

RESOURCES

ADULTS

Man Therapy www.mantherapy.org

Therapy the way a MAN would do it. Dr. Rich Mahogany gives working aged men (generally targeting 25-54 year olds) a resource to help them with any problems that life sends their way, something to set them straight on the realities of suicide and mental health, and in the end, a tool to help put a stop to the suicide deaths of so many of our men.

Older Adults Suicide Prevention Resources

www.sprc.org/sites/sprc.org/files/OlderAdultSuicidePreventionResources.pdf

Information sheets and Overviews for professionals including training materials and guidelines provided by the Suicide Prevention Resource Center.

Working Minds www.constructionworkingminds.org

Working Minds provides tools and networks to workplaces to assist with suicide prevention, intervention, and postvention.

COLLEGES AND UNIVERSITIES

Active Minds on Campus www.activeminds.org

Working to utilize the student voice to change the conversation about mental health on college campuses, remove the stigma that surrounds mental health issues and create a comfortable environment for an open conversation about mental health issues on campuses throughout North America.

Jed Foundation www.jedfoundation.org

Working nationally to reduce the rate of suicide and the prevalence of emotional distress among college and university students.

Virginia Campus Handbook www.campussuicidepreventionva.org

Recognizing and Responding to Students in Distress: [Faculty Handbook](#)

LESBIAN, GAY, BISEXUAL, TRANSGENDER, & QUESTIONING (LGBTQ)

Pride Center of Vermont www.ru12.org

Pride Center of Vermont celebrates, educates and advocates with and for lesbian, gay, bisexual, transgender and queer (LGBTQ) Vermonters.

Translifeline Translifeline.org

Our vision is to fight the epidemic of trans suicide and improve overall life-outcomes of trans people by facilitating justice-oriented, collective community aid.

GLSEN, Inc., the Gay, Lesbian & Straight Education Network www.glsen.org

Leading national education organization focused on ensuring safe schools for all students.

Green Mountain Crossroads www.greenmountaincrossroads.org

Green Mountain Crossroads offers education and events local to the southeast corner of Vermont.

The Trevor Project www.thetrevorproject.org

Northeastern Vermont Area Agency on Aging
www.nekseniors.org/services-and-programs/lgbt-elder-resources/

LGBT Elder Resources

Outright Vermont www.outrightvt.org

Lesbian, gay, bisexual, transgender, queer and questioning (LGBTQ) 'queer' youth center and statewide advocacy organization.

Vermont Diversity Health Project <http://www.vdhp.org/>

The mission of the Vermont Diversity Health Project (VDHP's) is to improve the health and wellness of Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ) Vermonters by building bridges between health care providers and LGBTQ people throughout the state.

MENTAL HEALTH

Depression and Bipolar Support Alliance (DBSA) www.dbsalliance.org

The nation's largest patient-directed, illness-specific organization

Families for Depression Awareness www.familyaware.org

Helping families recognize and cope with depressive disorders to get people well and prevent suicides.

It's All Right www.itsallright.org

Mental health issues for and about young adults.

Mental Health America www.mentalhealthamerica.net

Promoting mental health, preventing mental disorders and achieving victory over mental illness through advocacy, education, research and services.

National Alliance for Mental Illness www.nami.org

In Vermont..... www.namivt.org

Grassroots, volunteer organization committed to supporting families coping with mental illness, educating the public, advocating for adequate care and increasing funding for research.

In New Hampshire www.naminh.org

Dedicated to the eradication of mental illness and to the improvement of the quality of life of all whose lives are affected by it.

PROFESSIONALS

Suicide Prevention Resource Center www.sprc.org

Emergency Room: Is Your Patient Suicidal?:

www.sprc.org/sites/sprc.org/files/library/ER_SuicideRiskPosterVert2.pdf

Role of the Media in Preventing Suicide

www.sprc.org/sites/sprc.org/files/library/media_guide.pdf

Suicide Prevention Toolkit for Rural Primary Care

www.sprc.org/pctoolkit/index.asp

Workshops and Toolkits

www.sprc.org/training-institute/workshops-and-toolkits

PURPOSE, MEANING AND ASSET-BUILDING

Circle of Courage www.circleofcouragenz.org

A model for researching and teaching youngsters at high risk for negative life outcomes.

Developmental Assets <http://www.search-institute.org/assets/>

Grounded in extensive research in youth development, resiliency, and prevention, the Developmental Assets represent the relationships, opportunities, and personal qualities that young people need to avoid risks and to thrive.

Healthy Lifestyles <http://www.maine.gov/suicide/youth/healthylifestyles/>

Some ideas for surviving and thriving.

