

# SUICIDE PREVENTION



## Trainings & Resources

#ShareHopeTogether



<p><b><u>Suicide Prevention Council</u></b></p>	<ul style="list-style-type: none"> <li>• <b><u>Question Persuade Refer (QPR) Trainings:</u></b> The 1.5-hour training teaches you to recognize suicide warning signs and methods for providing help and hope to those in crisis. Visit the website to register: <a href="https://bit.ly/SDchip">https://bit.ly/SDchip</a>.</li> </ul>	<ul style="list-style-type: none"> <li>• <b><u>RSVP</u></b> for a QPR training or join the newsletter for event updates.</li> </ul>
<p><b><u>Mental Health America</u></b></p>	<ul style="list-style-type: none"> <li>• Visit the Mental Health America website to learn more about upcoming events and trainings like <b><u>Mental Health First Aid:</u></b> <a href="https://bit.ly/MHASD">https://bit.ly/MHASD</a></li> </ul>	<ul style="list-style-type: none"> <li>• <b><u>RSVP</u></b> for a variety of ongoing 1 or 2 day Mental Health First Aid trainings</li> </ul>
<p><b><u>It's Up to Us &amp; Behavioral Health Services (BHS)</u></b></p>	<ul style="list-style-type: none"> <li>• Visit the County of San Diego Health and Human Services Agency <b><u>It's Up to Us</u></b> website to learn more and find local resources about suicide prevention and other mental health topics.</li> <li>• Learn more about how to manage your mental wellness on the <b><u>BHS</u></b> website.</li> </ul>	<ul style="list-style-type: none"> <li>• <b><u>Access &amp; Crisis Line (ACL):</u></b> Call the Access and Crisis Line at <b>1 (888) 724-7240</b> for free, confidential support and resource. Experienced counselors are available 24/7 in over 200 languages.</li> <li>• <b><u>988 Suicide &amp; Crisis Line:</u></b> Dial <b>9-8-8</b> to be directed to a local crisis call center or <b><u>visit the website</u></b> for more information. The Lifeline provides 24/7, free and confidential support for people in distress, prevention, and crisis resources for you or loved ones.</li> </ul>
<p><b><u>American Foundation for Suicide Prevention (AFSP) San Diego</u></b></p>	<ul style="list-style-type: none"> <li>• Join the local <b><u>AFSP San Diego Chapter</u></b> to shed light on the role each of us can play to help stop suicide.</li> <li>• In support of National Suicide Prevention Month, you can watch and share the <b><u>Talk Away the Dark</u></b> film and campaign.</li> </ul>	<ul style="list-style-type: none"> <li>• Learn about the <b><u>Talk Saves Lives program</u></b> to help educate your school, workplace or community.</li> </ul>
<p><b><u>Know the Signs</u></b></p>	<ul style="list-style-type: none"> <li>• Visit <b><u>suicideispreventable.org</u></b> to learn what role you can play in preventing suicide. The Know the Signs (KTS) campaign and the annual Suicide Prevention Week Toolkit provide effective ways and tools to promote suicide prevention across California communities.</li> </ul>	<ul style="list-style-type: none"> <li>• View the <b><u>educational activities</u></b> you can help coordinate at your school, work and communities to share hope, end the stigma, and play a role in preventing suicide.</li> </ul>

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<p><b><u>The Trevor Project</u></b></p>	<ul style="list-style-type: none"> <li>• Call 866-488-7386 or text 678-678</li> <li>• 24/7 crisis intervention and suicide prevention services for LGBTQ people under 25.</li> </ul>
<p><b><u>National Alliance on Mental Illness (NAMI) San Diego</u></b></p>	<ul style="list-style-type: none"> <li>• Call 800-523-5933 or 619-543-1434 for the helpline.</li> <li>• Resource helpline, support groups, educational meetings, newsletters, a lending library and several classes on mental illness are available through <b>NAMI</b>.</li> </ul>
<p><b><u>Courage to Call</u></b></p>	<ul style="list-style-type: none"> <li>• Call 877-698-7838 or click to chat with a veteran on the website: <a href="https://www.courage2call.org/">https://www.courage2call.org/</a></li> <li>• 24/7 peer helpline and other resources to improve mental wellness for veterans, Active Duty, Reservists, National Guardsmen, and their families.</li> </ul>
<p><b><u>Teen Line</u></b></p>	<ul style="list-style-type: none"> <li>• Call 310-855-HOPE (4673) or text TEEN to 839-863</li> <li>• Personal teen-to-teen education and support before problems become a crisis, hotline available 6pm to 10pm.</li> </ul>
<p><b><u>Substance Abuse and Mental Health Services Administration (SAMHSA): National Helpline</u></b></p>	<ul style="list-style-type: none"> <li>• Call 800-662-4357</li> <li>• 24/7 treatment referral and information service for people facing mental illness or substance use disorders.</li> </ul>

