

Suicide Prevention Resource List

Crisis Numbers

[National Suicide Prevention Lifeline](https://suicidepreventionlifeline.org) (<https://suicidepreventionlifeline.org>)

- Phone: 1-800-273-8255 or 1-800-784-2433 – Press 1 for the Veterans Crisis Line
- TTY: 1-800-799-4889

[Crisis Textline](https://www.crisistextline.org) (<https://www.crisistextline.org>)

- Text: **MN** to **741741**

Adult Mental Health Crisis Response

- See the [MN DHS directory for Adult mental health crisis phone numbers](#) by county.

Suicide Prevention Organizations

[American Association of Suicidology](https://www.suicidology.org) (<https://www.suicidology.org>)

Phone: 202-237-2280

[Fact and Statistics](https://www.suicidology.org/resources/facts-statistics) (<https://www.suicidology.org/resources/facts-statistics>)

[Understanding and Helping the Suicidal Individual \[PDF\]](#)

(<http://www.suicidology.org/Portals/14/docs/Resources/FactSheets/UnderstandingHelpingSuicidalIndividual.pdf>)

[American Foundation for Suicide Prevention](https://www.afsp.org) (<https://www.afsp.org>)

Phone: 202-237-2280

Website includes information about warning signs & risk factors, statistics, treatment and loss and healing
Cassandra Linkenmeyer, State Director 507-721-8246

[National Organization for People of Color Against Suicide](http://nopcas.org) (<http://nopcas.org>)

Phone: 1-301-529-4699

Addresses and raises awareness about suicide in minority communities.

[Suicide Awareness Voices of Education](https://save.org) (<https://save.org>)

Phone: 952-946-7998 or 1-888-511-7283

Prevention information, brochures, posters and wallet cards for populations including teens/youth, seniors, American Indians, armed forces, law enforcement, men and women.

[Suicide Prevention Resource Center](http://www.sprc.org) (<http://www.sprc.org>)

Phone: 1-877-438-7772 or TTY 617-964-5448

Technical assistance, training, and materials to increase the knowledge and expertise of suicide prevention practitioners and other professionals serving people at risk for suicide.

Resources include:

[After a Suicide: A Tool Kit for Schools \[PDF\]](http://www.sprc.org/sites/default/files/resource-program/AfteraSuicideToolkitforSchools.pdf)

(<http://www.sprc.org/sites/default/files/resource-program/AfteraSuicideToolkitforSchools.pdf>)

[American Indian/Alaska Native Settings](http://www.sprc.org/aian) (<http://www.sprc.org/aian>)

[Colleges and Universities](http://www.sprc.org/collegesanduniversities) (<http://www.sprc.org/collegesanduniversities>)

[The Trevor Project](https://www.thetrevorproject.org) (<https://www.thetrevorproject.org>)

The Trevor Lifeline's national 24-hour, toll-free hotline: 1-866-488-7386

For lesbian, gay, bisexual, transgender, queer & questioning youth.

Providing crisis intervention and suicide prevention to LGBTQ youth.

Military/Veterans Resources

US Department of Veterans Affairs

[VA National Suicide Data Report 2005-2016 | Office of Mental Health and Suicide Prevention \[PDF\]](https://www.mentalhealth.va.gov/docs/data-sheets/OMHSP_National_Suicide_Data_Report_2005-2016_508.pdf)

(https://www.mentalhealth.va.gov/docs/data-sheets/OMHSP_National_Suicide_Data_Report_2005-2016_508.pdf)

Veterans Administration (VA), Minneapolis

To connect with a Veterans Crisis Line responder any time day or night:

Call 1-800-273-8255, then press 1.

[Suicide Prevention for Veterans](https://www.vets.gov/health-care/health-conditions/mental-health/suicide-prevention)

(<https://www.vets.gov/health-care/health-conditions/mental-health/suicide-prevention>)

Government

Centers for Disease Control and Prevention (CDC)

Publications on reducing risk factors, national data, and promoting awareness at:

[CDC | Suicide Prevention](https://www.cdc.gov/violenceprevention/suicide/index.html) (<https://www.cdc.gov/violenceprevention/suicide/index.html>)

Minnesota Department of Health

[MDH Suicide Prevention Program](http://www.health.state.mn.us/injury/topic/suicide) (<http://www.health.state.mn.us/injury/topic/suicide>)

Amy Lopez - State Suicide Prevention Coordinator 651-201-5723

National Institute of Mental Health (NIMH)

The National Institute of Mental Health Information Resource Center's Hours are 8:30 a.m. to 5 p.m. Eastern Time, M-F: 1-866-615-6464 or TTY 1-866-415-8051

Risk Factors, Action Steps and Ongoing Research at: [NIMH | Suicide Prevention](https://www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml)

(<https://www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml>)

Substance Abuse and Mental Health Services Administration (SAMHSA)

For educational materials, reports and guides for medical professionals, family and clients in the emergency department. (Also available in Spanish):

[Suicide Prevention | SAMHSA – Substance Abuse and Mental Health Services Administration](https://www.samhsa.gov/suicide-prevention)

(<https://www.samhsa.gov/suicide-prevention>)

[After an Attempt \[PDF\]](https://store.samhsa.gov/shin/content/SMA08-4357/SMA08-4357.pdf) (<https://store.samhsa.gov/shin/content/SMA08-4357/SMA08-4357.pdf>)

[A Guide for Medical Providers in the Emergency Department Taking Care of Suicide Attempt \[PDF\]](https://store.samhsa.gov/shin/content/SMA08-4359/SMA08-4359.pdf)

(<https://store.samhsa.gov/shin/content/SMA08-4359/SMA08-4359.pdf>)

