



**American  
Foundation  
for Suicide  
Prevention**



# **Suicide Prevention Resources**

## **Emergency resources**

911

## **Crisis services**

24/7 Crisis Hotline: 988 Suicide & Crisis Lifeline

[988lifeline.org](https://www.988lifeline.org)

If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat [988lifeline.org](https://www.988lifeline.org). Veterans, press 1 when calling.

[Crisis Text Line](#)

Text TALK to 741-741 to text with a trained crisis counselor from the Crisis Text Line for free, 24/7

[Veterans Crisis Line](#)

Send a text to 838255

[Vets4Warriors](#)

[SAMHSA Treatment Referral Hotline \(Substance Abuse\)](#)

1-800-662-HELP (4357)

[RAINN National Sexual Assault Hotline](#)

1-800-656-HOPE (4673)

[National Teen Dating Abuse Helpline](#)

1-866-331-9474

[The Trevor Project](#)

1-866-488-7386



**American  
Foundation  
for Suicide  
Prevention**



**RUTGERS HEALTH**



Also visit your:

- Primary care provider
- Local psychiatric hospital
- Local walk-in clinic
- Local emergency department
- Local urgent care center

## **Finding mental health care**

[American Psychiatric Association](#)

[American Psychological Association](#)

[National Association of Social Workers](#)

[SAMHSA Mental Health Provider Locator](#)

[Veterans Affairs](#)

## **Additional resources by mental health condition**

### **Alcohol & drugs**

[Substance Abuse and Mental Health Services Administration](#)

[National Institute on Drug Abuse](#)

[Narcotics Anonymous](#)

[Alcoholics Anonymous](#)

[Physicians for Responsible Opioid Prescribing \(PROP\)](#)

[National Institute on Alcohol Abuse and Alcoholism](#)

[Start Your Recovery](#)



**American  
Foundation  
for Suicide  
Prevention**



**RUTGERS HEALTH**



[Detox Local's Drug Withdrawal and Detox Guide](#)

[Addictionresource.net](#)

[Narcotics Anonymous](#)

## **Anxiety disorders**

[National Education Alliance for Borderline Personality](#)

[Teen's Health](#)

[Anxiety Disorders Association of America](#)

## **Bipolar disorder**

[Depression and Bipolar Support Alliance](#)

[National Education Alliance for Borderline Personality](#)

[National Maternal Mental Health Hotline](#)

[Teen's Health](#)

## **Borderline personality**

[BPDVideo](#)

[National Education Alliance for Borderline Personality](#)

## **Self-Injury**

[Teen's Health](#)

[Self Abuse Finally Ends](#)

## **Depression**

[Depression and Bipolar Support Alliance](#)

[National Education Alliance for Borderline Personality](#)

[National Maternal Mental Health Hotline](#)

[Families for Depression Awareness](#)



**American  
Foundation  
for Suicide  
Prevention**



**RUTGERS HEALTH**



[Teen's Health](#)

[American Psychiatric Foundation](#)

[National Alliance on Mental Illness](#)

[HeadsUpGuys](#)

## **Eating disorders**

[Teen's Health](#)

[Overeaters Anonymous](#)

[National Association of Anorexia Nervosa and Associated Disorders](#)

[National Eating Disorders Association](#)

[Eating Disorders Anonymous](#)

[Proud2Bme](#)

[Understanding Eating Disorders](#)

[National Alliance for Eating Disorders](#)

## **Emotional health**

[Love is Louder](#)

[Half of Us](#)

[American Psychiatric Foundation](#)

[Active Minds](#)

[OK2TALK](#)

[Make The Connection](#)

[Inspire USA Foundation](#)



**American  
Foundation  
for Suicide  
Prevention**



**RUTGERS HEALTH**



[National Dialogue on Mental Health](#)

[Each Mind Matters](#)

[Befrienders Worldwide](#)

[Veterans Affairs Training](#)

[Veterans Affairs Mental Health Toolkit](#)

[Veterans Affairs Mental Health](#)

## **Maternal mental health**

[National Maternal Mental Health Hotline, 1-833-852-6262 \(1-833-TLC-MAMA\)](#)

[Postpartum Support International HelpLine \(1-800-944-4773\)](#)

## **Schizophrenia**

[Schizophrenia.com](#)

[National Alliance on Mental Illness](#)

## **Stress**

[Veterans United](#)

[Stress Management-HelpGuide.org](#)

[Teen's Health](#)

## **Suicide prevention**

[American Association of Suicidology](#)

[Crisis Text Line](#)

[The Dougy Center – The National Center for Grieving Children and Families  
How to Talk to a Child about a Suicide Attempt in Your Family \(Rocky Mountain  
MIRECC\)](#)

