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# Local & National Resources



**Local Emergency 24 Hour Hotlines**

**All Emergency’s: 9-1-1**

* **Humboldt County Mental Health: 1(707) 445-7715**  **Toll Free: 1(888) 849-5728**
* **Youth Services Bureau: Youth & Family: 1(707) 444-2273**
* **Humboldt Domestic Violence Services: 1(707) 443-6042 Toll Free: 1(866) 668-6543**
* **North Coast Rape Crisis Team Hotline (Will accept collect calls)**

Eureka 1(707) 445-2881

Del Norte 1(707) 465-2851

* **Child Welfare Services, Emergency Response, Abuse Reports: 1(707) 445-6180**



**National 24 Hour Hotlines**

* **National Suicide Prevention Lifeline: 1(800) 273-8255** [**www.suicidepreventionlifeline.org**](http://www.suicidepreventionlifeline.org)
* **For Veteran’s: 1(800)-273-8255 press 1**
* **Nacional de Prevencion del Suicidio: 1(888) 628-9454**
* **Hearing/Speech TTY: 1(800) 799-4889**
  + **California Youth Crisis Line: 1(800) 843-5200**
  + **The Trevor Project: 1(866) 488-7386** [**www.trevorproject.org**](http://www.trevorproject.org) **LGBTQI support**
  + **Trans Lifeline:** [**www.translifeline.org**](http://www.translifeline.org) **1(877) 565-8860**
  + **Suicide Grief Support Helpline: 1(800) 646-7322**
  + **Poison Control: 1(800) 222-1222**
  + **Elderly Suicide Prevention Friendship Line: 1(800) 971-0016**
  + **Crisis Text Line:** [**http://www.crisistextline.org/**](http://www.crisistextline.org/) **Text -- 741741. A trained crisis counselor receives the text**



**Additional Resources**

**Humboldt County Prevention & Early Intervention Program:**

**Suicide Prevention & Stigma/Discrimination Reduction Programs**

**Local Trainings school Curriculum, and resources to support implementation of ab**2246**:**

**Local trainings, School curriculum and Resources available to support implementation of AB 2246:**

* **Youth Mental Health First Aid** is an eight-hour public education program which introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge.
* **Question-Persuade-Refer (QPR)** training is ideal for anyone who is a gatekeeper for those at-risk of suicide. QPR is designed to increase one’s ability to recognize suicidal thoughts and behaviors, and to refer the person who is at-risk to a professional resource. Classes range in length and are free of charge. QPR is a dynamic curriculum that can be adapted to meet the unique needs of any group or organization.
* **Applied Suicide Intervention Skills Training** is a 14-hour course which provides skills training in suicide intervention. This course is ideal for caregivers who have a greater likelihood of encountering a person at-risk for suicide (counselors, clergy, law enforcement, firefighters, emergency medical services, etc.) There is a small fee for this course.
* **More Than Sad Films: Prevention Teen Suicide**

For educators and other school personnel. The film covers mental health conditions, the warning signs of suicide, and the steps to take to get help for at-risk students.

* **More than Sad: Teen Depression**

Intended for teens, parents, and educators. This film teaches students about depression, demystifies treatment, and encourages students who are struggling to seek help.

* **Curriculum** for High School Health and Safety Classes Mental Health and Suicide Prevention.
* **Sources of Strength: Trusted Adult and Peer Suicide Prevention Program:** Sources of Strength is a youth suicide prevention project that harnesses the power of youth from all groups, cultures, schools, and community. This is a done through fun, interactive activities, games and participatory discussion that highlight each students unique strengths and supports. Sources of Strength goals are to prevent suicide, bullying, and substance abuse by creating connections among youth and caring adults.
* **Directing Change Program and Film Contest:** is an innovative youth suicide prevention and mental health program. Learning objectives surrounding mental health and suicide prevention are integrated into the submission categories of the film contest, giving young people the opportunity to critically explore these topics. Program participants – whether they are making a film, acting as an adult advisor, or judging the films - are exposed to appropriate messaging about these topics, warning signs, how to appropriately respond to someone in distress, where to seek help, as well as how to stand up for others who are experiencing a mental health challenge.

