

# Suicide Prevention Messaging Resources

## **Campaigns**

#BeThe1To (General Population)- <https://www.bethe1to.com/>  
Ask, Keep them Safe, Be There, Help them Connect, Follow up

Seize the Awkward (Young Adult)- <https://seizetheawkward.org/>  
Signs to watch for, conversation starters, during the conversation, what to do next

U OK? Friends Ask! (Youth)-  
<https://static1.squarespace.com/static/5cdb17337028c40001fbbbf0/t/5cf130fe9cf9340001633c6d/1559310592759/UOKInfoPacket.pdf>

#BeThere For Veterans -  
[https://www.veteranscrisisline.net/support/be-there?utm\\_source=bethereforveterans.com](https://www.veteranscrisisline.net/support/be-there?utm_source=bethereforveterans.com)

## **Webinars & Online Trainings**

DH: Mental Health during COVID-19 -  
<https://www.dartmouth-hitchcock.org/patient-education/mental-health-webinar-series.html>

CADY (Communities for Alcohol and Drug-free Youth) -  
<http://cadyinc.org/resources/covid-19-resources/>  
[Helping Teens Cope with Anxiety in COVID-19](#)  
[COVID-19 and Mental Health: Caring for the Public and Ourselves](#)

Makin it Happen - <https://www.mih4u.org/covid19/>

[Counseling on Access to Lethal Means](#)

## **Crisis Lines**

[National Suicide Prevention Lifeline](#) - 1-800-273-8255 (TALK)  
[Lifeline Chat](#)

[Crisis Text Line](#): text HOME to 741741 to reach counselor  
Coronavirus, Anxiety, Emotional Abuse, Depression, Suicide, School

[HCRS Warmline](#) (VT): 1-800-917-1622  
For those struggling to cope with stress and anxiety

## Suicide Prevention Messaging Resources

[Waypoint Family Support Warmline](#) (NH): 1-800-640-6486

Coping strategies, child behaviors, family dynamics, household management and emotional distress; gaining access to tools, resources, and services that can help navigate life during challenging times.

Veteran's Outreach Program in WRJ: 802-295-2908 x2507

[Veterans Crisis Line](#) – veterans and their loved ones can call 1-800-273-8255 and Press 1, [chat online](#), or send a text message to 838255 to receive confidential support 24 hours a day, 7 days a week, 365 days a year. Support for [deaf and hard of hearing](#) individuals is available.

[Trans Lifeline](#) – call 1-877-565-8860 for a hotline staffed by transgender people for transgender people. Trans Lifeline volunteers are ready to respond to whatever support needs community members might have.

[Disaster Distress Helpline](#) – call 1-800-985-5990 or text (text “TalkWithUs” to 66746) for a 24/7 national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster, including COVID 19.

[The Trevor Project](#) – a national 24-hour, toll free confidential suicide hotline for LGBTQ youth. If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk, call 1-866-488-7386 to connect with a trained counselor.

Disaster Distress Helpline

### **Wallet Cards**

Having Trouble Coping? -

[https://store.samhsa.gov/product/National-Suicide-Prevention-Lifeline-Wallet-Card-Having-Trouble-Coping-With-Help-Comes-Hope-/SVP13-0155R?referer=from\\_search\\_result](https://store.samhsa.gov/product/National-Suicide-Prevention-Lifeline-Wallet-Card-Having-Trouble-Coping-With-Help-Comes-Hope-/SVP13-0155R?referer=from_search_result)

Warning Signs -

[https://store.samhsa.gov/product/National-Suicide-Prevention-Lifeline-Wallet-Card-Suicide-Prevention-Learn-the-Warning-Signs/SVP13-0126?referer=from\\_search\\_result](https://store.samhsa.gov/product/National-Suicide-Prevention-Lifeline-Wallet-Card-Suicide-Prevention-Learn-the-Warning-Signs/SVP13-0126?referer=from_search_result)

Other ideas to consider during COVID19

<https://www.iflscience.com/health-and-medicine/why-the-who-is-now-using-the-phrase-physical-distancing-instead-of-social-distancing/>

Survivors of Suicide Loss Support Groups:

<https://www.naminh.org/find-support/survivors-of-suicide-loss/grief-support-groups-for-survivor-of-suicide-loss/>