[The Jason Foundation](#)

[The Jed Foundation](#)



**American  
Foundation  
for Suicide  
Prevention**



**RUTGERS HEALTH**



[Lifeline Chat](#)

[Man Therapy](#)

[Mental Health America](#)

[National Action Alliance for Suicide Prevention](#)

[National Suicide Prevention Lifeline](#)

[Now Matters Now](#)

[Parents, Families, Friends, and Allies United with LGBTQ People \(PFLAG\)](#)

[Safety Planning Tools](#)

[SAVE](#)

[The Society for the Prevention of Teen Suicide](#)

[StopBullying.gov](#)

[Suicide Prevention Resource Center](#)

[Teen's Health](#)

[The Trevor Project](#)

[The Tyler Clementi Foundation](#)

[Veterans Crisis Line](#)

[Wounded Warrior Project](#)

**Connection makes a difference.**

**Resources for Diverse Communities**



The following list of national resources has been reviewed for accuracy, mental health and community content, and ease of use. It is not intended to be exhaustive, and AFSP [welcomes the opportunity to review and add other resources](#). In addition to the resources specific to minority communities below, AFSP also provides [general crisis and mental health–condition specific resources](#).

## General resources

[Inclusive Therapists](#) is a mental health community that commits to and practices: advancing justice & equity for all intersectional identities; culturally affirming & responsive client care; centering the needs of marginalized, underserved populations; celebrating all identities and abilities in all bodies; decolonizing & destigmatizing mental healthcare; and dismantling systemic oppression & white supremacy in mental healthcare. On Instagram [@inclusivetherapists](#).

[Melanin & Mental Health®](#) was born out of a desire to connect individuals with culturally competent clinicians committed to serving the mental health needs of Black & Latinx/Hispanic communities. They are committed to promoting the growth and healing of our communities through their website, online directory, and monthly events. On Instagram [@melaninandmentalhealth](#).

At [AAKOMA Project](#) the mission is to help diverse teenagers and their families achieve optimal mental health through dialogue, learning, and the understanding that everyone deserves care and support. We believe deeply that Mental health research and care must benefit everyone.

The U.S. Department of Health and Human Services Office of Minority Health encourages their partners to educate their communities about the importance of improving access to mental health care and treatment and to help break down other barriers such as negative perceptions about mental illness.

[Mental Health America](#) recognizes that people of color and all those whose lives have been marginalized by those in power experience life differently from



those whose lives have not been devalued. They experience overt racism and bigotry far too often, which leads to a mental health burden that is deeper than what others may face. Racism is a mental health issue because racism causes trauma. And trauma paints a direct line to mental illnesses, which need to be taken seriously.

## **Jewish community**

[The Blue Dove Foundation: Jewish Mental Health Resources](#) was created to address mental illness and addiction in the Jewish community and beyond.

[Jewish Family Service](#) is a nonprofit human services organization that offers more than 30 programs and services, including food security, housing stability, mental health counseling, aging care, employment support, refugee resettlement, chaplaincy, and disability services.

[Prizmah: Jewish Mental Health Organizations](#) is a network for Jewish day schools and yeshivas, offering mental health resources, and accelerating educational innovation.

[OK Clarity](#) is an online platform that lets people browse & connect with vetted mental health and wellness professionals who serve the Jewish community.

[JQ Helpline](#) provides inclusive support and resources for LGBTQ+ Jews, their families, and allies.

[Relief](#) is a non-profit organization dedicated to supporting the international Jewish community in overcoming the broad range of conditions related to mental illness.

## **Muslim community**

[Maristan](#) is an organization where mental health and faith intersect. A team of dedicated professionals supports holistic well-being, providing culturally





**American  
Foundation  
for Suicide  
Prevention**



sensitive counseling, educational resources, and community engagement opportunities.

[Khalil Center](#) is a psychological and spiritual community wellness center advancing the professional practice of psychology rooted in Islamic principles.

[SEEMA](#) offers virtual support programs to both individuals living with a mental health condition, as well as their families and loved ones. SEEMA offers families who feel shamed and isolated by the stigma of mental health a sense of belonging via social activities to bring our community members together. SEEMA also empowers Muslims with the knowledge and tools to understanding mental health via educational workshops and podcasts. In addition, SEEMA advocates for support groups within local mosques, as well as trained staff in Islamic schools.

[Ruh Care](#) is an online therapy platform that connects users to licensed Muslim therapists via chat, phone, and live video chats.

