

## Lawyers Concerned for Lawyers

2550 University Avenue West, #313N · St. Paul, MN 55114  
651-646-5590; 866-525-6466 · [www.mnlcl.org](http://www.mnlcl.org) · [help@mnlcl.org](mailto:help@mnlcl.org)

### SUPPLEMENTAL RESOURCE LIST: SUICIDE PREVENTION

#### National Suicide Prevention Lifeline

<https://suicidepreventionlifeline.org/>. Text or call 988, call 1-800-273-8255 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.

#### Minnesota State Mobile Crisis Services

**Adults:** <https://mn.gov/dhs/people-we-serve/people-with-disabilities/health-care/adult-mental-health/resources/crisis-contacts.jsp>

**Children:** <https://mn.gov/dhs/people-we-serve/people-with-disabilities/health-care/childrens-mental-health/resources/crisis-contacts.jsp>

Every county in Minnesota provides Mobile Crisis Services for both [children](#) and [adults](#) that may be experiencing suicidal feelings or mental health crisis. Crisis services are available within each county 24 hours a day, 7 days a week. County crisis teams are available for phone support as well as face-to-face crisis help.

#### QPR Institute

[www.qprinstitute.com](http://www.qprinstitute.com) QPR stands for Question, Persuade, and Refer — the three simple steps anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Each year thousands of Americans like you say “Yes” to saving the life of a friend, colleague, sibling, or neighbor.

#### American Association of Suicidology

<http://www.suicidology.org>. The AAS promotes the understanding and prevention of suicide and supports those who have been affected by it. This mission is accomplished by directing efforts: to advance suicidology as a science; encouraging, developing, and disseminating scholarly work in suicidology; to encourage the development and application of strategies that reduce the incidence and prevalence of suicidal behaviors; to compile, develop, evaluate and disseminate accurate information about suicidal behaviors to the public; to foster the highest possible quality of suicide prevention, intervention, and postvention to the public; to publicize official AAS positions on issues of public policy relating to suicide; to promote [research](#) and [training](#) in suicidology.

#### American Foundation for Suicide Prevention

<http://www.afsp.org>. The American Foundation for Suicide Prevention raises awareness, funds scientific research, and provides resources and aid to those affected by suicide.

#### Light, Hope, Life

<https://www.lighthopelife.org/> This suicide prevention non-profit was founded by a lawyer. It offers suicide prevention resources, including warning signs, risk factors, and what to say.

#### Centers for Disease Control and Prevention

[www.cdc.gov](http://www.cdc.gov). Use the search and keyword “suicide” to locate more than 6000 resources.

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## **Suicide Awareness Voices of Education (SAVE)**

[www.save.org](http://www.save.org). SAVE educates individuals about depression and suicide and is a leader in education and advocacy.

## **Educational Video**

“Just Ask: How We Must Stop Minding Our Own Business in the Legal World,” produced by the Texas Lawyer Assistance Program with assistance from the Pennsylvania LAP,

<https://www.mnlcl.org/issues/mental-health/suicide-prevention/>

## **Articles and Publications**

“Attorney suicide: What every lawyer needs to know,” Jeena Cho, *ABA Journal*, January 2019.

[https://www.abajournal.com/magazine/article/attorney\\_suicide\\_what\\_every\\_lawyer\\_needs\\_to\\_know](https://www.abajournal.com/magazine/article/attorney_suicide_what_every_lawyer_needs_to_know)

“‘Big Law Killed My Husband’: An Open Letter from a Sidley Partner’s Widow,” Joanna Litt, *The American Lawyer*, November 12, 2018. <https://www.mnlcl.org/wp-content/uploads/2021/07/Big-Law-Killed-My-Husband.pdf>

“I’ve Got Your Back; You’ve Got My Ear: Suicide Prevention in the Legal Profession.” American Bar Association (2016). <https://www.mnlcl.org/wp-content/uploads/2021/06/Ive-Got-Your-Back.pdf>

Suicide is Not a Four Letter Word: Straight Talk About Suicide When It Matters Most, Cynthia Waldt, 2021. <https://www.amazon.com/Suicide-Not-Four-Letter-Word-ebook/dp/B09LDD3LFM>

“Suicide Prevention: Every Lawyer’s Opportunity” by Joan Bibelhausen. *Hennepin Lawyer*, September/October 2017. <https://www.mnlcl.org/wp-content/uploads/2020/11/SuicidePrevention-Hennepin-Lawyer-9-17.pdf>

*Suicide: The Forever Decision. For those Thinking about Suicide and for Those who Know, Love and Counsel Them.* Paul Quinnett, Ph.D. (1987). Electronic version provided compliments of the QPR Institute. [https://www.mnlcl.org/wp-content/uploads/2021/06/Forever\\_Decision.pdf](https://www.mnlcl.org/wp-content/uploads/2021/06/Forever_Decision.pdf)

“Why are lawyers killing themselves?” Rosa Flores and Rose Marie Arce, *CNN*, January 20, 2014. <https://www.cnn.com/2014/01/19/us/lawyer-suicides/index.html>