[After an Attempt - A Guide for Taking Care of Yourself After Your Treatment in the Emergency Department \[PDF\]](https://store.samhsa.gov/shin/content/SMA08-4355/SMA08-4355.pdf)

(<https://store.samhsa.gov/shin/content/SMA08-4355/SMA08-4355.pdf>)

[A Guide for Taking Care of Yourself After Your Treatment in the Emergency Department \(Spanish\) \[PDF\]](https://store.samhsa.gov/shin/content/SMA18-4365SPAN/SMA18-4365SPAN.pdf)

(<https://store.samhsa.gov/shin/content/SMA18-4365SPAN/SMA18-4365SPAN.pdf>)

Training and Screening Tools

[Columbia Lighthouse Project](http://cssrs.columbia.edu) (<http://cssrs.columbia.edu>)

The Project was formed under the auspices of Columbia University to disseminate the Columbia-Suicide Severity Rating Scale (C-SSRS), optimize the scale’s impact through support for its users, and continue to build the science behind the scale. The C-SSRS is a key to ending suicide — a devastating, but preventable, worldwide public health crisis.

[The Columbia Protocol for Everyone](http://cssrs.columbia.edu/the-columbia-scale-c-ssrs/cssrs-for-families-friends-and-neighbors)

(<http://cssrs.columbia.edu/the-columbia-scale-c-ssrs/cssrs-for-families-friends-and-neighbors>)

[QPR Institute](https://qprinstitute.com) (<https://qprinstitute.com>)

Phone: 1-888-726-7926

Question. Persuade. Refer. Three steps anyone can learn to prevent suicide. Offers comprehensive suicide prevention training programs, educational and clinical materials.

[Suicide and Depression Awareness for Students](https://www.learnpsychology.org/suicide-depression-student-guidebook)

(<https://www.learnpsychology.org/suicide-depression-student-guidebook>)

People contemplating suicide or experiencing the depths of a severe depression need to know they are not alone. From teenagers to college students, LGBT to the elderly, people struggling with depression and suicidal thoughts need options, reassurance, hope and help.

[Wellness Recovery Action Plan, Mary Ellen Copeland, PhD](http://www.mentalhealthrecovery.com) (<http://www.mentalhealthrecovery.com>)

Phone: 1-802-254-5335

What is WRAP? The Wellness Recovery Action Plan or WRAP, is a self-designed prevention and wellness tool that you can use to get well, and stay well.

Information and Resources

American Academy of Child and Adolescent Psychiatry (AACAP)

Brochures available in multiple languages at: [Facts for Families](https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Teen-Suicide-010.aspx)

(https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Teen-Suicide-010.aspx)

American Psychiatric Association

[Patient and Families Topic: Suicide Prevention](https://www.psychiatry.org/patients-families/suicide-prevention) (https://www.psychiatry.org/patients-families/suicide-prevention)

American Psychological Association (APA)

[Psychology Topics // Suicide information](https://www.apa.org/topics/suicide/index.aspx/research/action/suicide.aspx)

(https://www.apa.org/topics/suicide/index.aspx/research/action/suicide.aspx)

[Depression and Bipolar Support Alliance](http://www.dbsalliance.org) (http://www.dbsalliance.org)

Phone: 1-800-826-3632

Their 20-page brochure includes a sample safety plan at: [Suicide Prevention and Mood Disorders \[PDF\]](http://www.dbsalliance.org/site/DocServer/SuicidePrevention.pdf?docID=3401)

(http://www.dbsalliance.org/site/DocServer/SuicidePrevention.pdf?docID=3401)

Also available a [Suicide Prevention Wallet Card \[PDF\]](http://www.dbsalliance.org/pdfs/suicidepreventioncard.pdf)

(http://www.dbsalliance.org/pdfs/suicidepreventioncard.pdf)

Mayo Clinic

[Suicide: What to do when someone is suicidal](https://www.mayoclinic.org/health/suicide/MH00058) (https://www.mayoclinic.org/health/suicide/MH00058)

[Suicide and suicidal thoughts](https://www.mayoclinic.org/health/suicide/DS01062) (https://www.mayoclinic.org/health/suicide/DS01062)

[Are you thinking about suicide? How to stay safe and find treatment](http://www.mayoclinic.org/health/suicide/MH00054)

(http://www.mayoclinic.org/health/suicide/MH00054)

[Mental Health Minnesota – The Voice of Recovery](https://www.mentalhealthmn.org) (https://www.mentalhealthmn.org)

Phone: 651-493-6634 or 1-800-862-1799

Minnesota based non-profit and non-partisan mental health advocacy and education organization.

National Alliance on Mental Illness – MN (NAMI – MN)

Phone: 952-946-7998 or 1-888-511-7283

A non-profit organization dedicated to improving the lives of children and adults with mental illnesses and their families.

[Suicide Prevention - NAMI MN](https://namimn.org/education-public-awareness/suicide-prevention) (https://namimn.org/education-public-awareness/suicide-prevention)

[Wellness in the Woods - Transforming Wellness into Reality](https://www.mnwitw.org) (https://www.mnwitw.org)

Peer to Peer Support Line: 1-844-739-6369 - Hours are every day from 5:00 PM to 9:00 AM.

Peers supporting each other by understanding struggles, sharing life experiences, building natural relationships, and being empathetic.

These resources may express views, policies, and opinions that do not necessarily reflect those of the Office of Ombudsman for Mental Health and Developmental Disabilities (OMHDD). While the OMHD offers this resource list, these are sites over which we have no control. Therefore, the OMHDD assumes no responsibility for the content or accuracy of the information.