[Naseeha Muslim Helpline](#) provides the Muslim community with the tools needed to address mental health. With this confidential helpline, youth receive immediate, anonymous, and confidential support over the phone from 12 pm to 3 am, 7 days a week. With their educational programs, Naseeha raises awareness within the community around mental health.

[Amala Hopeline](#) is a hotline that creates an accessible form of culturally competent counseling and resource referral for the Muslim youth

[Calls for Comfort](#) is a peer-run, warmline calling service for Muslim women.

## **Black community**

In addition to the resources below, please see The Mental Health Coalition's list of [Black Mental Health Resources](#)

[The Boris Lawrence Henson Foundation's](#) vision is to eradicate the stigma around mental health issues in the African American community.



[Lee Thompson Young Foundation](#) envisions a world in which mental illness is recognized by all as a treatable, biopsychosocial disorder and the stigma associated with it no longer exists; a world that supports and encourages wholeness and wellbeing at every stage of life. They focus on mental health education for African American communities.

[Black Girls Smile's](#) vision is of a society that focuses on ensuring all young African American females receive the resources and support necessary to lead mentally healthy lives.

Untreated mental illness can also make African American men more vulnerable to substance abuse, homelessness, incarceration, and homicide. Omega Psi Phi Fraternity, Inc., and NIMHD have launched [Brother, You're on My Mind](#): Changing the National Dialogue Regarding Mental Health Among African American Men, an initiative to help start conversations about mental health. Find [additional information](#) or [download their toolkit](#).

[Therapy for Black Girls](#) is an online space dedicated to encouraging the mental wellness of Black women and girls. On Instagram [@therapyforblackgirls](#).

[Therapy for Black Men](#) understands that finding the right therapist can often be a lengthy and challenging process, and Black men may not know where to begin. Determining what kind of therapist is best suited for treating a particular issue is not the easiest of tasks. [TherapyForBlackMen.org](#) is a directory to help men of color in their search for a therapist. Using the directory, men can

search by therapist location and specialization. Searching by location, the results will include the therapists near you and will display their credentials, location, and the issues they treat. At [TherapyForBlackMen.org](#), men will also find a wide range of resources aimed at helping them in their search for a multiculturally-competent therapist.

[The Defensive Line's](#) mission is to end the epidemic of youth suicide, especially for young people of color, by transforming the way we communicate and connect about mental health.



**American  
Foundation  
for Suicide  
Prevention**



[Black Emotional and Mental Health Collective](#) is a collective of advocates, yoga teachers, artists, therapists, lawyers, religious leaders, teachers, psychologists and activists committed to the emotional/mental health and healing of Black communities. They envision a world where there are no barriers to Black healing. Their mission is to remove the barriers that Black people experience getting access to or staying connected with emotional health care and healing. They do this through education, training, advocacy and the creative arts. On Instagram [@\\_beamorg](#).

[Loveland Foundation](#) is committed to showing up for communities of color in unique and powerful ways, with a particular focus on Black women and girls. Our resources and initiatives are collaborative, and they prioritize opportunity, access, validation, and healing. We are becoming the ones we've been waiting for. On Instagram [@thelovelandfoundation](#).

## **Hispanic/Latinx community**

[National Alliance for Hispanic Health](#) works to ensure that health incorporates the best of science, culture, and community. They achieve this by listening to the individual, investing in leading community-based organizations, working with national partners, examining and improving the resources and systems available, and designing solutions to make health a part of each person's life. They continually work to improve the quality of care and its availability to all.

[SanaMente/Each Mind Matters](#) is California's mental health movement. There are millions of individuals and thousands of organizations working to advance mental health. They offer a website full of culturally focused info on mental health in Spanish.



**American  
Foundation  
for Suicide  
Prevention**



The National Hispanic and Latino [Prevention Technology Transfer Center](#) is pleased to collaborate with the American Foundation for Suicide Prevention to provide new fact sheets on [Suicide Prevention Amongst Hispanics and Latinos](#) to download and distribute. This fact sheet has been translated from English to both Spanish and Portuguese.

The [National Latino Behavioral Health Association \(NLBHA\)](#) was established to fill a need for a unified national voice for Latino populations in the behavioral health arena and to bring attention to the great disparities that exist in areas of access, utilization, practice-based research and adequately trained personnel.

Comunilife's unique [Life is Precious™/La Vida es Preciosa](#) program prevents suicide in young Latinas – the teen population with the highest rate of suicide attempt in the country. Life is Precious™ combines individual and group counseling, arts therapy, academic support, and nutritional and fitness activities. Psychiatric services are provided by partnering clinics.

