

Additional Resources for Suicide Prevention



National General Resources

- [National Suicide Prevention Lifeline](#): 1-800-273-8255 (TALK)
- [Crisis Text Line](#): Text HOME to 741741
- [National Center for Injury Prevention and Control, CDC](#)
- [Suicide Prevention Resource Center](#)
- [American Association of Suicidology](#)
- [American Foundation for Suicide Prevention](#)
- [National Action Alliance for Suicide Prevention](#)
- [National Institute of Mental Health](#)
- [The Zero Suicide Initiative](#) is a commitment to suicide prevention in health and behavioral health care systems
- [Social Media Guidelines for Mental Health Promotion and Suicide Prevention](#)
- [Take 5 to Save Lives](#)
- [Children's Safety Network: Youth Suicide and Self-Harm Prevention: 2017 Resource Guide](#)

National Youth Specific

- [National Center for the Prevention of Youth Suicide](#)
- [Your Life Your Voice](#)
- [The Trevor Project](#)
- [Youth.gov/suicideprevention](#)

North Carolina Resources

- [Hopeline: Crisis Intervention: 919-231-4525 | 1-877-235-4525](#)
- [North Carolina Suicide Prevention Plan, 2015](#)
- [It's OK 2 Ask](#)
- [NC's Plan to Prevention Youth Suicide, 2004](#)

Local Resources

- [Alliance Behavioral Healthcare: 1-800-510-9132](#)
- [Wake County Mobile Crisis Team: 877-626-1772](#)
- [Wake Network of Care](#)
- [Wake County Public Schools Suicide Prevention website](#)
- [WCPSS: Parent Alert '13 Reasons Why'](#)

- [Monarch Mental Health Services \(866\) 272-7826](#)

International Resources

- [Beyond Blue](#): information and support to help everyone in Australia achieve their best possible mental health
- [Building Resiliency in Young People Toolkit \(Australia\)](#)
- [Together to Live](#) (Toolkit for addressing Youth Suicide in your community): Canada
- [Can we talk: Mental Health Lesson Plans for youth](#)

Resources for Caregivers

- [Suicide Prevention Resource Center- Families/ Guardians/ Parents](#)
- [Jason Foundation Parent Resource Program](#)
- [Society for the Prevention of Teen Suicide- Parents Page](#)
- [National Association of School Psychologists- Tips for Parents and Educators](#)
- Spanish- Parent Resource- Oregon Youth Suicide Prevention Program- [Cómo pueden los padres OBSERVAR ESCUCHAR AYUDAR](#)