



Local & National Suicide Prevention Resources



WELLNESS · RECOVERY · RESILIENCE

Local Emergency 24-Hour Hotlines

- All Emergencies:9-1-1
- Humboldt County Mental Health:707-445-7715
or toll-free: 888-849-5728
- Youth Services Bureau: Youth and Family:707-444-2273
- Humboldt Domestic Violence Services:707-443-6042
or toll-free: 866-668-6543
- North Coast Rape Crisis Team Hotline (Will accept collect calls)
 - Eureka.....707-445-2881
 - Del Norte.....707-465-2851
- Women’s Crisis Shelter In Southern Humboldt (WISH):707-923-4100
or toll-free: 800-211-1188
- Child Welfare Services, Emergency Response, Abuse Reports:707-445-6180
- Adult Protective Services, Elder Abuse Reports:707- 476-2100
or toll-free: 866-527-8614

National 24-Hour Hotlines

- National Suicide Prevention Lifeline: suicidepreventionlifeline.org.....800-273-8255
- For Veterans:800-273-8255, press 1
- Nacional de Prevención del Suicidio:888-628-9454
- Hearing/Speech TTY:800-799-4889
- WellSpace Health Suicide Prevention Crisis and Warm line:800-784-2433
- California Youth Crisis Line:800-843-5200
- The Trevor Project (LGBTQI support): trevorproject.org.....866-488-7386
- Suicide Grief Support Helpline:800-646-7322
- Trans Lifeline: translifeline.org877-565-8860
- Crisis Text Line: crisistextline.org.....text 741-741
to text with a trained counselor
- Poison Control:800-222-1222
- Elderly Suicide Prevention Friendship Line:800-971-0016



Local and National Resources and Supports

Humboldt County Suicide Prevention Program:Kris Huschle 707-441-5554
Information, referrals and technical assistance with program development

Suicide Prevention Trainings:

Question~Persuade~Refer: Free Community Suicide Prevention

Applied Suicide Intervention Skills Training (ASIST): Intensive 2-day skill building workshop

Counseling-North Coast Association of Mental Health Professionals: ncamhp.org

Humboldt Network of Care: humboldt.networkofcare.org/mh

Resources for individuals, families and agencies concerned with behavioral health

Humboldt County Transition-Age Youth Collaboration (HCTAYC): Youth advocacy

HumboldtYouth@gmail.com or www.humboldt.gov/542/Transition-Age-Youth-Programs

YSB RAVEN Project:707- 443-7099
Youth-led street outreach and drop-in center for youth ages 10-21

National Alliance on Mental Illness (NAMI) Humboldt:707- 444-1600
Advocacy, education and support for people with mental illness and their families

VA Medical Center San Francisco.....877-487-2838

Vet Center (Readjustment Counseling).....707-444-8271

Humboldt State University Counseling & Psychological Services (CAPS):

hsucaps@humboldt.edu.....707-826-3236

24/7 support and crisis intervention For HSU students

HSU Community Counseling:707-826-3921

Grief and Bereavement Support

Hospice of Humboldt: hospiceofhumboldt.org..... 707-445-8443

Heart of the Redwoods Community Hospice, Garberville:707- 923-7276

Friends for Survival, Inc.: friendsforsurvival.org

Compassionate Friends: compassionatefriends.org630-990-0010

A resource for parents, siblings and grandparents who have experienced the death of a loved one.

The Dougy Center: dougy.org 530-775-5683

National Center for grieving children and families

Gay, Lesbian, Bisexual, Transgender, Intersex, Queer Support

Queer Humboldt: queerhumboldt.org707-834-4839



The GLBT National Help Center:Hotline: 888-843-4564
Youth Talkline: 800- 246-7743

GLSEN—Gay Lesbian & Straight Education Network: glsen.org212-727-0135

Family Acceptance Project: familyproject.sfsu.edu

Trevor Project—LGBTQ YouthLifeline: 866-488-7386
Online Chat: TheTrevorProject.org

Family Acceptance Project: familyproject.sfsu.edu

Trans Lifeline: translifeline.org877-565-8860

Websites

American Association of Suicidology: suicidology.org
Information about research, training, education, links to national support groups, crisis centers and suicide attempt survivor information

American Foundation for Suicide Prevention: afsp.org
Information, research and survivor information

Indian Health Services: www.ihs.gov/suicideprevention

Know the Signs: suicideispreventable.org
California’s statewide suicide prevention social marketing campaign built on three key messages: “Know the signs, Find the words, Reach out.”

National Alliance on Mental Illness: nami.org
Support, education, advocacy, NAMI Stigma Busters—works to raise awareness about mental health.

