

Protecting Your Mental Health During COVID-19

Resources

National Suicide Prevention Lifeline

1-800-273-TALK (8255) or text TALK to 741-741

Websites

[AFSP.org](https://www.afsp.org)

[BetterHelp.com](https://www.betterhelp.com)

[LiveThroughThis.org](https://www.livethroughthis.org)

[ManTherapy.org](https://www.mantherapy.org)

[SAMHSA.gov](https://www.samhsa.gov)

[KayWarren.com/Suicide](https://www.kaywarren.com/suicide)

[KayWarren.com/Grief](https://www.kaywarren.com/grief)

Books

Grieving a Suicide by Albert Y. Hsu

Still Life by Gillian Marchenko

Glorious Weakness by Alia Joy

Why People Die By Suicide by Thomas Joiner

If You Feel Too Much by Jamie Tworkowski

Talking to Depression by Claudia J. Strauss

American Foundation for Suicide Prevention | [AFSP.org](https://www.afsp.org)

AFSP Resources for Mental Health and COVID-19 Digital Toolkit

[AFSP.org/Mental-Health-and-Covid-19](https://www.afsp.org/mental-health-and-covid-19)

Find support for yourself or people who may be at risk for suicide:

[AFSP.org/Get-Help](https://www.afsp.org/get-help)

When someone is at risk:

[AFSP.org/When-Someone-Is-At-Risk](https://www.afsp.org/when-someone-is-at-risk)

I've lost someone to suicide:

[AFSP.org/Ive-Lost-Someone](https://www.afsp.org/ive-lost-someone)

I've survived an attempt:

[AFSP.org/After-an-Attempt](https://www.afsp.org/after-an-attempt)

I'm having thoughts of suicide:

[AFSP.org/Im-Having-Thoughts-of-Suicide](https://www.afsp.org/im-having-thoughts-of-suicide)

Find a local AFSP chapter online:

[AFSP.org/Find-a-Local-Chapter](https://www.afsp.org/find-a-local-chapter)

Find treatment:

[AFSP.org/Find-a-Mental-Health-Professional](https://www.afsp.org/find-a-mental-health-professional)

Make a difference

Learn how to take action in the fight to stop suicide

[AFSP.org/Make-a-Difference](https://www.afsp.org/make-a-difference)

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Saddleback Church Resources

Care/Support Lines

Personal Support: (949) 609-8211
Practical help, emotional support, and prayer

Celebrate Recovery: (949) 609-8339
Help with your hurts, habits, and hang-ups

Virtual Support Groups:
[Saddleback.com/Care/SupportGroups](https://www.saddleback.com/Care/SupportGroups)

Saddleback Church's COVID-19 Response

[Saddleback.com/CoronaResponse](https://www.saddleback.com/CoronaResponse)

If you **need** help:

[Saddleback.com/Wufoo/Forms/
Saddleback-Church-COVID19-Support-Form](https://www.saddleback.com/Wufoo/Forms/Saddleback-Church-COVID19-Support-Form)

If you would like to **give** help:

[Saddleback.com/CoronaResponse](https://www.saddleback.com/CoronaResponse)

(click "Learn How You Can Help" to volunteer, donate, give online, pray)