Founded in 1974, [MANA, A National Latina Organization® \(MANA\)](#) is a national grassroots membership organization with chapters, individual members and affiliates across the country. MANA represents the interests of Latina women, youth and families on issues that impact our communities. MANA contributes the leading Latina voice on many of the major issues in the public sphere, particularly in the areas of education, health and well-being, financial literacy, equal and civil rights, and immigration reform.

[Therapy for Latinx](#) is a new online database that makes it easy for Latinx people to find mental health professionals in their own communities. Therapy For Latinx is easy to use for both mental health professionals and people seeking mental health treatment. If you are looking for the therapist, you can search the database via state or add keywords if you are searching for a special focus. For Latinx therapists who want to be included in the database, the listing form is simple and straightforward. The resource is also available in both English and Spanish, and Therapy For Latinx offers free online mental health screenings in partnership with Mental Health America. On Instagram [@therapyforlatinx](#).



**American  
Foundation  
for Suicide  
Prevention**



[Help Advisor](#) used federal data from the U.S. Census Bureau to find that 3.8 million Hispanic Americans aren't getting the mental health care services they need. This report explores the issue, including expert public health analysis and local Spanish-language resources to help serve Latino Americans. This resource is [also available for English-language speakers](#) who would like more information.

## **Asian American, Native Hawaiian, and Pacific Islander communities**

[Asian & Pacific Islander American Health Forum](#) influences policy, mobilizes communities, and strengthens programs and organizations to improve the health of Asian Americans, Native Hawaiians, and Pacific Islanders. APIAHF envisions a world where all people share responsibility and take action to ensure healthy and vibrant communities for current and future generations.

[Asian Mental Health Collective's](#) mission is to raise awareness about the importance of mental health care, promote emotional well-being, and challenge the stigma concerning mental illness amongst Asian communities globally.

[South Asian Mental Health Alliance](#) is a new non-profit community network engaging, educating and mobilizing the BC South Asian community around issues related to mental health. On Instagram [@southasianmentalhealthalliance](#).

[Asian American Psychological Association](#) is committed to helping Asian Americans succeed through various resources and initiatives.

[The National Asian American Pacific Islander Mental Health Association](#) provides mental health and behavioral services for Asian Americans, Native Hawaiians, and Pacific Islanders.

[South Asian Mental Health Initiative & Network | SAMHIN](#) is a nonprofit that addresses the mental health needs of the South Asian community in the U.S.



**American  
Foundation  
for Suicide  
Prevention**



**RUTGERS HEALTH**



[Asian American Health Initiative](#) (AAHI) is committed to improving the health and wellness of Asian Americans through equity, community engagement, data-driven approaches, and more.

[Asian Mental Health Project](#) aims to educate and empower Asian communities in seeking mental healthcare.

[Asians Do Therapy](#) is dedicated to reducing stigma and increasing accessibility to mental health resources for the Asian community.

[Subtle Asian Mental Health](#) is a Facebook group that describes itself as a place for people to talk about mental health issues without judgment.

[Asian American Racism & Mental Health Resources](#) offers resources tailored toward learners, parents, educators, mental health clinicians, and allies.

[50 Free Anti-Racism and Mental Health Resources](#) provided by The Fu Foundation School of Engineering and Applied Science at Columbia University includes a number of mental health and self-care resources for the Asian American and Pacific Islander (AAPI) community.

## **Native and Indigenous Peoples communities**

The [American Indian and Alaska Native \(AI/AN\) National Suicide Prevention Strategic Plan](#) is a national initiative addressing suicide prevention, based on fostering collaborations across Tribes, Tribal organizations, Urban Indian

organizations, and the Indian Health Service (IHS). This site is designed to provide resources to support suicide prevention efforts and help communities and individuals understand and obtain services related to suicide.

The [Center for Native American Youth](#) believes all Native American youth should lead full and healthy lives, have equal access to opportunity, and draw strength from their culture and one another. As a policy program, they work to improve the health, safety, and overall well-being of Native American youth through youth recognition, inspiration and leadership; research, advocacy, and policy change; and by serving as a national resource exchange.



**American  
Foundation  
for Suicide  
Prevention**



The [National American Indian and Alaska Native/Mental Health Technology Transfer Center Network](#) has compiled (and continues to be update) resources during the National American Indian and Alaska Native MHTTC's ongoing series: Strategies of Support for Mental Health Providers - Empowering one another during times of crisis. This guide is tailored for providers who are Native and/or are working with American Indian and Alaska Native individuals.

[We R Native](#) is a comprehensive health resource for Native youth, by Native youth, providing content and stories about the topics that matter most to them. They strive to promote holistic health and positive growth in our local communities and nation at large.

