

Suicide Prevention National Resource Toolkit

Mental health challenges come in many forms, from all walks of life. This guide is a reference to some resources that exist in Alaska and nationally to help you or someone you care about that might be facing a mental health need.

**If you are in crisis, or experiencing thoughts of suicide,
please text the Crisis Text Line (text HELLO to 741741) or call
the Suicide and Crisis Lifeline by dialing 988 or 1-800-273-TALK (8255).
Both services are free and available, 24 hours a day, seven days a week.**

**IF YOU ARE EXPERIENCING A LIFE-THREATENING EMERGENCY,
PLEASE CALL 911 or go immediately to your local emergency room.**



National Resources

Help is available for you, your family, friends, neighbors and colleagues – anyone in your life that might need support at this time. Find access to national mental health resources, organizations, tools and support groups using the links provided here. This guide is designed as a place to start or continue the journey of navigating mental health resources for you or someone you care about.

ACTIVE MINDS

activeminds.org

Active Minds is a nonprofit organization dedicated to raising mental health awareness among students via peer to peer dialogue and interaction. Programs include Send Silence Packing®, Active Minds Speakers, the Healthy Campus Award, and Active Minds @ Work.

AMERICAN ACADEMY OF CHILD AND ADOLESCENT PSYCHIATRY

aacap.org

The mission of AACAP is to promote the healthy development of children, adolescents, and families through advocacy, education, and research, and to meet the professional needs of child and adolescent psychiatrists throughout their careers. The website includes tool kits, resource libraries, educational materials and discussions for families and clinicians.

ASHA INTERNATIONAL

myasha.org

gayathri@myasha.org

971-340-7190

ASHA International is a nonprofit organization dedicated to normalizing conversations about mental health and inspiring hope and wellbeing, one story at a time.

Programs include Let's Talk About Mental Health & My Story MY SUPERPOWER Movement.

BLACK EMOTIONAL AND MENTAL HEALTH (BEAM)

beam.community

The Black Emotional and Mental Health Collective (BEAM) is made up of therapists, yoga teachers, lawyers, and activists with a mission to break down the barriers to Black healing.

BLACK MENTAL HEALTH ALLIANCE (BMHA)

blackmentalhealth.com

A nonprofit providing training, consultation, support groups, resource referral, public information, and educational resources regarding mental health and mental illness issues.

CALL TO MIND

calltomindnow.org

@calltomindnow

Call to Mind is American Public Media's (APM) initiative to foster new conversations about mental health. Call to Mind believes that mental well-being is for everyone and that it's time to end the misconceptions and discrimination associated with mental health conditions.

CREDIBLEMIND & WELL BEING TRUST

wellbeingtrust.org/mental-health-resources

Well Being Trust is a national foundation dedicated to advancing a vision of a nation where everyone is well—in mental, social and spiritual health. The website includes a widget built by CredibleMind that makes it is easy to search and access by topic and type of material, curated mental health resources.

DANA FOUNDATION

dana.org

danainfo@dana.org

Explore the brain with the Dana Foundation's free resources for kids and adults. Find fact sheets, lesson plans, articles, and puzzles about brain function and health, all reviewed and approved by scientists.

DEPRESSION & BIPOLAR SUPPORT ALLIANCE

[dbsalliance.org/brochures](http:// dbsalliance.org/brochures)

DBSA offers a variety of free educational materials that can be downloaded or sent directly to your home. The website includes materials detailing strategies and information applicable for both loved ones and caregivers as well as those with depression or bipolar.

National Resources

HOPE SQUAD

hopesquad.com

#hopesquads

support@hopesquad.com

801-342-3447

A peer-to-peer suicide prevention program for grades 4 -12.

Members are trained to promote mental wellness, recognize signs of crisis, and refer at-risk peers to trusted adults.

THE JED FOUNDATION

JED's POV on Student Mental Health and Well-Being in Fall Campus Reopening shares considerations for college and university campuses as they continue to prepare and work through supporting the mental health and well-being of their communities during the fall reopening.

Seize the Awkward

Seize the Awkward provides young adults with tips on how to sustain a conversation with their peers around mental health.

Love is Louder Action Center and COVID-19 Resource Guide

JED's Love is Louder Action Center and COVID-19 Resource Guide provide resources and tips for protecting mental health and supporting each other during the COVID-19 pandemic.

Set to Go

Set to Go provides students, families, and educators resources on how to get emotionally prepared for the transition from high school to college or adulthood.

Press Pause

JED and MTV's Press Pause includes animated PSAs and an online hub with simple mindfulness techniques—like breathing exercises, meditation, perspective checks, music and movement—to deal with common stresses and challenges that can make young adults feel overwhelmed or hopeless.

Ulfeline

Ulfeline is an online resource for college students. Schools can sign up and post campus-specific information on how to access treatment and crisis services.

JUVENILE BIPOAR RESEARCH FOUNDATION

jbrf.org/families

Supporting children and families suffering from bipolar or Fear of Harm disorder through research, education, and outreach. Includes general information, educational concerns and diagnostic tools, research news, virtual support groups, parent training and treatment options.

THE LOVELAND FOUNDATION

thelovelandfoundation.org/loveland-therapy-fund

The Loveland Foundation provides financial assistance to Black women and girls seeking mental health services nationwide via its Therapy Fund.

MELANIN & MENTAL HEALTH

melaninandmentalhealth.com

Serving the mental health needs of Black and Latinx communities by offering a therapist directory and podcast on mental health issues.

