

# **Suicide Prevention Resources**

[KayWarren.com/Suicide](https://KayWarren.com/Suicide)

# Table of Contents

<b>Crisis Hotline Phone Numbers.....</b>	<b>1</b>
<b>Resources for Adults</b>	
<b>Books.....</b>	<b>2</b>
<b>Free Downloadable PDFs.....</b>	<b>2</b>
<b>Crisis Programs.....</b>	<b>3</b>
<b>Mental Health and Suicide     Prevention Organizations Support     Groups Available.....</b>	<b>3</b>
<b>Resources for Children &amp; Teens.....</b>	<b>4</b>

# Crisis Hotline Phone Numbers

National Suicide Prevention Lifeline

**Call 1-800-273-TALK (8255)**

*The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or loved ones.*

Crisis Text Line

**Text “HOME” to 741-741**

*The Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support.*

211 Information Line

**Call 2-1-1**

*211 is a free, confidential nationwide service that connects people to available help and information.*

Veterans Crisis Line

**Call 1-800-273-8255 Press “1”  
or text 838-255**

*Connect with the Veterans Crisis Line to reach caring, qualified responders with the Department of Veterans Affairs.*

# Suicide Prevention Resources

## Books

*If You Feel Too Much: Thoughts on Things Found and Lost and Hoped For*  
by Jamie Tworkowski

*In the Middle of the Mess: Strength for this Beautiful, Broken Life* by Sheila Walsh

*Soul Repair: Recovering from Moral Injury after War* by Rita Nakashima Brock and Gabriella Lettini

*Fear Gone Wild: A Story of Mental Illness, Suicide, and Hope Through Loss*  
by Kayla Stoecklein

*Grieving a Suicide: A Loved One's Search for Comfort, Answers, and Hope* by Albert Y. Hsu

## Free Downloadable PDFs

[After an Attempt: A Guide for Taking Care of Yourself After Your Treatment in the Emergency Department](#) by Substance Abuse and Mental Health Services Administration (SAMHSA)

[After an Attempt: A Guide for Taking Care of Your Family Member After Treatment in the Emergency Department](#) by Substance Abuse and Mental Health Services Administration (SAMHSA)

[After an Attempt: The Emotional Impact of a Suicide Attempt on Families](#) by Feeling Blue Suicide Prevention Council

[Military Suicide](#) Downloadable PDF by ABCT Fact Sheet

[A Handbook for Survivors of Suicide](#) by American Association of Suicidology

[Surviving a Suicide Loss: A Resource and Healing Guide](#) by American Foundation for Suicide Prevention

# Suicide Prevention Resources

## Crisis Programs

[RI International Crisis Programs](#) – RI's Crisis programs are located in Arizona, California, Delaware, Texas and Washington State, and include Recovery Response Centers (Crisis Stabilization Programs), Evaluation & Treatment Centers (Involuntary & Court-ordered Treatment), and Crisis Respite. All of RI's facilities follow Crisis Now's crisis care principles and practices.

[Clubhouses International: Creating Community: Changing the World of Mental Health](#)

Through over 300 local Clubhouses in more than 30 countries around the world, Clubhouse International offers people living with mental illness opportunities for friendship, employment, housing, education and access to medical and psychiatric services in a single caring and safe environment.

## Mental Health and Suicide Prevention Organizations Support Groups Available

[Alliance of Hope for Suicide Loss Survivors](#)

[American Association of Suicidology](#)

[American Foundation for Suicide Prevention \(AFSP\)](#)

[Celebrate Recovery® Welcome Home Groups: A Safe Place for Our Military](#)

[National Alliance on Mental Illness \(NAMI\)](#)

# Resources for Children & Teens

[Sources of Strength COVID-19 Resources](#) – Sources of Strength is an evidence-based prevention program for suicide, violence, bullying, and substance misuse. They have created some great resources during COVID-19 to help families and individuals build strength and practice self-care in the midst of this season.

[Resources for Practicing Strength at Home](#) Downloadable PDF

*Grace for the Children: Finding Hope in the Midst of Child and Adolescent Mental Illness*  
by Matt Stanford

[Mental Health Toolkit](#) by Children’s Hospital of Orange County (CHOC)

[10 Tips for Raising Resilient Kids](#) article by Margarita Tartakovsky

[How to Talk to a 4-8 Year Old Child About a Suicide Attempt in Your Family](#) Downloadable PDF by MIRECC

[How to Talk to a 9-13 Year Old Child about a Suicide Attempt in Your Family](#) Downloadable PDF by MIRECC

[Children, Teens and Suicide Loss](#) by American Foundation for Suicide Prevention and The Dougy Center

*Someday Heaven* by Larry Libby

*Someone I Love Died By Suicide: A Story for Child Survivors and Those Who Care for Them*  
by Doreen Cammarata

*When Someone Dies: A Child-Caregiver Activity Book* by National Alliance for Grieving Children

*What Happens When Someone Dies? A Child’s Guide to Death and Funerals*  
by Michaelene Mundy

Additional Resources Available at  
**[KayWarren.com/Suicide](https://www.kaywarren.com/suicide)**