The [Zero Suicide in Indian Country](#) toolkit contains recommendations for the implementation of Zero Suicide in Indian Country, forms and tools others have used in their own implementation, and videos featuring a variety of indigenous health systems (IHS and Tribal) who have committed to the implementation and indigenization of the Zero Suicide framework for their communities.

## **LGBTQ Resources**

### **LGBTQ crisis hotlines**

#### [The Trevor Project](#)

Providing confidential support for LGBTQ youth in crisis, 24 hours a day, 7 days a week.

#### **TrevorLifeline**

1-866-488-7386

Crisis intervention and suicide prevention phone service available 24/7/365.

#### **TrevorChat**

Confidential [online instant messaging](#) with a Trevor counselor, available 24/7.

*Access through a computer.*



**American  
Foundation  
for Suicide  
Prevention**



**RUTGERS HEALTH**



### **TrevorText**

Text START to 678-678

Confidential text messaging with a Trevor counselor, available 24/7/365.

*Standard messaging rates may apply.*

### [SAGE LGBT Elder Hotline](#)

Talk and be heard at the SAGE LGBT Elder Hotline. Connects LGBT older people with friendly responders. For LGBT elders and caretakers.

1-877-360-LGBT (5428)

Confidential support and crisis response, available 24/7.

### [Trans Lifeline](#)

A 24/7 hotline available in the U.S. and Canada staffed by transgender people for transgender people.

1-877-565-8860 (United States)

1-877-330-6366 (Canada)

Confidential, 24/7 crisis support.

## **Non-LGBTQ-specific crisis hotlines**

### [988 Suicide & Crisis Lifeline](#)

988

Available 24/7

### [Crisis Text Line](#)

Text TALK to 741-741

Available 24/7

## **LGBTQ support services**

### [Finding LGBTQ-Friendly Therapy](#)

Information from Mental Health America (MHA) on how to find LGBTQ friendly therapy.

### [TrevorSpace](#)

An online international peer-to-peer community for LGBTQ young people and their friends.

## **LGBTQ organizations**





**American  
Foundation  
for Suicide  
Prevention**



**RUTGERS HEALTH**



- [Center for American Progress](#)
- [Family Acceptance Project](#) — [Posters to Build Healthy Futures](#)
- [GLAAD](#)
- [GLSEN](#)
- [Human Rights Campaign](#)
- [National LGBTQ Task Force](#)
- [PFLAG](#)
- [Services & Advocacy for LGBT Elders \(SAGE\)](#)
- [The Trevor Project](#)
- [Transgender Law Center](#)
- [The Williams Institute](#)

## **Military suicide prevention resources**

**If you are having thoughts of suicide, talk to a buddy, family member, health professional or call the Military & Veteran Crisis Line: 1-800-273-8255. Press 1 for Military and Veterans.**

**Cohen's Veterans Network (clinics serving Veterans across the country)**

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

### **988 Suicide & Crisis Lifeline**

Call or text 988. Press 1

Chat at [988lifeline.org](https://988lifeline.org)



**American  
Foundation  
for Suicide  
Prevention**

**Vets 4 Warriors**

855-838-8255

[vets4warriors.com](http://vets4warriors.com)



**RUTGERS HEALTH**



Rutgers University Behavioral Health Care  
SUPPORTING MIDDLESEX COUNTY

**Office of Warrior Care Policy**

[warriorcare.dodlive.mil](http://warriorcare.dodlive.mil)

**Psychological Health Center of Excellence**

[pdhealth.mil/resources/call-centers](http://pdhealth.mil/resources/call-centers)

**InTransition**

1-800-424-7877

[pdhealth.mil/resources/intransition](http://pdhealth.mil/resources/intransition)

**Military One Source**

1-800-342-9647

[militaryonesource.mil](http://militaryonesource.mil)

**Tragedy Assistance Program for Survivors [TAPS]**

1-800-959-8277

[taps.org](http://taps.org)

**Veterans Administration (VA) resources**

[mentalhealth.va.gov/suicide\\_prevention](http://mentalhealth.va.gov/suicide_prevention)

**VA's Caregiver Support Line (CSL)**

1-855-260-3274

*The American Foundation for Suicide Prevention is dedicated to saving lives and bringing hope to those affected by suicide, including those who have experienced a loss. AFSP creates a culture that's smart about mental health through public education and community programs, develops suicide prevention through research and advocacy, and provides support for those affected by suicide. Led by CEO Robert Gebbia and headquartered in New York, with a public policy office in Washington, DC, AFSP has local chapters in all 50 states, DC and Puerto Rico, with programs and events nationwide. Learn more about AFSP in its latest Annual Report and join the conversation on suicide prevention by following AFSP on Facebook, Twitter, Instagram, and YouTube.*