

Online Resources

Organization	Description	Link
National Suicide Prevention Lifeline 800–273-TALK (8255)	The Lifeline is a 24-hour toll-free phone line for people in suicidal crisis or emotional distress.	http://www.suicidepreventionlifeline.org/
Crisis Text Line	Crisis Text Line provides free emotional support and information to teens in any type of crisis, including feeling suicidal. You can text with a trained specialist 24 hours a day. Text “CTL” or “LISTEN” to 741-741.	http://www.crisistextline.org/
Maine Teen Suicide Prevention	This website speaks directly to teens. It has information about suicide prevention and related topics, how to get help for yourself and others, stories by teens about their experiences, and a quiz on information about suicide.	http://maine.gov/suicide/youth/index.htm
Reachout	This website provides information and support for teens and young adults struggling with mental health issues, including suicide. All the material is written by teens and young adults. There are fact sheets about depression and suicide, stories about dealing with suicide issues, information on how to get help for yourself and how to help a friend, and the ReachOut blog.	https://au.reachout.com/
Society for the Prevention of Teen Suicide Teen Section	This website has a teen section where you can find information to help yourself or a friend who may be having suicidal thoughts. You can also find information on how to cope if a friend dies by suicide.	http://www.sptsusa.org/teens/
Trevor Project	The Trevor Project provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, and questioning (LGBTQ) youth ages 13–24. Its website has information about the signs of suicide and a way to connect online with other LGBTQ youth. The Trevor Helpline is a 24-hour toll-free suicide hotline at 1-866-488-7386.	www.thetrevorproject.org/chat
Youth Suicide Prevention Program	This website is full of information for teens about suicide and suicide prevention, depression, how to help, and where to get help, as well as information for LGBTQ youth, including a video. It also has information on how to talk to a friend or an adult about suicide and materials for teens and adults who want to provide education about suicide prevention or start a suicide prevention program.	http://www.yspp.org/

Loss Survivor resources

American Association of Suicidology	Provides resources that envision an understanding of how to prevent suicide and find hope and healing.	http://www.suicidology.org/suicide-survivors/suicide-loss-survivors
American Association for Suicide Prevention	They provide a Survivor Outreach program for bereaved families.	https://afsp.org/find-support/
Suicide Prevention Resource Center	This document lists a selection of organizations, websites, and materials that can help people who have lost someone to suicide. Many of these resources were developed by survivors of suicide loss.	http://www.sprc.org/sites/default/files/resource-program/Survivors.pdf
iCare Packages	The iCare package is a gift of compassion for people bereaved by suicide. To learn more about the iCare package please contact Julie Geddes (405) 248-9275. If you are interested in ordering an iCare package for a bereaved from family suicide loss please use the link to make a request.	https://goo.gl/H98NqC