



The University of Texas at Austin

Texas Institute for Excellence
in Mental Health

School of Social Work



Suicide Prevention Resources

Crisis Resources

Crisis Text Line

Text **HOME** to **741741**

A free, 24/7 text-based crisis support line run by trained crisis counselors.

Find a Helpline

An international online database where you can quickly find the helpline you need. It can be filtered by country, state, and what topic you need support for – such as suicidal thoughts, domestic violence, and much more.

National Suicide & Crisis Lifeline

Call or text **988**

Veterans: **988 then press 1**

Free, 24/7 support for people in suicidal crisis or emotional distress. The line is confidential unless it's essential to contact emergency services to keep you or your loved one safe.

Poison Control

Emergency: Call **911**

Substance Exposure: Call **1-800-222-1222**

An interactive website, hotline, and app triage tool that guides users faced with a poison emergency. The site also offers a pill identifier tool and poison and prevention information.

The Trevor Project

Call **1-866-488-7386**

Text **START** to **678-678**

Chat online [here](#)

A free, confidential, 24/7 crisis support for LGBTQIA2S+ people in suicidal or emotional crisis. In very specific instances of abuse or imminent danger, emergency services may be contacted.

Trans Lifeline

Call **877-565-8860**

Oprime 2 para español

A free, confidential, peer support phone service run by trans people for trans and questioning individuals experiencing crisis.

NAMI National Warmline Directory

A comprehensive directory of peer-run helplines by state.

National Maternal Mental Health Hotline

Call or text **1-833-TLC-6262**

This is a free, confidential, 24/7 hotline that connects new or expecting parents with trained counselors who speak English and Spanish.

SAMHSA's National Helpline

Call **1-800-662-4357**

A confidential, free, 24/7/365 information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. They provide referrals to local treatment facilities, support groups, and community-based organizations.

General Information

American Association of Suicidology

Provides information about suicide as well as resources for specific populations.

American Foundation for Suicide Prevention

A foundation that seeks to raise awareness and support people affected by suicide. It has resources for those experiencing thoughts of suicide, suicide attempt survivors, those who are worried about someone, and those who have lost someone to suicide. The organization also offers suggestions for getting involved to make a difference.

#ChatSafe

This Australia-based website provides tips and tools to help young people communicate safely online about suicide. That includes how to talk about your feelings and experiences, responding to someone who may be suicidal, and talking about someone who has died by suicide. ChatSafe also has #SafeSpace, which presents stories of hope and recovery by young people who have an experience of suicide.

Meta's Mental Health & Well-Being Resources

This hub has resources to support digital well-being for yourself, your family, and others in your community. There's a section dedicated to sharing tools and guidance for suicide prevention.

HelpGuide

A nonprofit that provides articles and resources for a variety of mental health topics, such as suicide.

Now Matters Now

A resource that shares coping skills based on Dialectical Behavioral Therapy (DBT) to help cope with suicidal thoughts. It also includes personal stories and educational videos.

How to Help Teens/Young Adults as a Parent or Caregiver

The Jed Foundation offers resources to help you recognize warning signs, start meaningful conversations, and know the difference between normal growing pains and distress so you can provide the support your child needs.

SAVE (Suicide Awareness Voices of Education)

A resource that provides public awareness campaigns, training, education, and resources to find support for yourself or someone you care about. They also share ways to get involved with the organization.

Seize the Awkward

A campaign designed to encourage teens and young adults to embrace the awkwardness and talk to friends about mental health. There are resources on how to recognize warning signs and start a conversation, as well as stories from celebrities and influencers about how mental health conversations with their loved ones made an impact on their lives.

The Jed Foundation

A nonprofit that provides teens and young adults with skills for managing their emotional health and preventing suicide.

Therapist Finder

Clinicians of Color

A directory that helps you locate a therapist of color near you. You can filter by area of focus, clinician race, ethnicity, age, and more. There's also a blog that shares mental health tips specifically for black, indigenous, and people of color.

Inclusive Therapists

A directory that helps connect individuals with a therapist who meets their unique needs. The site allows you to filter practitioners by cultural and spiritual knowledge, language, therapist identity, location, cost, and more. There's also an option to get "matched" and have the therapist reach out to you.

National Queer and Trans Therapists of Color Network

A directory that helps queer and trans black, indigenous, and people of color (QTBIPOC) locate QTBIPOC mental health providers in their area. The site also includes additional community and practitioner resources along with an application-based mental health fund.

Psychology Today

A directory that helps people locate therapists, psychiatrists, treatment centers, and more near them. There are options to filter by specialty, insurance, therapist gender, and more.

Apps & Interactive Tools

Calm Harm

A free app that helps you manage or resist the urge to self-harm by providing immediate activities and techniques for coping as well as tools for exploring the cycle of self-harm and identifying triggers.

Know the Signs

A resource that provides concerned individuals with tools for recognizing suicidal thoughts and talking with someone about suicide.

My Safety Plan

A website that guides you step-by-step through creating a safety plan. A safety plan is a prioritized list of coping strategies and resources to turn to when you're having thoughts of suicide.

Objective Zero

An app that offers free tools, training, and resources for active duty service members, veterans, their families, and caregivers. Whether you're seeking support or looking to give it, the app connects you to peers or valuable resources when needed.

Clinicians

Resources for Suicide Prevention by SAMHSA

A compilation of prevention resources ranging from strategic planning to resources specific for youth, family, and professional training.

Suicide Prevention Toolkit by the Suicide Prevention Resource Center

This toolkit provides resources for preventing suicide, including tools for depression, improving access to health care, means restriction, substance abuse, fact sheets, and trainings/guides.

Zero Suicide

Zero Suicide presents an aspirational challenge and practical framework for system-wide transformation toward safer suicide care.