**For more information Contact: Community Wellness Center: 1(707) 268-2132 or**

[**Humboldt County Suicide Prevention Webpage**](http://humboldtgov.org/2047/Suicide-Prevention-Program)

<http://humboldtgov.org/2047/Suicide-Prevention-Program>

**United Indian Health Services-Behavioral Health: 1(707)825-5060**

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**Humboldt County Transition Age Youth Collaboration-HCTAYC: Youth advocacy** [**www.humboldtgov.org/542/Transition-Age-Youth-Programs**](http://www.humboldtgov.org/542/Transition-Age-Youth-Programs) **or HumboldtYouth@gmail.com**

YSB RAVEN Project: Youth-led street outreach and drop-in center for youth, 10-21

1(707) 443-7099

**Humboldt Family Resource Center: 1802 California Street, Eureka. 1(707) 443-7358**

**National Alliance on Mental Illness (NAMI) Humboldt 1(707) 444-1600**

Advocacy, education and support for people with mental illness and their families

**HSU Community Counseling Clinic 1(707)826-3921** counseling services open to the community.

**Grief & Bereavement Support**

**American Foundation for Suicide Prevention:** [**www.afsp.org**](http://www.afsp.org) information, research, survivor information

**Center for Complicated Grief: http://complicatedgrief.org/**

**Hospice of Humboldt 1(707) 445-8443 or** [**www.hospiceofhumboldt.org**](http://www.hospiceofhumboldt.org)

**Heart of the Redwoods Community Hospice, Garberville (707) 923-7276**

**Friends for Survival, Inc.** [**http://www.friendsforsurvival.org**](http://www.friendsforsurvival.org)

**Compassionate Friends 1(630) 990-0010** [**www.compassionatefriends.org**](http://www.compassionatefriends.org)for parents, siblings, & grandparents who have experienced the death of a loved one.

**The Dougy Center 1(530) 775-5683 or** [**www.dougy.org**](http://www.dougy.org)National Center for grieving children & families

**Attempt Survivor Support**

The Suicide Prevention Lifeline’s new **“Lived Experience/Suicide Attempt Survivor”** micro site, [**http://lifelineforattemptsurvivors.org/**](http://lifelineforattemptsurvivors.org/)**,** includes self-care tips, insights, and advice for therapists and family members as well as for those coping with suicidal thoughts (past or current).

**Attemptsurvivors.com** This project of the ***American Association of Suicidology*** exists for people to tell their stories about life after suicidal thinking. [**http://attemptsurvivors.com/2014/05/19/watch-this-video-people/**](http://attemptsurvivors.com/2014/05/19/watch-this-video-people/)

[**www.speakingofsuicide.com**](http://www.speakingofsuicide.com)  user-friendly articles for people in all places on the suicide spectrum - those who are suicidal or have attempted suicide, their friends and family, suicide survivors, and mental health professionals.

**"Live Through This"** [**http://livethroughthis.org**](http://livethroughthis.org)**/** chronicles stories of suicide attempt survivors. This project was started by a photographer and numerous northern California people have been profiled here.

**Children, Youth, Family, Schools**

**Active Minds:** Active Minds empowers students to speak openly about mental health in order to educate others and encourage help-seeking by developing and supporting chapters of a student-run mental health awareness, education, and advocacy group on campuses.

[**http://www.activeminds.org/about**](http://www.activeminds.org/about)

**Youth Suicide Prevention and Student Mental Wellness Online Trainings:** Developed with support from the California Mental Health Services Authority (CalMHSA) K-12 Student Mental Health Initiative course modules are designed for teachers, administrators, nurses, district and school mental health professionals.

[**http://teachstar.lacoe.edu/youth-suicide-prevention-and-student-mental-wellness-series/**](http://teachstar.lacoe.edu/youth-suicide-prevention-and-student-mental-wellness-series/)

**National Association of School Psychologists**: [**www.nasponline.org**](http://www.nasponline.org) information on suicide prevention and crisis response. Much of this material is available online at no cost

**National Center for the Prevention of Youth Suicide:** [**http://www.suicidology.org/ncpys**](http://www.suicidology.org/ncpys)

**Bright Futures:** Online resource: ***What to Expect & When to Seek Help: Bright Futures Developmental Tools for Families and Providers*: A collaboration of**[**Bright Futures at Georgetown University**](http://www.brightfutures.org/)**and the**[**National Technical Assistance Center for Children's Mental Health**](http://gucchd.georgetown.edu/programs/ta_center/index.html)**:** [**https://brightfutures.org/tools/**](https://brightfutures.org/tools/)

**The Jed Foundation** works to promote emotional health and prevent suicide among college students. [**http://www.jedfoundation.org/**](http://www.jedfoundation.org/) Additional resources

* [**http://www.ulifeline.org/**](http://www.ulifeline.org/)online resource for student mental health
* [**http://www.loveislouder.com/**](http://www.loveislouder.com/)Love is Louder was started by [**The Jed Foundation**](http://www.jedfoundation.org)**,** MTV and Brittany Snow to support anyone feeling mistreated, misunderstood or alone. It’s hundreds of thousands of people just like you who have turned this idea into a movement.
* [**http://transitionyear.org/**](http://transitionyear.org/)interactive online resource

**Reach Out**: [**http://us.reachout.com/**](http://us.reachout.com/)ReachOut.com is the 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:** clearinghouse of resources and regional best practices provided to assist California county offices of education, districts and schools to 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.[**http://www.regionalk12smhi.org/**](http://www.regionalk12smhi.org/)

