

Alabama Suicide Prevention RESOURCES For Faculty and Staff

TELEPHONE HELP LINES for concerned helpers or persons at risk

CALL CENTER	PHONE NUMBER	HOURS / WEBSITE	NOTES
National Suicide Prevention Lifeline (NSPL)	1-800-273-TALK (8255)	24 hours a day / 7 days a week / 365 days a year http://suicidepreventionlifeline.org/	Funded by SAMHSA (federal agency within the Health & Human Services [HHS])
Crisis Services of North Alabama (CSNA)	256-716-1000 crisis line	24 hours a day / 7 days a week / 365 days a year www.csna.org	Huntsville and North Alabama region
Crisis Center	205-323-7777 crisis line	24 hours a day / 7 days a week / 365 days a year www.crisiscenterbham.com 8 am - 4 pm M-F	Birmingham and Central Alabama region
Lifelines Counseling Services	251-602-0909 counseling appointment	www.lifelinesmobile.org	Mobile and South Alabama region

WEBSITES for faculty & staff

SPONSOR	LINK	NOTES
General knowledge and resources		May include focus on prevention, intervention, postvention or all three.
Children's Safety Network Suicide Prevention Resource Guide	https://www.childrenssafetynetwork.org/sites/childrenssafetynetwork.org/files/YouthSuicidePreventionResourceGuide2012.pdf	This document provides extensive links and overviews of youth-specific suicide prevention resources, with an emphasis on data, research, updates, evidence-based strategies, organizations, risk factors, and more.
American Association of Suicidology (AAS)	www.suicidology.org	One of the oldest and most respected sources for all suicide prevention allies. For the community, professionals helpers, crisis response workers, and more. Has a School Suicide Prevention Accreditation Program.
American Foundation for Suicide Prevention (AFSP)	www.afsp.org	Is the headquarters/national association for all the state chapters who work to prevent suicide. Lots of assistance for suicide bereavement survivors, and much more.
Youth.gov	http://youth.gov/youth-topics/youth-suicide-prevention	This site offers a lot of information to counter bullying.

Alabama Suicide Prevention RESOURCES For Faculty and Staff

Comprehensive Suicide
Prevention & Resources www.asparc.org
Directory

Compiled and maintained by the Alabama Suicide
Prevention & Resources Coalition (ASPARC).

WEBSITES for youth to access; Educators may share with students

SPONSOR	LINK	NOTES
The Trevor Project	http://www.thetrevorproject.org/	Provides crisis intervention and suicide prevention to LGBTQ Youth. Resource for concerned persons and direct care to youth for immediate assistance, call, text, modalities.
You Matter	www.youmatter.suicidepreventionlifeline.org	A safe place for youth to share. The Blogger Council are also youth 13-24 that want to help prevent suicide and promote mental health. Administered by the National Suicide Prevention Lifeline.
Crisis Chat	http://www.crisischat.org/	Anyone can talk with a trained counselor via "chat."

PROGRAM for Student Empowerment on Prevention

SPONSOR	LINK	NOTES
Jennifer Claire Moore Foundation - Peer Helper Program	http://www.peerhelpers.org/	Provides a peer-to-peer support program. Peer Helpers are students who are trained to recognize when their peers may have a problem, listen to fellow students confidentially and assist them with emotional, societal, or academic struggles.

APPS FOR YOUR PHONE FOR

SUICIDE PREVENTION, DISASTER RESPONSE, AND CONSUMER MENTAL HEALTH

There are dozens, maybe hundreds of apps of this nature, but the suicide, safety plan and other consumer apps for soothing distress. If you visit the links below, there may be other links on those pages listed for your interest.

FOR MENTAL HEALTH PROFESSIONALS AND SUICIDE PREVENTION ALLIES

Suicide SAFE Mobile App for Providers and Suicide Prevention Allies

<http://store.samhsa.gov/apps/suicidesafe/>

CDC Updates News on Rising Suicide Rates

http://www.cdc.gov/nchs/data/hestat/suicide/rates_1999_2014.htm

SAMHSA Mobile Apps (Disaster, Suicide, Bullying, TALK They Hear You Underage Drinking)

http://store.samhsa.gov/apps/?WT.mc_id=EB_20160509_SuicideSafePromo

Safety Plan

<https://itunes.apple.com/us/app/safety-plan/id695122998?mt=8>

Suicide Safety Plan

<https://itunes.apple.com/us/app/suicide-safety-plan/id1003891579?mt=8>

SAMHSA Behavioral Health Disaster Response

https://itunes.apple.com/us/app/samhsa-behavioral-health-disaster/id787518271?mt=8&WT.ac=LP_20140206_DISASTERAPP_ITUNES

Talk They Hear You (preventing underage drinking)

<https://itunes.apple.com/us/app/talk-they-hear-you/id932083938?mt=8>

KnowBullying by SAMHSA

https://itunes.apple.com/us/app/knowbullying-by-samhsa-put/id899639011?mt=8&WT.ac=LP_20140722_KNOWBULLYING_ITUNES

Psychological First Aid (PFA)

<https://itunes.apple.com/us/app/pfa-mobile/id551079424?mt=8>

PTSD Coach

<https://itunes.apple.com/us/app/ptsd-coach/id430646302?mt=8>

PTSD eraser

<https://itunes.apple.com/us/app/ptsd-eraser/id480699807?mt=8>



Virtual Hope Box

<https://itunes.apple.com/us/app/virtual-hope-box/id825099621?mt=8>

Simple & Free DBT App

<https://itunes.apple.com/us/app/simple-free-dbt-skills-diary/id666921665?mt=8>

T2 Mood Tracker

<https://itunes.apple.com/us/app/t2-mood-tracker/id428373825?mt=8>

Psych Decision Trees for Diagnosing

<https://itunes.apple.com/us/app/psych-decision-trees/id730681821?mt=8>

Psychology Terminology

<https://itunes.apple.com/us/app/psychology-terminology/id406132315?mt=8>

Nervous System Anatomy

<https://itunes.apple.com/us/app/nervous-system-anatomy/id313549669?mt=8>

Pocket Pharmacist

<https://itunes.apple.com/us/app/pocketpharmacist-drug-information/id387365379?mt=8>

iCBT

<https://itunes.apple.com/us/app/icbt/id355021834?mt=8>

iSTRESS

<https://itunes.apple.com/us/app/istress/id308147604?mt=8>

Alcohol's Effects on the Brain: A Reach Out Now Mobile Application`

<https://itunes.apple.com/us/app/alcohols-effects-on-brain/id992971998?mt=8>

Mood Tools Depression Aid

<https://itunes.apple.com/us/app/moodtools-depression-aid/id1012822112?mt=8>

Depression Screening Tool

<https://itunes.apple.com/us/app/depression-screening-test/id1006280166?mt=8>

Anger Management Tips

<https://itunes.apple.com/us/app/anger-management-tips!/id875149444?mt=8>

Asperger's Test

<https://itunes.apple.com/us/app/aspergers-test-determine-your/id684261444?mt=8>