Live Your Life Well www.liveyourlifewell.org

Designed to help you cope better with stress and create more of the life you want.

SCREENING TOOLS, HOTLINES AND SERVICES

CRISIS Text Line www.vtcrisistextline.org

Text “VT” to 741741

GLBT National Health Center: www.glnh.org

GLBT National Hotline GLBT National Youth Talkline Online Peer-Support Chat

1.888.843.4564 **1.800.246.PRIDE (7743)** www.glnh.org/chat/

Telephone volunteers in their teens and early twenties speak with teens and young adults up to age 25 about coming-out issues, relationship concerns, parent issues, school problems, HIV/AIDS anxiety and more.

National Hopeline Network: www.hopeline.com

1.800.442.HOPE (4673)

Native American Youth Crisis Hotline (24/7) 877-209-1266

Screening for Mental Health: www.mentalhealthscreening.org

In-person and online screening programs for depression, bipolar disorder, anxiety disorder, PTSD, eating disorder, substance abuse and suicide prevention.

Suicide Prevention Lifeline: www.suicidepreventionlifeline.org

1.800.273.TALK (8255)

The Trevor Project: www.thetrevorproject.org

An online peer-to-peer community for LGBTQ young people and their friends, providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, and questioning youth.

Trevor Lifeline: 1.866.488.7386

Trevor Text Text “START” to 678678

Trevor Space – www.TrevorSpace.org

Umatter U Can Get Help: www.UmatterUCanGetHelp.org

Award winning program for youth who think they may need help or may be worried about someone else.

Veterans Crisis Line: www.veteranscrisisline.net

1.800.273.TALK (8255) and PRESS 1

SUICIDE PREVENTION

American Association of Suicidology www.suicidology.org

Serves as a national clearinghouse for information on suicide. Promotes research, public education and training for professionals and volunteers.

American Foundation for Suicide Prevention www.afsp.org

Dedicated to advancing our knowledge of suicide and our ability to prevent it.

Means Matter <http://www.hsph.harvard.edu/means-matter/>

Promoting activities that reduce a suicidal persons’s access to lethal means of suicide.

National Suicide Prevention Resource Center www.sprc.org

Provides a library, resources and prevention support specialists.

Stop a Suicide Today www.stopasuicide.org

Screening for mental health.

Suicide Awareness Voices of Education (SAVE) www.save.org

Believing that suicide should no longer be considered a hidden or taboo topic and that through raising awareness and educating the public, we can SAVE lives.

SUICIDE SURVIVORS

American Association of Suicidology Survivor Division www.opentohope.com

Helping those who have suffered a loss to cope with their pain and find hope for the future.

American Foundation for Suicide Prevention: Vermont Chapter

www.afspvermont.org

Offering comfort to survivors through monthly support group meetings. Connecting with other survivors and talking openly about suicide with people who really understand can be a powerful experience and a crucial part of the healing process.

Fierce Goodbye: Living in the Shadow of Suicide www.fiercegoodbye.com

A faith-based perspective on suicide.

Heartbeat: Grief Support Following Suicide

www.heartbeaturvivorsaftersuicide.org

Peer support offering empathy, encouragement and direction following the suicide of a loved one.

Out of the Darkness Walks www.outofthedarkness.org

AFSP provides opportunities for survivors of suicide loss to get involved through a wide variety of educational, outreach, awareness, advocacy and fundraising programs. Walk to honor loved ones and find an event near you.

Survivors of Suicide www.survivorsofsuicide.com

Helping those who have lost a loved one to suicide resolve their grief and pain in their own personal way.

YOUTH AND SCHOOLS

Center for Mental Health in Schools www.smhp.psych.ucla.edu

Pursuing theory, research, practice and training related to addressing mental health and psychosocial concerns through school-based interventions.

GLSEN, Inc., the Gay, Lesbian & Straight Education Network www.glsen.org

Leading national education organization focused on ensuring safe schools for all students.

Preventing Suicide: A Toolkit for High Schools

www.sprc.org/content/high-school-toolkit

An extensive resource including getting started, protocols, after a suicide tools, staff education, parent/ guardian education and outreach, student programs, and screening.

Maine Youth Suicide Prevention Program www.maine.gov/suicide

Comprehensive youth suicide prevention resource.

The Jason Foundation www.jasonfoundation.com

Dedicated to the prevention of the “Silent Epidemic” of youth suicide through educational & awareness programs to equip young people, educators / youth workers and parents with the tools and resources to help identify and assist at-risk youth.