



American
Foundation
for Suicide
Prevention

SUICIDE PREVENTION RESOURCES

Created in partnership with American Foundation for Suicide Prevention

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

988

to reach the [988 Suicide & Crisis Lifeline](#)

About AFSP

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

When Someone is At Risk

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

After an Attempt

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

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.



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**Resources
for After
Suicide
Loss**

- Surviving a Suicide Loss: [Resource an Health Guide](#)
- Suicide Bereaved [Trained Clinicians](#)
- [Healing Conversations Program](#)
 - Gives survivors of suicide loss the opportunity to speak with volunteers
- [Information immediately after a loss](#)
- Find a [support group](#) near you

Advocacy

- [Learn more](#) about AFSP Advocacy
- 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.

Connect with AFSP



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Way 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**](#) year you.