



Are you feeling desperate, alone or hopeless? Call the National Suicide Prevention a free, 24-hour hotline available to anyone in suicidal crisis or emotional distress. Your call will be routed to the nearest crisis center to you.

**Please call
1-800-273-TALK**

On the web:
www.suicidepreventionlifeline.org/

**TO REPORT A SUICIDE OR
SUICIDE ATTEMPT CALL**

911

This brochure is compliments
of the
**TODD WAITE LEGACY
FOUNDATION**
for suicide awareness

Our mission is to spread suicide information and awareness to: churches, first responders, foster parents, funeral homes, the media, medical professionals, military veterans, police departments, retirement homes, schools, suicide victims, survivors of suicide, the workplace, and anyone or anyplace else that can benefit from our information.

FREE Downloadable Information
is available at our website -
www.twlf4suicideawareness.com

TO HELP US SPREAD THE WORD PLEASE
DONATE TO OUR FOUNDATION.

Donations are accepted at any
Option1 Credit Union

Or online through PAYPAL to
ajgritter@gmail.com

For more brochures email us at
twsuicideawareness@comcast.net

Visit our Facebook page at
www.Facebook.com/twlegacyfoundation

**HAVE YOU BEEN
TOUCHED BY
SUICIDE?**

**You don't have to suffer
alone.**

THERE IS HELP!!!

This brochure lists
people, places, and
organizations
that will give you

**HELP, COMFORT, RELIEF,
SUPPORT, STRENGTH,
HOPE, UNDERSTANDING**

Blessed are those who mourn
for they will be comforted
Matthew 5:4

• General

American Association of Suicidology

202-237-2280 <http://www.suicidology.org>

The goals of the American Association of Suicidology (AAS) are clear and straightforward: to understand and prevent suicide. Founded in 1968 by Edwin S. Shneidman, Ph.D., AAS promotes research, public awareness programs, public education and training for professionals and volunteers. In addition, AAS serves as a national clearinghouse for information on suicide. The organization's extensive Web site offers a range of information and referrals, including a suicide survivor support group directory and information for clinicians who have lost a patient and/or family member to suicide.

American Foundation for Suicide Prevention

212-363-3500 or 1-888-333-AFSP <http://www.afsp.org>

The American Foundation for Suicide Prevention (AFSP) supports research, education, and treatment programs with the goal of preventing suicide. AFSP also maintains an extensive Web site, which provides information on everything from suicide prevention to listings of local survivor of suicide support groups. And the organization publishes a newsletter for people concerned about suicide and for those who have lost a loved one to suicide. Some of the special events run by AFSP include "Out of the Darkness" community fundraiser walks and annual Survivors of Suicide Day conferences, which are held across the United States and around the world.

Canadian Association for Suicide Prevention

204-784-4073 <http://www.caspc-acps.ca>

The Canadian Association for Suicide Prevention (CASP) works towards reducing the suicide rate and minimizing the harmful consequences of suicide by advocating, supporting, and educating. Its Web site offers extensive information and resources on suicide, suicide prevention, and suicide survivor support groups across Canada.

International Association for Suicide Prevention (IASP)

<http://www.iasp.info>

IASP is a non-governmental organization that's affiliated with the World Health Organization (WHO). It is dedicated to "preventing suicidal behavior, alleviating its effects, and providing a forum for academics, mental health professionals, crisis workers, volunteers and suicide survivors." The organization sponsors an annual "World Suicide Prevention Day" and provides extensive resources on its Web site.

National Organization for People of Color Against Suicide

202-549-6039 <http://www.nopcas.com>

NOPCAS was founded with the goal of stopping "the tragic epidemic of suicide in minority communities." Its mission includes improving knowledge for counselors and educators, providing insight on depression and other brain disorders, sharing coping methods with survivors, educating bereaved family members and friends, improving training for those who work with young adults, and sharing information on suicide prevention and intervention. The NOPCAS Web site provides a range of resources and information.

