

Mental Health Resources for Staff & Adults

Suicide Prevention Crisis Line

877-727-4747

Do you feel alone, overwhelmed or hopeless? Are you or someone you know thinking of suicide?

The Suicide Prevention Crisis Line can provide immediate emotional support and resources to people in distress and their worried family & friends. English- and Spanish-speaking crisis counselors are available any time, 24/7. It is free and confidentiality/privacy are taken seriously.

For more information, visit:

<https://didiirsch.org/services/suicide-prevention/crisis-services/>

National Suicide Prevention Lifeline

800-273-8255

The National Suicide Prevention Lifeline can help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

People of all ages are welcome to call the National Suicide Prevention Lifeline.

For more information, visit:

<https://suicidepreventionlifeline.org/>

Lifeline Chat

<https://suicidepreventionlifeline.org/chat>

Lifeline Chat connects individuals with counselors for emotional support and other services via web chat. All chat centers in the Lifeline network are accredited by CONTACT USA. Lifeline Chat is available 24/7 across the U.S. There may be a wait time to chat.

If you would like to speak to a counselor immediately, feel free to call the Suicide Prevention Crisis Line or the National Suicide Prevention Lifeline (info above).

Information and Resources About Suicide Prevention for Staff & Adults

Debunking Common Myths About Suicide

- **6 Myths About Suicide That Every Educator And Parent Should Know:** <https://www.npr.org/sections/ed/2016/09/02/478835539/6-myths-about-suicide-that-every-educator-and-parent-should-know>
- **5 Common Myths About Suicide Debunked:** <https://www.nami.org/Blogs/NAMI-Blog/September-2018/5-Common-Myths-About-Suicide-Debunked>
- **Preventing Suicide: Myths:** https://www.who.int/mental_health/suicide-prevention/myths.pdf
- **7 Common Suicide Myths—Debunked:** <https://www.aetna.com/health-guide/suicide-myths-and-facts.html>
- **The Myths & Facts of Youth Suicide:** <http://suicideprevention.nv.gov/Youth/Myths/>

If you are concerned about someone you know or love and want to help:

- **Know the Warning Signs, Find the Words, Reach Out:** <https://www.suicideispreventable.org/>
- **Navigating through your experience as a suicide caregiver [a person who supports someone experiencing thoughts of suicide]:** <https://www.suicideisdifferent.org/>

Suicide Risk Assessment

- **FREE Training Options for Community and Healthcare:** <https://cssrs.columbia.edu/training/training-options/>