

SUICIDE RESOURCES

#1 Teenage Suicide.com

202-312-4760

Provides facts about suicide, what a parent needs to know, risk factors, survivor stories, resource and what to do in general.

Website: www.1-teenage-suicide.com

Email: infor@1-teenage-suicide.com

American Academy of Pediatrics

847-434-4000

202-347-8600

Provides facts about teen suicide.

Website: www.aap.org/advocacy/childhealthmonth/prevention.htm

American Association of Suicidology

202-237-2280

This website provides information about basic suicide facts, support groups, crisis centers, survivor, treatment and prevention.

Website: www.suicidology.org

American Foundation for Suicide Prevention

1-888-333-AFSP

Provides information about suicide facts, surviving suicide and coping with loss due to suicide. Information about the "Out of Darkness" awareness walks.

Website: www.afsp.org

Email: www.inquiry@afsp.org

Depression and Bipolar Support Alliance

1-800-273-TALK

Website offers information on understanding suicidal thinking, facts about treatment, fighting suicidal thoughts, helping others who are contemplating suicide, support groups, planning for life, warning signs and responding to a suicide emergency.

Website: www.dbsalliance.org/info/suicide.html

National Institute of Mental Health

1-866-6464 hotline

301-443-4513 main line

301443-8431 TTY

Provides information about various mental health concerns and where and how to receive treatment.

Website: www.nimh.nih.gov

SUICIDE RESOURCE (CONT.)

National Suicide Hotline
1-800-784-2433

National Suicide Prevention Lifeline
1-800-273-TALK (8255)
Website: www.suicidepreventionlifeline.org/

Prevent Suicide

This website provides information about how to prevent suicide, depression, and coping with loss of a loved one who has committed suicide.
Website: www.save.org

SAVE-Suicide Awareness Voice of Education
1-800-273-TALK

952-946-7998 9001 E. Bloomington Fwy. Suite #150 Bloomington MN. 55420
Their mission is to prevent suicide through public awareness and education, eliminate stigma and serve as a resource to those touched by suicide. The website provides information about symptoms of depression, warning signs of suicide, suicide prevention, coping with loss and common misconceptions about suicide.
Website: www.save.org

Suicide Prevention Resource Center
Website: www.sprc.org

Support Groups:

Hillsboro: 503-357-6331 Contact Gen Horlacher
Portland Eastside: 503-977-3103, contact Julie Williams
Email: traffic@teleport.com

Portland Metro Westside: 503-319-2569, 503-780-0684 contact either Steve Rowland or Ori Polley

Salem: 503-363-4391 contact Marta
Email: marta@open.org

ULifeLine
1-800-SUICIDE
212-343-0016

Provides information about counseling, self evaluation, preventing and diagnosis of mental health conditions.
Website: www.ulifeline.org
Email: emailus@jedfoundation.org

Yellow Ribbon International

1-800-SUICIDE

1-800-273-TALK

Provides information and advice for parents, teens and survivors.

Website: www.yellowribbon.org