

Suicide prevention resources

The National Suicide Prevention Lifeline:

(1-800-273-8255) 1-800-273-TALK

Spanish Lifeline: (1-888-628-9454)

Crisis Text Line: Text "HELLO" to 741-741

SAMHSA's crisis network: call, text, or chat 988 (available 7/16/22)

A free 24-hour lifeline available to anyone in suicidal crisis or emotional distress. www.suicidepreventionlifeline.org

What Happens When I Call the Suicide Prevention Lifeline? A skilled, trained crisis worker who works at the Lifeline Crisis Center closest to you will answer the phone. This person will listen to you, understand how your problem is affecting you, provide support, and share any resources that may be helpful. Remember, your call is confidential and free.

How Do I Use the Crisis Text Line?

Text HELLO to 741-741 from anywhere in the United States, 24/7.

Trained volunteers will text about whatever is a crisis to you—addiction, anxiety, assault, bullying, depression, eating disorders, self-harm, or suicide. Conversations usually end when both you and the crisis counselor feel that you're in a safe place.

Resources: *To learn more about suicide and to get help, consider the following resources:*

American Association of Suicidology

www.suicidology.org or call (1-202-237-2280)

A resource and education organization dedicated to the understanding and prevention of suicide.

American Foundation for Suicide Prevention

www.afsp.org or call (1-888-333-2377)

Dedicated to advancing the public's knowledge of suicide and its prevention.

Teen Line

www.teenlineonline.org or call (1-800-852-8336)

A teen-to-teen confidential hotline that provides personal education and support for teenagers. Teenagers can call every evening from 8:00 p.m.-12:00 midnight, or they can text TEEN to 839-863.

The Jason Foundation

www.jasonfoundation.com or call (1-888-881-2323)

Dedicated to the prevention of the silent epidemic of youth suicide through educational and awareness programs that equip young people, educators, and parents with the tools and resources to help identify and assist at-risk youth.

Link's National Resource Center for Suicide Prevention and Aftercare (LINK-NRC)

www.thelink.org or call (1-404-256-2919)

Provides suicide-related community education in the areas of prevention, intervention, aftercare, and support.

National Hopeline Network

www.hopeline.com or call (1-800-784-2433)

This national crisis hotline automatically connects people who are depressed or suicidal (or those who are concerned about a loved one) to a CONTACT USA or AAS certified crisis center.

The National Organization for People of Color Against Suicide

www.nopcas.org or call (1-973-204-8233)

Addresses and raises awareness about the epidemic of suicide and depression in minority communities.

Suicide Awareness Voices of Education (SAVE)

www.save.org or call (1-952-946-7998)

SAVE is dedicated to the prevention of suicide through public awareness and education. In addition to wanting to reduce the stigma associated with suicide, SAVE serves as a resource to those who have been touched by someone's suicide.

Suicide Prevention Resource Center

www.sprc.org or call (1-877-438-7772)

The Suicide Prevention Resource Center (SPRC) provides technical assistance, training, and materials to increase the knowledge and expertise of suicide prevention practitioners and other professionals serving people at risk for suicide.

Survivors of Suicide

www.survivorsofsuicide.com

A place for survivors and friends of survivors to share their struggles after losing a loved one to suicide.

The Trevor Lifeline

www.thetrevorproject.org 866-488-7386 or text "START" to 678-678.

A national 24-hour, toll-free hotline providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people under 25.

To Write Love On Her Arms

<https://twloha.com> or call 321-499-3901

This is a non-profit movement dedicated to presenting hope and finding help for people struggling with depression, addiction, self-injury, and suicide.

Society for the Prevention of Teen Suicide

www.sptsusa.org or call 732-410-7900

An online resource that helps parents and educators raise awareness about youth suicide and attempted suicide through the development and promotion of educational training programs. The site also offers resources for teenagers who are contemplating suicide.



Inpatient Treatment : Child/Adolescent Psychiatric Hospitals

***These facilities have an emergency department where a person can be evaluated.*

**Baptist Hospital, Pensacola, FL (all ages) Bay Pointe Hospital, Mobile, AL (ages 5-18) Acute unit, also offers free same-day screening assessments by Telehealth or in person for treatment recommendations.	(850) 434-4011 (251) 450-2211
Beacon Behavioral Hospital, Luverne, AL (ages 6-18)	(334) 319-8724
Decatur Morgan West, Decatur, AL Acute care for children (ages 4-12) and adolescents (ages 13-18)	(256) 973-4000
East Alabama Health, Opelika, AL (ages 4-18)	(334) 821-0238 (334) 528-1010
**Grandview Medical Center, Birmingham, AL (ages 2-18)	(205) 971-6190
Hill Crest Behavioral Health Services, Birmingham, AL Acute adolescent and residential programs (ages 12-18)	(205) 833-9000
Laurel Oaks Behavioral Health Center, Dothan, AL 118-bed acute and residential programs (ages 4-18)	(334) 794-7373
Mountain View Hospital, Gadsden, AL Child (through age 12) and adolescent (ages 12-18) treatment center programs	(800) 245-3645
Oceans Behavioral Hospital, Biloxi, MS (ages 12-17)	(228) 388-0600
Pine Grove Behavioral Health and Addiction Services, Hattiesburg, MS Acute care 30-bed facility for psychiatric & substance use concerns	(601) 288-2273
**UAB Medicine, Birmingham, AL (ages 11-18)	(205) 934-9999

Support Groups

Survivors of Suicide Support Group (SOS)-Eastern Shore

Lydia Barber lydiabarber1@gmail.com
Ann Pearson ann.pearson@fairhopeumc.org

A no cost support group for adults 18 years or older who have had a loved one die by suicide. Meets on Zoom and in person the 2nd & 4th Monday at 6:30 p.m. in the Wesley Hall (double doors at the corner of Morphy Street and South Section Street) at Fairhope United Methodist Church: 155 South Section Street, Fairhope, AL 36532. Participants can join at any time; however, please email Lydia or Ann before attending to be added to the email list.

NAMI Baldwin County Family-to-Family Group

Heather Brown namiheatherbrown@gmail.com
(251) 284-2742

A free 8-week educational program for family, friends, and significant others of adults with mental health conditions. Meets Thursday evenings from 6:30 to 9 p.m. in Zoom format. Please contact Heather for more registration information.

For more information on support groups or connecting with a trained volunteer, please visit the American Foundation for Suicide Prevention at <https://afsp.org/find-a-support-group/>.

Additional Resources

Catholic Social Services

Buffy Marston (251) 434-1550 x-230

The Jason Foundation provides students with accurate information and tools to identify the warning signs of suicide, how to provide peer support, and learn where to get help. Catholic Social Services (188 South Florida Street, Mobile, AL 36606) provides one-on-one counseling to individuals of all ages who are experiencing suicidal thoughts or whose life has been affected by another's suicide. Contact Ms. Buffy Marston for additional information.

Compass II Life Counseling Services

Deon Gaston ctltherapy@gmail.com (251) 229-2860

Male and female (ages 11-18) therapy/group programs are available in Daphne and Mobile areas to assist adolescents in healthy social-emotional development. Pre-registration and \$25/session fee are needed for group programs. Parent resources and training are available during select periods throughout the year. Visit <http://www.compassiilife.com/> for more information.

Flourish, Daphne, AL

Website: www.flourishAL.com

A non-profit community space for teen girls ages 13-18 to engage in positive community, build relationships, and gain positive skills. For more information or to sign up, visit www.flourishAL.com



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