National Association of School Psychologists: nasponline.org
Information on suicide prevention and crisis response

National Child Traumatic Stress Network: nctsn.org
Training, online research and public awareness

National Organization of People of Color Against Suicide: nopcas.org
Community-based suicide prevention for underserved communities

Reach Out: reachout.com
Youth-focused resources that deliver peer support and mental health information.

Restricting Access to Lethal Means
Harvard School of Public Health—Means Matter: hsph.harvard.edu/means-matter
Counseling on Access to Lethal Means (CALM): training.sprc.org

Samaritans: samaritans.org - Online and telephone counseling and support

Substance Abuse and Mental Health Services Administration: samhsa.gov

Suicide Prevention Resource Center (SPRC): sprc.org



Prevention support, training and resources to assist in development of suicide prevention programs, interventions and policies

Training Institute for Suicidal Assessment (TISA): suicideassessment.com

The Adverse Childhood Experiences Study: acestudy.org

Copeland Center for Wellness and Recovery: copelandcenter.com
information on Wellness Recovery Action Plans.

California Mental Health Services Authority (CalMHSA):

calmhsa.org/programs/student-mental-health-initiative-smhi

Student Mental Health Initiative promotes and applies strategies to strengthen student mental health statewide across kindergarten through 12th-grade educational systems and through institutions of higher education.

Disability Rights California: disabilityrightsca.org

A nonprofit disability rights organization, working since 1978 to advance human and legal rights of Californians with disabilities. It strives to create a barrier-free, inclusive society that values diversity and each individual.

Each Mind Matters: eachmindmatters.org

This statewide movement is dedicated to ending stigma around mental health. To learn more about the variety of programs and resources available to youth and young adults through Each Mind Matters, visit its [Young Adult](#) and [Children and Families](#) pages accessible from its [Mental Health](#) page.

Mantherapy: mantherapy.org

This site is directed primarily toward men and intends to increase help-seeking through a combination of humor and parody.

Movimiento de Salud Mental de California: sanamente.org

The Mental Health Channel: mentalhealthchannel.tv

A new online network of original series, inspiring characters and powerful stories, to raise suicide prevention awareness and help every viewer realize the benefits of improved mental health.

My 3: my3app.org

This app creates safety and helps anyone going through tough times find support.

Suicide Safe: store.samhsa.gov/apps/suicidesafe

A free suicide prevention app for health care providers from the Substance Abuse Mental Health Services Administration. This app for mobile devices and tablets helps providers integrate suicide prevention strategies into their practices and addresses suicide risk among their patients. [More free apps from SAMHSA: store.samhsa.gov/apps](#)



Children, Youth, Family, Schools

Active Minds: activeminds.org/about

This nonprofit organization empowers students to speak openly about mental health in order to educate others. It encourages help-seeking by developing and supporting chapters of a student-run mental health awareness, education, and advocacy groups on campuses.

Youth Suicide Prevention and Student Mental Wellness Online Trainings:

teachstar.lacoe.edu/youth-suicide-prevention-and-student-mental-wellness-series

Developed with support from the CalMHSA K-12 Student Mental Health Initiative, course modules are designed for teachers, administrators, nurses and district and school mental health professionals.

National Association of School Psychologists: nasponline.org

This association provides information on suicide prevention and crisis response. Much of this material is available online at no cost.

Bright Futures at Georgetown University: brightfutures.org/tools

A national health promotion initiative dedicated to the principle that every child deserves to be healthy and that optimal health involves a trusting relationship between the health professional, the child, the family, and the community as partners in health practice.

The Jed Foundation: jedfoundation.org

This association works to promote emotional health and prevent suicide among college students.

Additional resources:

- U Lifeline: lifeline.org

Resources for student mental health

- Love is Louder: loveislouder.com

This project was started by The Jed Foundation, MTV and Brittany Snow to support anyone feeling mistreated, misunderstood or alone.

- Transition Year: transitionyear.org

This is an interactive resource for college students and their parents.

Reach Out: us.reachout.com

Inspire USA Foundation's primary online platform and avenue of outreach to help American youth and young adults get through tough times.

California Regional Student Mental Health Initiative: regionalk12smhi.org

A clearinghouse of resources and regional best practices provided to assist California county offices of education, districts and schools develop and implement effective programs and services that promote the mental health and wellness of students in grades K-8, with linkages to preschool and grades 9-12.

Humboldt State University Counseling & Psychological Services: hsucaps@humboldt.edu or call 707-826-3236.

Offering support and 24/7 crisis intervention to HSU students.

