

SUICIDE POSTVENTION AND MENTAL HEALTH RESOURCES

For more information on additional national resources and referrals call SAMHSA's free, confidential, 24-hour, 365-day National Helpline at 1-800-662-HELP (4357) or text 435748 (HELP4U).

GENERAL (US) CRISIS LINES

- **988 SUICIDE & CRISIS LIFELINE:** Call or Text 9-8-8 or visit <https://988lifeline.org>
The Lifeline provides 24/7, free and confidential support, and prevention and crisis resources for everyone, with services available in both English and Spanish.
- **Columbia Protocol:** <https://cssrs.columbia.edu/about-the-project/news-press/announcements/columbia-protocol-app-hands-communitys-help-save-lives/>
The C-SSRS App provides lay-responders a triage framework for assessing levels of suicide risk.
- **CRISIS TEXT LINE:** Text "HOME" to 741-741 or visit <https://www.crisistextline.org>
The Crisis Text Line provides free and confidential, 24/7, text-based mental health support and crisis intervention through trained volunteers to support people in their moments of need. Individuals can contact the counselor through texting or WhatsApp.

POPULATION-SPECIFIC CRISIS LINES

- **CALL BLACKLINE:** Call 1 (800) 604-5841 or visit <https://www.callblackline.com>
Provides a space for peer support, counseling, reporting of mistreatment, witnessing and affirming the lived experiences for folx who are most impacted by systematic oppression with an LGBTQ+ Black Femme Lens; this warmline prioritizes BIPOC (Black, Indigenous, and People of Color).
- **TRANS LIFELINE:** Call 877-565-8860 in the US or 877-330-6366 in Canada
The Trans Lifeline is a peer support and crisis hotline providing direct emotional and financial support for the transgender community.
- **THE TREVOR PROJECT:** Call 1-866-488-7386, text 678-678 or visit <https://www.thetrevorproject.org>
Provides a free and confidential, 24/7 support (chat, text, or phone call) for LGBTQ+ (lesbian, gay, bisexual, transgender, queer, and questioning) youth in crisis.

MENTAL HEALTH THERAPY RESOURCES

- **INTEGRATIVE BEHAVIORAL HEALTH CLINIC:** Call 573-882-9871 or e-mail ibhc@health.missouri.edu
This is a free, no-cost, student-run clinic through the University of Missouri School of Social Work that offers telehealth services throughout the entire state, including needs assessments, brief and long-term therapy, groups, and case management services.
- **MENTAL HEALTH AMERICA:** Call 703-684-7722 or visit <http://screening.mhanational.org/get-help>
This organization offers free screening for individuals who feel as though they are experiencing a mental health crisis. This screening can be used to find appropriate resources on their resource hub. Resources available in English and Spanish.

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- **OPEN PATH COLLECTIVE:** Visit <http://openpathcollective.org>
Access online or in-person therapy with a vetted therapist for only \$30 - \$70 per session, plus a one-time membership fee. This can be a good option for underinsured folks.

RESOURCES FOR SUICIDE LOSS SURVIVORS

- **AMERICAN FOUNDATION FOR SUICIDE PREVENTION (AFSP):** Visit <https://afsp.org>
AFSP provides information, resources, and supports for individuals experiencing suicide loss or suicide crises. Individuals can search for suicide loss groups, local chapters, mental health resources and information, and other supports depending on needs.
- **ALLIANCE OF HOPE:** Visit allianceofhope.org
Provides a 24/7 online forum for suicide loss survivors.
- **TRAGEDY ASSISTANCE PROGRAMS FOR SURVIVORS (TAPS):** Call (800) 959-TAPS (8277) or visit taps.org/suicide
Provides comfort and resources to all grieving the death of a military loved one through a national peer support network and connection to grief resources, all at no cost.
- **STL BUILDING TRADES WELLNESS COALITION:** Visit www.stlbtwellness.org
Provides guidance for those seeking peer support in the construction industry.
- **LOCAL OUTREACH TO SUICIDE SURVIVORS (LOSS):** Visit <https://www.lossteam.com>
This program provides tools, and most of all the friendships, to help lay-responders serve those who are bereaved by a suicide loss.
- **BATON ROUGE CRISIS INTERVENTION CENTER:** Visit www.brcic.org
This crisis center offers training through the National Suicidology Training Center program to peers, professionals and the community on recognizing the signs of suicide and how to intervene, as well as postvention services to support workplaces, churches, clubs, and other organizations who have lost members to suicide. They also offer a weekly, free survivors of suicide loss support group.

POSTVENTION GUIDES & ADDITIONAL RESOURCES

- **AMERICAN ASSOCIATION OF SUICIDOLOGY:** Visit <https://suicidology.org/>
A national organization that advances suicide prevention, professional education, and suicide attempt and loss survivor resources.
- **ACUTE SUICIDE POSTVENTION IN THE U.S. CONSTRUCTION INDUSTRY:** Visit <https://tinyurl.com/constructionpostvention> to download the article
This construction industry specific postvention research project provides a framework and critical knowledge for addressing the first 48 hours following a suicide (pp 36-58).

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- **ACTIVE MINDS POSTVENTION GUIDE:** Visit <https://tinyurl.com/aftersuicidesupport> to download the guide
This guide provides a brief, 8-page guide on how to navigate the response to suicide loss, including dos and don'ts of talking about suicide, dispelling myths, and additional resources.
- **HELP GUIDE:** Visit helpguide.org
Provides resources and tips for how to navigate the loss of someone to suicide.
- **Samaritans postvention guidance:** Visit <https://www.samaritans.org/how-we-can-help/schools/step-step/step-step-resources/>
Provides guidance for supporting young people under 25.
- **TPRB Network:** Visit <https://suicidebereavementuk.com/wp-content/uploads/2020/09/Business-in-the-Community-management-in-the-event-of-a-suicide.pdf>
Provides Samaritans a crisis response toolkit for employers in the event of a suicide.
- **Vetlife:** Visit <https://www.vetlife.org.uk/mental-health/postvention/>
Provides postvention guidance for veterinary workplaces.