

Suicide Prevention Resources

Local 24-hour Crisis Lines

Humboldt County Mental Health: (707) 445-7715 Toll Free: (888) 849-5728

Youth Services Bureau: Youth & Family: (707) 444-2273

Humboldt Domestic Violence Services: (707) 443-6042 Toll Free: (866) 668-6543

North Coast Rape Crisis Team: (707) 445-2881 Del Norte: (707) 465-2851 Accepts collect calls

Local Resources, Supports & Trainings

Humboldt County DHHS Suicide Prevention Program: Kris Huschle 441-5554

- Resource & referral information
- Suicide Prevention Trainings:
Question~Persuade~Refer: Community Suicide Prevention Workshop
Free, adaptable suicide awareness & education training for schools, first responders, faith community, workforce, foster parents, agencies, community groups,
Applied Suicide Intervention Skills Training (ASIST)
Intensive 2-day skill-building workshop
Cost: \$60.00 covers materials, morning snacks & lunch

Counseling/Therapy: North Coast Association of Mental Health Professionals: www.ncamhp.org

Humboldt Network of Care: www.humboldt.networkofcare.org/mh/index/asp

Humboldt County Transition Age Youth Collaboration-HCTAYC: Youth advocacy [www.HCTAYC](http://www.HCTAYC.org) or HumboldtYouth@gmail.com

Hospice of Humboldt: Free groups for grieving individuals 445-8443

National Alliance on Mental Illness (NAMI) Humboldt 444-1600

Advocacy, education and support for people with mental illness and their families

Humboldt State University Counseling Services

For students.....826-3236

For Community.....826-3921

YSB RAVEN Project: Youth-led street outreach and drop-in center for youth, 10-21 443-7099

Humboldt Community Switchboard for assistance and referral: helps individuals and professionals find the services they need. Online resource guide: 441-1001 www.theswitchboard.org

National 24-hour Crisis Lines

National Suicide Prevention Lifeline: 1(800)-273-8255 www.suicidepreventionlifeline.org

The Trevor Project: 1(866) 488-7386 www.trevorproject.org The only site specifically focused on LGBTQI suicide prevention. Promotes help seeking, reduces stigma.

Restricting Access to Lethal Means

Online Training & Resources:

- Harvard School of Public Health—Means Matter: www.hsph.harvard.edu/means-matter
- Counseling on Access to Lethal Means (CALM) <http://training.sprc.org>

On-line Resources

American Association of Suicidology: www.suicidology.org. Research, training, education, links to national support groups, crisis centers

American Foundation for Suicide Prevention: www.afsp.org and the Suicide Prevention Resource Center developed a guide, *After a Suicide: A Toolkit for Schools*. AFSP developed *More than Sad*, a 25 minute educational program to help teachers and other school personnel about teen suicide and its prevention. The website has other educational resources.

Indian Health Services American Indian and Alaska Native Suicide Prevention
www.ihs.gov/nonmedicalprograms/nspn/

The Jason Foundation: www.thejasonfoundation.org. The Jason Foundation works to help educate young people, parents, teachers, and others about youth suicide

The Jed Foundation www.jedfoundation.org Great overall site for youth, families, professionals.

Promotes help seeking. Addresses stigma & mental health

Los Angeles County Youth Suicide Prevention Project: www.preventsuicide.lacoe.edu

mindyourmind.ca: a non-profit mental health engagement program that works with youth, emerging adults and the professionals who serve them to develop reliable and relevant resources and communication platforms.

National Alliance on Mental Illness: www.nami.org. Support, education, advocacy. Stigma Busters—works to raise awareness about mental health. What a difference a Friend Makes

Local: NAMI-Humboldt: 707 444-1600, www.nami-humboldt.org

The **National Association of School Psychologists website** Suicide resources

<http://www.nasponline.org> contains a great deal of valuable information on suicide prevention and crisis response. Much of this material is available online at no cost

National Association of School Psychologists: www.nasponline.org

National Organization of People of Color Against Suicide: www.nopcas.org. Community-based suicide prevention for underserved communities

National Youth Violence Prevention Resource Center: www.safeyouth.org.

Reach Out: www.reachout.com A website dedicated to Helping Yourself (*facts about tough times*), Helping a Friend (*things you can do*), and Helping Others (*share your story*)

Samaritans: www.samaritans.org. Online and telephone counseling and support

SAVE (Suicide Awareness/Voices of Education): www.save.org. Suicide prevention through public awareness and education. Works to eliminate stigma

Society for the Prevention of Teen Suicide: www.sptsusa.org. Resources, online trainings, and more.

Substance Abuse and Mental Health Services Administration: www.samhsa.gov. "What a Difference a Friend Makes" campaign

Suicide Prevention Resource Center (SPRC): www.sprc.org. Prevention support, training, and resources to assist development of suicide prevention programs, interventions and policies.

Turtle Island Native Network: www.turtleisland.org Native American/Alaskan Native suicide prevention resources

Well Aware Suicide Prevention: www.wellaware.org Program to inform and engage educators, administrators, and policymakers in youth suicide prevention. Newsletter & webinar series.

The Youth Suicide Prevention Program: www.yssp.org. Dedicated to reducing youth suicide through training, public awareness and communities in action