

Suicide Prevention Resources



South Southwest (HHS Region 6)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

Crisis Resources

Crisis Text Line

Text HOME to 741741

A free, 24/7 text-based crisis support line run by trained crisis counselors.

Find a Helpline

An international online database that allows you to quickly locate a helpline relevant to your needs. It can be filtered by country, state, and what topic you need support around, such as suicidal thoughts, domestic violence and abuse, or something else.

National Suicide & Crisis Lifeline

Call or text 988

Veterans: 988 then press 1

A free, 24/7 support for people in suicidal crisis or emotional distress. The line is confidential, unless it is essential to contact emergency services to keep you or your loved one safe.

Poison Control

Emergency: Call 911

Substance Exposure: Call 1-800-222-1222

An interactive website, hotline, and app triage tool that guides users faced with a poison emergency. The site also provides a pill identifier tool as well as poison and prevention information.

The Trevor Project

Call 1-866-488-7386

Text START to 678-678

Chat online [here](#)

A free, confidential, 24/7 crisis support for LGBTQIA2S+ people in suicidal or emotional crisis. In very specific instances of abuse or imminent danger, emergency services may be contacted.

Trans Lifeline

Call 877-565-8860

Oprime 2 para español

A free, confidential, peer support phone service run by trans people for trans and questioning individuals experiencing crisis.

NAMI National Warmline Directory

A comprehensive directory of peer-run helplines by state.

General Information

American Association of Suicidology

Provides information about suicide as well as resources for specific populations.

American Foundation for Suicide Prevention

A foundation that seeks to raise awareness and support people affected by suicide. It has resources for those experiencing thoughts of suicide, suicide attempt survivors, those who are worried about someone, and those who have lost someone to suicide. The organization also offers suggestions for getting involved to make a difference.

#ChatSafe

This Australia-based website provides tips and tools to help young people communicate safely online about suicide, including how to talk about your own thoughts, feelings, and experiences, responding to someone who may be suicidal, and talking about someone who has died by suicide. ChatSafe also has #SafeSpace, where stories of hope and recovery by young people who have an experience of suicide can be shared.

Help a Friend in Need: A Facebook and Instagram Guide

When people are experiencing emotional distress or thoughts of suicide, they may post about it on social media. This guide helps you to recognize potential warning signs that a friend might be in need support.

HelpGuide

A nonprofit that provides articles and resources for a variety of mental health topics, such as suicide.

Now Matters Now

A resource that shares coping skills based on Dialectical Behavioral Therapy to help cope with suicidal thoughts. It also includes personal stories and educational videos.

Parent Conversation Guide: What to Do if You're Concerned About Your Teen's Mental Health

A guide to help parents and families who are concerned about their teen's mental health and well-being have a conversation with their child about how they are feeling.

SAVE (Suicide Awareness Voices of Education)

A resource that provides public awareness campaigns, trainings, education, and resources for finding support for yourself or someone you care about. They also provide ways to get involved.

Seize the Awkward

A campaign designed to encourage teens and young adults to embrace the awkwardness and use this moment as an opportunity to reach out to a friend. It provides information about recognizing warning signs and having a conversation as well as stories from various celebrities and influencers about how talking about mental health made an impact on their lives.

The Jed Foundation

A nonprofit that provides teens and young adults with skills for managing their emotional health and preventing suicide.

Therapist Finder Apps & Interactive Tools

Clinicians of Color

An interactive directory that helps you locate a therapist of color near you. You can filter by area of focus, clinician race, ethnicity, age and more. There is also a blog that shares mental health tips specifically for black, indigenous, and people of color.

Inclusive Therapists

An interactive directory that helps connect individuals with a therapist that meets their unique needs. The site allows you to filter practitioners by cultural and spiritual knowledge, language, therapist identity, location, cost, and more. There is also an option to get “matched” and have the therapist reach out to you.

National Queer and Trans Therapists of Color Network

An interactive directory that helps queer and trans black, indigenous, and people of color (QTBIPOC) locate QTBIPOC mental health providers in their area. The site also includes additional community and practitioner resources along with an application-based mental health fund.

Psychology Today

An interactive directory that helps people locate therapists, psychiatrists, treatment centers, and more near them. There are options to filter by specialty, insurance, therapist gender, and more.

Calm Harm

A free app that helps you manage or resist the urge to self-harm by providing immediate activities and techniques for coping as well as tools for exploring the cycle of self-harm and identifying triggers.

Know the Signs

An interactive resource that provides concerned individuals with tools for recognizing suicidal thoughts and talking with someone about suicide.

My Safety Plan

An interactive website that guides you step-by-step through creating a safety plan. A safety plan is a prioritized list of coping strategies and resources to turn to when you're having thoughts of suicide.

Objective Zero

A free app that connects veterans, service members, their families, and caregivers to peer support via voice, video, and text. It also provides free access to wellness resources such as yoga and meditation.

Clinicians

[Resources for Suicide Prevention by SAMHSA](#)

A compilation of prevention resources ranging from strategic planning to resources specific for youth, family, and professional training.

[Suicide Prevention Toolkit by the Suicide Prevention Resource Center](#)

This toolkit provides resources for preventing suicide, including tools for depression, improving access to health care, means restriction, substance abuse, fact sheets, and trainings / guides.

[Zero Suicide](#)

Zero Suicide presents an aspirational challenge and practical framework for system-wide transformation toward safer suicide care.