

Suicide Awareness & Prevention Resources

Suicide & Crisis Lifeline

Compassionate, accessible care and support for mental health-related distress any hour of any day: Call or text **988**.



Suicide & Suicidal Behavior

SAMHSA's info and resources to help prevent suicide and support people in crisis in your community.



Help Save a Life

What to say to someone who is thinking about suicide.



Suicide & Suicide Prevention

American Psychological Association education to prevent suicide and how to cope with suicide loss.



NAMI Pierce County

Support, education, advocacy, and public awareness for all people affected by mental illness to help build a better life.



The Steve Fund

Program, services, and resources that promote the mental and emotional well-being of young people of color.



American Association of Suicidology

Suicide prevention, professional education, and survivor resources.



Love, Your Mind

Inspiration, community, and resources to encourage people to be more open and proactive about mental health.



American Foundation for Suicide Prevention

Research, education and advocacy to take action against suicide.



Risk & Protective Factors

Common risk and protective factors that contribute to mental health.



Suicide Prevention Resource Center

Actionable info and resources to help effectively prevent suicide.



Protective Factors to Face Challenges

How to develop resilience for behavioral and life challenges.



Scan QR code or click or tap the link to see these resources.

Find more resources at tpchd.org/behavioralhealth.