

SUICIDE PREVENTION RESOURCES

Created in partnership with American Foundation for Suicide Prevention



American
Foundation
for Suicide
Prevention



About AFSP

- [Mission and history](#)
- Largest private funder of suicide prevention: [research](#)

Resources for After Suicide Loss

- Surviving a Suicide Loss: [Resource and Healing Guide](#)
- ["I've lost someone"](#)
- Suicide Bereaved [Trained Clinicians](#)
- [Healing Conversations Program](#)
 - gives survivors of suicide loss the opportunity to speak with volunteers
- [Information for Immediately After a Loss](#)
- Find a [support group](#) near you
- Child, Teen and Suicide Loss [Booklet](#)
- [Survivor Day](#)

After an Attempt

- Resources for [after an attempt](#)
- After a [loved one](#) makes an attempt
- [After a Suicide Toolkit](#) for Schools

After a Suicide

- [After a Suicide Toolkit](#) for Schools
 - A toolkit with best practices and practical tools to help schools in the aftermath of a suicide.

When Someone is At Risk

- [Warning signs](#) to look out for
- [What to do if someone is at risk](#)

Advocacy

- [Learn more](#) about AFSP Advocacy
- Connect with an AFSP Field Advocate
- Become a local [AFSP Field Advocate](#)
- [Public policy work](#)
- [Resources](#) for advocates

How to change the culture at your school

- [Model School Policy Toolkit For Suicide Prevention](#)
 - Gives educators and school administrators clear guidance on how to implement suicide prevention, intervention and postvention policies.

**If you or someone you know needs help,
call:**

988

to reach the 988 Suicide & Crisis Lifeline
(formerly known as the National Suicide
Prevention lifeline)



Ways to get involved

- Start Conversations
 - Real Convo Guides laid out guides to help start conversations.
 - How to have a real convo about mental health
 - Reaching out for help
 - If someone tells you they are thinking about suicide
 - How to talk to a Suicide Loss Survivor
- Join the Campaign
 - Seize the Awkward is a campaign AFSP launched with the Ad Council and JED Foundation geared toward high school and college age individuals
 - Seize the Awkward videos
 - Seize the Awkward Instagram platform
 - Partner Toolkit
- Out of the Darkness Walks
 - Participate in the Out of the Darkness Walks near you

Connect with AFSP



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