

LEARN RESOURCES

FOREFRONT SUICIDE PREVENTION

CRISIS RESOURCES - NATIONAL

National Suicide Prevention Lifeline

Text or call 988

- Press 1 for Veterans services
- Oprima 2 para servicios en español
- Press 3 for the Trevor Project
- Press 4 for Native and Strong (WA only)

BIPOC **ESPAÑOL**
LGBTQIA+ **VETERAN**



Crisis Text Line - Text HEAL (741741)

Mande AYUDA para servicios en español



ESPAÑOL

Trans Lifeline - 1-877-565-8860

Oprima 2 para hablar con unx operadxx en español



ESPAÑOL
LGBTQIA+

The Trevor Project - 1-866-488-7386



LGBTQIA+

Addiction Hotline | SAMHSA - 1-800-662-4357



Disaster Distress Helpline | SAMHSA
1-800-985-5990



National Domestic Violence Hotline - 1-800-799-7233



Sexual Assault Hotline | RAINN - 1-800-656-4673



CRISIS RESOURCES - WASHINGTON STATE

Crisis Connections (King County) - 1-866-427-4747



Teen Link - 1-866-833-6546

TEENS

Washington State Mental Health Services

Recovery Help Line: 1-866-789-1511



RESOURCE KEY



Resource available 24/7

BIPOC

This resource has specific services for black, indigenous, people of color.

ESPAÑOL

This resource has services in Spanish.

LGBTQIA+

This resource has specific services for LGBTQIA+ (lesbian, gay, bisexual, transgender, queer/questioning, intersex, asexual, and others) communities.

TEENS

This resource has specific services for adolescents, teenagers, and young adults.

VETERAN

This resource has specific services for veterans, service members, and their families.

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MENTAL HEALTH & WELLBEING

Long-Term Support Asian Counseling & Referral Service	BIPOC
Behavioral Health Treatment Services Locator SAMHSA	
Consejo Counseling & Referral Service	BIPOC ESPAÑOL
Find A Therapist Psychology Today Multicultural Counselors	BIPOC
National Queer & Trans Therapists of Color Network	BIPOC LGBTQIA+
Zencare	
Grief & Loss Eluna Resource Center	TEENS
Loss support groups American Foundation for Suicide Prevention	
Support After Suicide Crisis Connections (King County, WA)	
The Dougy Center	TEENS
The Healing Center Seattle	
Wellbeing COVID & Mental Health	BIPOC LGBTQIA+ TEENS
Mindfulness for Teens	TEENS

OTHER COMMUNITY RESOURCES

National Drug Disposal Locations	
Get Help American Foundation for Suicide Prevention	
Give an Hour	VETERAN
Irreverent Warriors	VETERAN
Love is Respect 	LGBTQIA+ TEENS
Mission 22	VETERAN
Vet Self Check	VETERAN
Washington State Pacific Northwest / West Coast Harborview Abuse & Trauma Center	
Ingersoll Gender Center	LGBTQIA+
Lambert House	LGBTQIA+ TEENS
Native & Strong (WA)	BIPOC
Odyssey Youth Movement	LGBTQIA+ TEENS
The NW Network	BIPOC LGBTQIA+
Therapy Fund Foundation	BIPOC
We R Native	BIPOC TEENS
Washington Teen Link	TEENS

LEARN RESOURCES

FOREFRONT SUICIDE PREVENTION

BOOKS & FILM

American Foundation for
Suicide Prevention

- **Books and Films for Loss Survivors**
- **International Survivors of Suicide Loss
Day documentaries**

Alliance of Hope for Suicide Loss Survivors

- **Books for Survivors of Suicide**

Southern State Community College

- **Recommended Books for Survivors
After Suicide**

Funeral Basics

- **10 Books to Help You Through Suicide
Loss**

Grief Haven

- **Recommended Books For Suicide**

SUICIDE PREVENTION

Forefront Suicide Prevention

Safer Homes, Suicide Aware

**American Foundation for
Suicide Prevention**

Conversations Matter

Suicide Prevention Resource Center



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