

Suicide resources

National Suicide Prevention Lifeline

Call **1-800-273-TALK (8255)** to connect with free, confidential support 24/7. Or visit the [Suicide Prevention website](#) for information and resources.

American Association of Suicidology

Visit the [Suicidology website](#) or call **202-237-2280** for information on current research, prevention, ways to help a suicidal person and surviving suicide. A list of crisis centers is also included.

American Foundation for Suicide Prevention

Visit the [American Foundation for Suicide Prevention website](#) or call **1-888-333-AFSP (2377)** for research, education and current statistics on suicide. The website offers links to other suicide and mental health sites.

Boys Town

Call the crisis hotline at **1-800-448-3000**. For information about services, visit the [Boys Town website](#). Boys Town is an organization that cares for troubled children — both boys and girls — and for families in crisis. Their hotline staff is trained to handle calls and questions about violence and suicide.

National Alliance for the Mentally Ill (NAMI)

NAMI's helpline at **1-800-950-NAMI** provides support, information and referrals. They can help people with mental health conditions, family and friends, providers and the public. Or you can connect with a crisis counselor 24/7 by **texting NAMI to 741-741**.

National Institute of Mental Health (NIMH)

Visit [the NIMH website](#) to find information about mental health issues and suicide prevention.

National Library of Medicine

Visit the [National Library of Medicine website](#) and search "suicide" for suicide-related information and articles.

Suicide Awareness-Voices of Education (SAVE)

The [SAVE website](#) provides suicide education, facts and statistics on suicide and depression. It links to information on warning signs of suicide and the role a friend or family member can play in helping a suicidal person.

Mental Health First Aid

Do you want to learn more about stigma and how to respond to mental health problems? Similar to CPR and First Aid training, Mental Health First Aid helps people identify, understand and respond to mental health issues. You can find a local training at the [Mental Health First Aid website](#).

You don't have to deal with mental health issues alone. We're here for you 24/7.

The EAP is administered by Resources For Living, LLC.

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