

# Suicide Prevention

## Helpful Web Sites

- The American Foundation for Suicide Prevention <https://afsp.org/>
- Arkansas Suicide Prevention <http://www.arsuicideprevention.org>
- The Trevor Project <http://www.thetrevorproject.org/>
- Warning Signs for Suicide <http://www.suicidology.org/resources/warning-signs>
- Arkansas Suicide Prevention Network <http://www.arsuicideprevention.org/aspn.html>
- Funeral Director's Guide to Supporting Suicide Survivors  
<http://www.sprc.org/sites/default/files/migrate/library/funeraldirectors.pdf>
- Suicide Safety Planning Guide  
<http://www.sprc.org/sites/default/files/SafetyPlanningGuide%20Quick%20Guide%20for%20Clinicians.pdf>
- National Action Alliance for Suicide Prevention <http://actionallianceforsuicideprevention.org/>
- Garland County Suicide Prevention Coalition <https://garlandcountysuicidepreventioncoalition.com/>
- Veterans Impact-Central Arkansas Veterans Mental Health Council <http://www.veteransimpact.org/home.html>

## Crisis Lines

- |   |  |
|---|--|
| • 988 Suicide and Crisis Lifeline:                                      | Dial 988                                     |
| • Veteran's Crisis Line:  | Dial 988 then press 1                        |
| • National Suicide Prevention Lifeline:                                 | 1-800-273-TALK (8255)                        |
| • Veterans Crisis Line:   | 1-800-273-TALK (8255) select #1              |
| • Suicide Crisis Spanish Line:  | 1-888-628-9454, or dial 988 then press 2     |
| • Suicide Crisis Deaf Line:   | 1-800-799-4889                               |
| • Crisis Text Line:   | Text "MHFA" to 741741                        |
| • SAMHSA National Help Line:  | 1-800-662-HELP (4357)                        |
| • NAMI Helpline (people living with mental illness):                    | 1-800-844-0381 or text "NAMI" to 741741      |
| • Disaster Distress Helpline:   | 1-800-985-5990 or text "TalkWithUs" to 66746 |
| • National Domestic Violence Hotline:                                   | 1-800-799-SAFE (7233)                        |
| • National Sexual Assault Hotline:                                      | 1-800-656-HOPE (4673)                        |
| • The Trevor Project:<br>(for LGBTQ youth who are in crisis)            | 1-866-488-7386<br>or text "START" to 678678  |
| • Arkansas Central Hotline (alcoholism-related):                        | 1-501-664-7303                               |
| • Arkansas Poison Hotline:<br>(for poison exposures, drug interactions) | 1-800-222-1222<br>or 1-800-376-4766          |

## Arkansas Department of Health Suicide Prevention Program

- Call 501-671-1612