MENTAL WELLNESS COLLECTIVE

mentalwellnesscollective.com

An online community focused on helping women of color prioritize their mental health and normalize help seeking. Their goal is to build a safe place for women to express themselves, break the stigma around mental health, raise awareness to issues that are important to the Black community, and provide access to providers.

MENTAL HEALTH FIRST AID

mentalhealthfirstaid.org

Mental Health First Aid is a course that teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis. The training helps you identify, understand, and respond to signs of addictions and mental illnesses. Mental Health First Aid is provided by the National Council for Behavioral Health.

MOVEMBER CONVERSATIONS

us.movember.com/mens-health/mental-health

#Movember

A free interactive online tool, Movember Conversations offers practical guidance on how to start a difficult conversation with someone who might be struggling. Movember Conversations uses simulations to explore different scenarios and demonstrates the changing ways your response can lead to deeper conversations. You can't fix someone else's problems, but a listening ear can make all the difference.

National Resources

NAMI - THE NATIONAL ALLIANCE ON MENTAL ILLNESS

nami.org

#NotAlone

Call the NAMI Helpline at 800-950-6264 M-F, 10 am-6pm, ET
Or in a crisis text "NAMI" to 741741 for 24/7, confidential free counseling

The National Alliance on Mental Illness (NAMI) is the nation's largest grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illness. Join the conversation at: nami.org
facebook.com/nami
instagram.com/namicommunicate
twitter.com/namicommunicate

NAMI Basics OnDemand

NAMI Basics is a 6-session education program for parents, caregivers and other family who provide care for youth (ages 22 and younger) who are experiencing mental health symptoms. This program is free to participants, 99% of whom say they would recommend the program to others. NAMI Basics is available both in person and online through NAMI Basics OnDemand.

The OnDemand program is also guided by parents and family members with lived experience but is self-paced and available 24/7. OnDemand offers the flexibility of participating in the course on your schedule. Both formats provide identical information, strategies and the opportunity to connect with other parents and caregivers.

NAMI Frontline Wellness

NAMI has developed a suite of no cost digital resources for frontline professionals, which

are available now at NAMI.org/FrontlineWellness. These custom-made resources were developed based on the findings from a comprehensive needs assessment and include: techniques to build resilience, access to confidential and professional services, peer support groups, support for family members, how to identify signs of a potential mental health emergency and suicide prevention information. #FirstRespondersFirst

NATIONAL SEXUAL ASSAULT HOTLINE

rainn.org/get-help
800-656-4673

ONE MIND PSYBERGUIDE

onemindpsyberguide.org
info@psyberguide.org

@PsyberGuide

One Mind PsyberGuide is a non-profit project providing guidance to people interested in using technology to live mentally healthier lives. There are thousands of publicly available mental health apps, but few have been vetted in any way. We provide expert reviews of apps, free of preference, bias, or endorsement, to help people make informed decisions.

SMI ADVISER

Individuals and Families page:
smiadviser.org/individuals-families

SMI Adviser is a technical resource center to raise awareness and promote the use of evidence-based practices in the treatment of serious mental illness. When you go to the website, you have the option of accessing resources by clicking the "Clinician" button or the "Individuals & Families" button.

THE STEVE FUND

stevefund.org

info@stevefund.org

401-249-0044

The Steve Fund works with colleges and universities, non-profits, researchers, mental health experts, families, and young people to promote programs and strategies that build understanding and assistance for the mental and emotional health of the nation's young people of color. The Fund holds an annual conference series, Young, Gifted & @Risk, and offers a Knowledge Center with curated expert information along with on-campus and on-site programs and services for colleges and non-profits.

STRONG 365

strong365.org

#URstrong

@strong365community

(Facebook, Instagram)

@strong365 (Twitter)

A project of the non-profit organization One Mind, Strong 365 aims to shorten the path to effective, life-saving help by connecting young people in the earliest stages of psychosis to both online and community-based support.

SUBSTANCE ABUSE/MENTAL HEALTH HOTLINE

samhsa.gov/find-help/national-helpline

800-662-4357

National Resources

THE TREVOR PROJECT

TheTrevorProject.org

If you or someone you know needs help or support, contact The Trevor Project's TrevorLifeline 24/7 at 1-866-488-7386. Counseling is also available 24/7 via chat every day at TheTrevorProject.org/Help, or by texting "START" 678-678. The Trevor Project is the world's largest suicide prevention and crisis intervention organization for LGBTQ young people.

THE YOUTH MENTAL HEALTH PROJECT

The Parent Support Network™ ymhproject.org/parent-support-network

#youthmentalhealthproject
parentsupportnetwork@ymhproject.org

773-501-9548

The Parent Support Network™, a program of The Youth Mental Health Project™, offers free and confidential support meetings run by and for parents who are concerned about the mental health of their children, teens, and young adults.

THIS IS MY BRAVE

thisismybrave.org

This Is My Brave enables high-school and college-aged students to use storytelling to combat stigma around mental health. This Is My Brave brings stories of mental illness and addiction out of the shadows and into the spotlight.

VETERAN SUICIDE CRISIS LINE

1-800-273-8255, press 1

Veterans call by phone, chat online at veteranscrisisline.net, or text to 838255.

WORK2BEWELL

Work2BeWell.org

The #Work2BeWell digital wellness and empowerment program focuses on positively impacting the emotional well-being of teens and promoting mental health. Here you will find free curriculum, programs, and assets that can be used to help educate teens about mental health and wellness.

Find more resources at

alaskapublic.org/hope

