Mental Health Emergency Help – **Dial 988**

- If you or someone you know is experiencing a mental health crisis, **call/text 988** immediately.
- If you are uncomfortable talking on the phone, you can chat with the Suicide & Crisis Lifeline at https://988lifeline.org/
- You can also text the National Alliance on Mental Illness (NAMI) at 741-741 to be connected to a free, trained crisis counselor on the Crisis Text Line.

Websites

Warning Signs of Suicide

https://www.nami.org/NAMI/media/NAMI-Media/Infographics/crisis%20guide/INFO-Warning-Signs-of-Suicide-ENG.pdf

The Five Steps to Help

https://www.bethe1to.com/bethe1to-steps-evidence/

Prevention information and statistics

https://www.cdc.gov/suicide/index.html

Support Groups

SOS at Stonebridge Church, first and third Tuesdays from 7 pm - 8:30 pm, Rm 210, (281) 363-9292

Friends for Survival, Inc. – online support groups, https://friendsforsurvival.org/

Find a Support Group - https://afsp.org/find-a-support-group/

Training

Online Course on Suicide Prevention - AS+K Training
https://texassuicideprevention.org/training/ask-basic-gatekeeper/

Mental Health First Aid Course
https://www.mentalhealthfirstaid.org/

Books

Hope Always: How to Be a Force for Life in a Culture of Suicide – by Matthew Sleeth, MD

The Wilderness of Suicide Grief: Finding Your Way – by Alan D. Wolfelt, PhD