Resources for Help

We instill safety measures like fire drills, calling 911 in emergencies, and many other life-saving skills into our youth. Yet, when it comes to suicide, many people don’t know who to call or where to reach out to. There are copious amounts of resources for people experiencing suicidal ideation across the country. September is Suicide Prevention Month and represents an ideal time to familiarize yourself with available resources.

The 988 Suicide & Crisis Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States. It can be reached by calling or texting 988. They also offer an online chat feature on their website at [www.988lifeline.org](http://www.988lifeline.org).

The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA’s mission is to reduce the impact of substance abuse and mental illness on America’s communities.  They provide a Behavioral Health Treatment Services Locator, a confidential and anonymous source of information for persons seeking treatment facilities in the United States or U.S. Territories for substance use/addiction and/or mental health problems. <https://findtreatment.gov/>

The Jason Foundation is a nationally recognized leader in youth suicide awareness and prevention. It provides programs to youth, parents, educators, and the community to help recognize when a young person may be struggling with thoughts of suicide and how to assist them. All programs and materials are offered at no cost to those with whom it contracts. Since 1997, The Jason Foundation has never charged a school, community, or individual for the use of any of its programs. Visit The Jason Foundation’s website to learn about the programs offered, where the nearest Jason Foundation Affiliate Office is to you, and how you can become involved in Suicide Prevention Awareness Month. [www.jasonfoundation.com](http://www.jasonfoundation.com)

Familiarize yourself with these resources and those near you so that you can help someone in need. Let other people know what’s available so that suicide prevention assistance becomes common knowledge.