Suicide Prevention Resources

Local 24-hour Crisis Lines

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Numbers</th>
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<tbody>
<tr>
<td>Humboldt County Mental Health</td>
<td>(707) 445-7715</td>
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<td>Youth Services Bureau: Youth &amp; Family</td>
<td>(707) 444-2273</td>
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<tr>
<td>Humboldt Domestic Violence Services</td>
<td>(707) 443-6042</td>
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<td>Toll Free: (866) 668-6543</td>
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<td>North Coast Rape Crisis Team</td>
<td>(707) 445-2881</td>
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<td>Del Norte: (707) 465-2851</td>
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<td>Accepts collect calls</td>
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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.aspx
Humboldt County Transition Age Youth Collaboration-HCTAYC: Youth advocacy www.HCTAYC 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

<table>
<thead>
<tr>
<th>Service</th>
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<tbody>
<tr>
<td>National Suicide Prevention Lifeline</td>
<td>1(800)-273-8255</td>
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<tr>
<td>The Trevor Project</td>
<td>1(866) 488-7386</td>
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<tr>
<td><a href="http://www.suicidepreventionlifeline.org">www.suicidepreventionlifeline.org</a></td>
<td><a href="http://www.trevorproject.org">www.trevorproject.org</a></td>
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<tr>
<td>The only site specifically focused on LGBTQI suicide prevention. Promotes help seeking, reduces stigma.</td>
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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

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