

Suicide Prevention and Support Resources

Immediate crisis care resources
<p>National Suicide Prevention Lifeline 1-800-273-TALK (8255)</p> <p>For people in suicidal crisis or emotional distress. Open 24 hours/7 days a week. Free and confidential. Caller can speak to a skilled, trained crisis worker who will listen and inform the caller about mental health services in his or her local area. www.suicidepreventionlifeline.org/</p>
<p>National Suicide Prevention Lifeline Chat https://suicidepreventionlifeline.org/chat/</p> <p>Lifeline Chat is a service of the National Suicide Prevention Lifeline, connecting individuals with counselors for emotional support and other services via web chat. All chat centers in the Lifeline network are accredited by CONTACT USA. Lifeline Chat is available 24/7 across the US.</p>
<p>Crisis Text Line Text HOME to 741741</p> <p>Connect with a Crisis Counselor for free 24/7 https://www.crisistextline.org/</p>
<p>Local suicide hotline locator suicide.org/suicide-hotlines.html</p> <p>A list of state-based suicide hotlines. Services may vary at each location.</p>
<p>Crisis center locator https://suicidepreventionlifeline.org/our-crisis-centers/</p> <p>Website with a map to links to more than 150 crisis centers.</p>
<p>Local resources at your organization or nearby organizations</p> <p>Local psychiatric hospital walk-in clinic Hospital emergency room Urgent care center</p>

Ongoing support resources	
SAMHSA mental health care provider locator	1-800-662-HELP (4357) 1-800-487-4889 (TDD)
Confidential and anonymous source of mental health care provider information for persons seeking treatment facilities in the United States or US Territories for mental health problems and/or substance abuse. http://store.samhsa.gov/mhlocator	
American Psychological Association psychologist locator	http://locator.apa.org/
Online resources for finding local practicing psychologists. Searchable by specialization, gender, insurance accepted, languages spoken, and more.	
The American Foundation for Suicide Prevention – For Health Care Professionals	https://afsp.org/healthcare-professional-burnout-depression-and-suicide-prevention
Health care-specific information, including facts, toolkits, resources for clinicians and educators, and a suicide prevention webinar.	
Interactive Screening Program:	https://afsp.org/interactive-screening-program
Acumen Institute	https://www.acumeninstitute.org/
Specializes in acute distress assessments and education for medical professionals.	
Vanderbilt University Program for Distressed Physicians	https://vumc.cloud-cme.com/course/courseoverview?p=1&eid=23621
Offers a 3-day course that provides help for distressed physicians in a confidential environment several times a year.	
Depression and Bipolar Support Alliance group locator	https://www.dbsalliance.org/
An advocacy group that provides support, resources, and information for people living with depression and bipolar diagnoses.	

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