



State of Minnesota

## The Office of Ombudsman for Mental Health and Developmental Disabilities Suicide Prevention Resource List

### **American Academy of Child and Adolescent Psychiatry**

<http://www.aacap.org>

202-966-7300

Fact sheets available in multiple languages

[http://www.aacap.org/cs/root/facts\\_for\\_families/facts\\_for\\_families](http://www.aacap.org/cs/root/facts_for_families/facts_for_families)

[http://www.aacap.org/galleries/FactsForFamilies/10\\_teen\\_suicide.pdf](http://www.aacap.org/galleries/FactsForFamilies/10_teen_suicide.pdf)

### **American Association of Suicidology**

<http://www.suicidology.org>

202-237-2280

Link to “Thinking about suicide” and Fact sheets

<http://www.suicidology.org/stats-and-tools/suicide-fact-sheets>

<http://www.suicidology.org/web/guest/suicide-attempt-survivors>

### **American Foundation for Suicide Prevention**

<http://www.afsp.org>

1-888-357-7924 or 212-363-3500

Website includes information about suicide, surviving a suicide loss, educational resources and more.

### **American Psychiatric Association**

<http://www.psych.org>

1-888-357-7924 or 703-907-7300

Diagnosis and population specific information at:

[www.healthyminds.org](http://www.healthyminds.org)

<http://www.healthyminds.org/Main-Topic/Suicide.aspx>

### **American Psychological Association**

<http://www.apa.org>

1-800-789-2647 or TDD 202-366-6133

Suicide information at <http://www.apa.org/topics/suicide/index.aspx/research/action/suicide.aspx>

### **Crisis Numbers**

Crisis Connection – can make referrals to county crisis programs and answers the National Suicide Prevention Hotline

<http://www.crisis.org/about.html>

612-379-6363, 1-866-379-6363

National Suicide Prevention Lifeline

1-800-273-8255 (TALK) or 1-800-784-2433 which has a dedicated link for Veterans

NE MN Txt 4 Life, [www.txt4life.org](http://www.txt4life.org) – texting hotline for Carlton, Cook, Lake, St. Louis, Aitkin, Itasca and Koochiching Co. youth available 12pm-12am 7 days/week - text 839863.

## **Depression and Bipolar Support Alliance**

<http://www.dbsalliance.org>

1-800-826-3632

Their brochure *Suicide Prevention and Mood Disorders* includes a sample safety plan.

PDF version:

[http://www.dbsalliance.org/site/PageServer?pagename=education\\_brochures\\_suicide\\_prevention](http://www.dbsalliance.org/site/PageServer?pagename=education_brochures_suicide_prevention)

Also a *Suicide Prevention wallet Card* is available

<http://www.dbsalliance.org/pdfs/suicidepreventioncard.pdf>

Other publications [http://www.dbsalliance.org/site/PageServer?pagename=education\\_brochures\\_print](http://www.dbsalliance.org/site/PageServer?pagename=education_brochures_print)

## **Mary Ellen Copeland, PhD**

### **Wellness Recovery Action Plan**

<http://www.mentalhealthrecovery.com>

802-254-2092

## **Mayo Clinic**

<http://www.mayoclinic.com>

Go to health information-diseases and conditions –suicide and suicidal thoughts

“What to do when someone is suicidal” <http://www.mayoclinic.com/health/suicide/MH00058>

“Definition” and more <http://www.mayoclinic.com/health/suicide/DS01062>

“Considering suicide? How to stay safe and find treatment” <http://www.mayoclinic.com/health/suicide/MH00054>

## **Mental Health Association of Minnesota**

<http://www.mentalhealthmn.org>

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

Provides links to National Institute of Health information

<http://www.mentalhealthmn.org/be-informed/education-programs/mental-health-topics>

## **Mental Health Consumer Survivor Network of Minnesota**

<http://www.mhcsn.org>

651-637-2800 or 1-800-483-2007

## **National Alliance on Mental Illness – MN**

<http://www.namihelps.org>

651-645-2948 or 1-888-473-0237

Also provides link to National Institute of Health resources

Their Emergency Department Resource Toolkit includes guides for consumers, families and providers following a suicide attempt. Also available in Spanish and from SAMHSA

<http://www.nami.org/template.cfm?template=/contentManagement/contentDisplay.cfm&contentID=28155>

Suicide: Learn More, Learn to Help <http://www.namihelps.org/assets/PDFs/fact-sheets/General/Suicide.pdf>

Suicidal Behavior in Gay, Lesbian and Bisexual Youth

<http://www.namihelps.org/assets/PDFs/GLBT/SuicidalYouth.pdf.pdf>

## **National Institute of Mental Health (NIMH)**

<http://www.nimh.nih.gov/index.shtml>

1-866-615-6464 or 1-866-415-8051 (TTY toll free)

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

## **National Organization for People of Color Against Suicide**

<http://www.nopcas.com>

1-866-899-5317 (fax and voicemail), 202-549-6039

### **QPR (Question, Persuade, Refer) Institute**

<http://www.qprinstitute.com>

1-888-726-7926 or 509-536-5100

Offers comprehensive suicide prevention training programs, educational and clinical materials

### **Substance Abuse and Mental Health Services Administration (SAMHSA)**

<http://www.samhsa.gov>

1-877-727-4727 or TTY: 1-800-487-4889

<http://store.samhsa.gov> for educational materials and reports such as:

“After an attempt”: Guides for medical professionals, family and client in the emergency room. Also available in Spanish

<http://store.samhsa.gov/shin/content/SMA08-4359/SMA08-4359.pdf>.

<http://store.samhsa.gov/shin/content/SMA08-4357/SMA08-4357.pdf>

<http://store.samhsa.gov/shin/content/SMA08-4355/SMA08-4355.pdf>

All brochures <http://store.samhsa.gov/facet/Issues-Conditions-Disorders/term/Suicide>

### **Suicide Awareness Voices of Education**

<http://www.save.org>

952-946-7998 or 1-888-511-SAVE (7283)

Has 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 (SPRC)**

<http://www.sprc.org>

1-877-438-7772

Resources include:

“After a Suicide: A Tool Kit for Schools” <http://www.sprc.org/bpr/section-III/after-suicide-toolkit-schools>

Information re: American Indian/Alaska Natives <http://www.sprc.org/aian>

Colleges and Universities <http://www.sprc.org/collegesanduniversities>

Youth Suicide Prevention Referral and Tracking Toolkit for schools

[http://www.sprc.org/library\\_resources/items/youth-suicide-prevention-referral-and-tracking-toolkit](http://www.sprc.org/library_resources/items/youth-suicide-prevention-referral-and-tracking-toolkit)

### **The Trevor Helpline for gay, lesbian, bisexual, transgender and questioning youth.**

<http://www.thetrevorproject.org>

1-866-488-7386 or 310-271-8845