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

**Family Acceptance Project:** [**http://familyproject.sfsu.edu/**](http://familyproject.sfsu.edu/)

**Queer Humboldt:** [**www.queerhumboldt.org**](http://www.queerhumboldt.org) For immediate questions please call Todd: (707) 834-4839. Excellent resource guide:[**http://queerhumboldt.org/resources/localresources.htm**](http://queerhumboldt.org/resources/localresources.htm)

**The GLBT National Help Center: Hotline 1 (888) 843-4564, Youth Talkline: 1 (800) 246-7743** [**www.glbt.org**](http://www.glbt.org)

**GLSEN—Gay Lesbian Straight Education Network 1(212) 727-0135** [**www.glsen.org**](http://www.glsen.org)

**Mental Health**

**Counseling: North Coast Association of Mental Health Professionals:**[**www.ncamhp.org**](http://www.ncamhp.org)

“Red Book” lists local mental health providers.

**California Mental Health Services Authority—CalMHSA:** Student Mental Health Initiative (SMHI) promotes and applies strategies to strengthen student mental health statewide across K-12 educational systems and through institutions of higher education. [**http://calmhsa.org/programs/student-mental-health-initiative-smhi/**](http://calmhsa.org/programs/student-mental-health-initiative-smhi/)

**Each Mind Matters:** [**http://www.eachmindmatters.org/**](http://www.eachmindmatters.org/)California’s movementdedicated to ending the stigma around mental healthTo learn more about the variety of programs and resources available to youth and young adults through Each Mind Matters, visit the [*Young Adult*](http://www.eachmindmatters.org/mental-health/young-adult/) and[*Children and Families*](http://www.eachmindmatters.org/mental-health/children-families/) pages on the [*Mental Health*](http://www.eachmindmatters.org/mental-health/) page of EachMindMatters.org.

**Movimiento de Salud Mental de California:** [**http://www.sanamente.org/**](http://www.sanamente.org/)

**The Mental Health Channel**—a new online network of original series, inspiring characters and powerful stories, to raise awareness and help every viewer realize the benefits of improved mental health. **http://www.mentalhealthchannel.tv/**

**National Alliance on Mental Illness**: [**www.nami.org**](http://www.nami.org)**.** Support, education, advocacy. Stigma Busters—works to raise awareness about mental health.

**Substance Abuse and Mental Health Services Administration:** [**www.samhsa.gov**](http://www.samhsa.gov/).

**Training Institute for Suicidal Assessment** (TISA) [**www.suicideassessment.com**](http://www.suicideassessment.com)



**Additional Websites**

**The Adverse Childhood Experiences Study**: [**http://www.acestudy.org/**](http://www.acestudy.org/)

**American Association of Suicidology:** [**www.suicidology.org**](http://www.suicidology.org). Research, training, education, links to national support groups, crisis centers, suicide attempt survivor info

**American Foundation for Suicide Prevention:** [**www.afsp.org**](http://www.afsp.org) information, research, survivor information

**Copeland Center for Wellness and Recovery,** [**http://copelandcenter.com/**](http://copelandcenter.com/) **for information on Wellness Recovery Action Plans (WRAP.)**

**Indian Health Services** [**American *Indian and Alaska* Native Suicide Prevention**](http://www.ihs.gov/nonmedicalprograms/nspn/)

**http://www.ihs.gov/suicideprevention/**

**Know the Signs** [**www.suicideispreventable.org**](http://www.suicideispreventable.org)California’s statewide suicide prevention social marketing campaign built on 3 key messages: Know the signs, Find the words, Reach out.

[**www.mantherapy.org**](http://www.mantherapy.org)This site is directed primarily toward men and intends to increase help-seeking through a combination of humor and parody.

**National Action Alliance for Suicide Prevention:** a public-private partnership working to further the *National Strategy for Suicide Prevention*

**http://actionallianceforsuicideprevention.org/**

**National Child Traumatic Stress Network:** [**http://www.nctsn.org/**](http://www.nctsn.org/)

**Restricting Access to Lethal Means**

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

**Samaritans:** [**www.samaritans.org**](http://www.samaritans.org)**.** Online and telephone counseling and support

Social Work Podcast: <http://socialworkpodcast.blogspot.com/> interviews with experts in the field of social plus other useful information

Suicide Prevention Resource Center (SPRC): [www.sprc.org](http://www.sprc.org). Excellent resource for prevention, training, and information to assist development of suicide prevention programs, interventions and policies.

#### my3app-100x100<http://www.my3app.org>: app helps create safety and get support for anyone going through tough times.

# SS_WebBadge_v4.jpgSuicide Safe: The Suicide Prevention App for Health Care Providers Free from Substance Abuse Mental Health Services Administration: app for mobile devices and tablets helps providers integrate suicide prevention strategies into their practice and address suicide risk among their patients. <http://store.samhsa.gov/apps/suicidesafe/>



<http://www.store.samhsa.gov/apps/>

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