Suicide Prevention Action Network USA (SPAN USA)

202-449-3600 <http://www.spanusa.org>

SPAN USA serves as the public policy and advocacy division of the American Foundation for Suicide Prevention (AFSP). The organization was created to raise awareness, build political will, and call for action with regard to creating, advancing, implementing and evaluating a national strategy to address suicide in the United States. SPAN USA merged with the American Foundation for Suicide Prevention (AFSP) in 2009. SPAN USA's Web site provides extensive information and resources on a range of issues, from how you can get involved in suicide prevention efforts to how to find online or in-person survivor support groups.

Suicide Prevention Resource Center (SPRC)

877-438-7772 <http://www.sprc.org>

SPRC provides prevention support, training, and information resources to individuals and groups, including health and human service professionals, community leaders, survivors and advocates, coalitions and prevention networks, prevention professionals, researchers, and policymakers. SPRC's resources include an extensive Web site, online library, and E-newsletter.

• College Students

The Jed Foundation 212-647-7544

<http://www.jedfoundation.org>

<http://ulifeline.org/main/Home.html>

Donna and Phil Satow launched The Jed Foundation in 2000 following the loss of their son Jed to suicide. The Jed Foundation works to "reduce emotional distress and prevent suicide among college students" by providing information and resources for colleges, students, and parents. The organization's first program, ULifeline, is a widely used online resource for college mental health, with campus-specific information for more than 1,250 schools.

• GLBT Youth (Gay, Lesbian, Bisexual, Transgender Youth)

The Trevor Helpline 1-800-850-8078

<http://www.thetrevorproject.org>

Trained peer counselors are available 24/7 for gay, lesbian, bisexual, and transgender youth (up to age twenty-five) who are in a crisis and/or are thinking about suicide.

• Military/Veterans

Veterans Suicide Prevention Hotline 1-800-273-8255

<http://www.suicidepreventionlifeline.org/Veterans>

The Veterans Suicide Prevention Hotline (part of the National Suicide Prevention Lifeline—see above) provides counselors specifically trained to work with veterans of the U.S. military (and friends and family of military veterans). After calling the 800 number, simply press "1" on your keypad and your call will be routed to one of these counselors. You'll also find extensive resources on the area of the Lifeline Web site specifically for veterans (see above).

U.S. Army Suicide Prevention Program

<http://www.armyg1.army.mil/hR/suicide/>

The stated mission of the U.S. Army's suicide prevention program is: "Improve readiness through the development and enhancement of the Army Suicide Prevention Program policies designed to minimize suicide behavior, thereby preserving mission effectiveness through individual readiness for Soldiers, their Families, and Department of the Army civilians." On the prevention program's Web site you'll find extensive listings for suicide prevention materials, programs, and other resources.

U.S. Army Center for Health Promotion and Preventive Medicine

<http://chppm-www.apgea.army.mil/dhpw/Readiness/suicide.aspx>

At this site you'll find extensive suicide prevention resources, including printed materials, briefings, and videos. Also includes information for survivors of suicide.

Army Behavioral Health: Suicide Prevention

<http://www.behavioralhealth.army.mil/sprevention/index.html>

Information, news, and videos about suicide prevention and the Army's efforts to prevent suicide.

Marine Corps Community Services: Suicide Prevention

<http://www.usmc-mccs.org/suicideprevent/>

Links to news, information, and resources specifically for the Marine Corps.

Air Force Suicide Prevention Program

<http://afspp.afms.mil/>

As noted on the Air Force Suicide Prevention Program Web site, the site is "designed to provide information and tools to members of the Air Force community (Suicide Prevention Program Managers, commanders, gatekeepers, IDS members, etc.) in their efforts to help reduce Air Force suicides."

Navy Suicide Prevention Program

<http://www.npc.navy.mil/CommandSupport/SuicidePrevention>

Links to news, information, and resources specifically for the Navy.



<http://www.outofthedarkness.org>

Help make suicide awareness more visible in your community by joining the

Out of the Darkness Community Walk in your area