American Association of Suicidology (AAS).
- Spanish-speaking counselors and translation services for more than 100 languages also are available 24 hours a day. The speech- and hearing-impaired can contact us at our email address: hotline@boystown.org.
- 800-448-300 or Text VOICE to 20121

Asian LifeNet Hotline: https://aaspe.net/

- Description: Suicide prevention support offered in Cantonese, Mandarin, Japanese, Korean, Fujanese
- 1-877-990-8585

Veterans Crisis Line: https://www.veteranscrisisline.net/

- Description: "connect with the Veterans Crisis Line to reach caring, qualified responders with the Department of Veterans Affairs. Many of them are Veterans themselves." Also serves Veterans' family and friends.
- Call: 1-800-273-8255 and press 1
- Text: 838255

Additional Resources

Family Acceptance Project: https://familyproject.sfsu.edu/

- Description: a research, intervention, education and policy initiative to prevent health and mental health risks and to promote well-being for lesbian, gay, bisexual, transgender and queer-identified (LGBTQ) children and youth, including suicide, homelessness, drug use and HIV – in the context of their families, cultures and faither communities. Their website contains multimedia resources for caregivers about the connection between family acceptance and mental/emotional wellbeing for LGBTQ youth.

Lived Experience Academy: https://livedexp.academy/

- Description: a resource website run by DeQuincy Jones, a practitioner with "more than 20 years in suicide prevention and life promotion with lived experience." The site contains free mini-courses and resources for life promotion and posttraumatic growth, with a focus on promoting growth and wellness after a suicide attempt.

Means Matter: https://hsph.harvard.edu/research/means-matter/

- Description: The mission of the Means Matter Campaign is to increase the proportion of suicide prevention groups who promote activities that reduce a suicidal person's access to lethal means of suicide and who develop active partnerships with gun owner groups to prevent suicide. The website offers resources that include Lethal Means Counseling, data on suicide and means safety, opportunities for action, and more.

MindRight Health: https://www.mindright.io/welcome

- Description: Culturally-responsive, trauma-informed, on-demand emotional support and coaching via text

Now Matters Now: https://nowmattersnow.org/skills

- Description: a website with videos and skills training for people who experience suicidal thoughts and substance use. Includes videos and stories from people with lived experience, as well as safety planning instructions, coping tools, and resources for crisis support

Youth Space: https://youthspace.ca/youthspace-resources/

- Description: an online resource with tips to support friends and family who are struggling, including those who are thinking about suicide or self-harm
  - How to Support Someone Thinking of Suicide: https://youthspace.ca/wp-content/uploads/2020/01/YouthSpaceSuicideSupportGuide.pdf
  - How to Support Someone Dealing with Self Harm: https://youthspace.ca/wp-content/uploads/2020/01/YouthSpaceSelfHarmSupportGuide.pdf