



Suicide prevention resources and support

Suicide is a global health issue. But it's not often discussed openly. Silence, or even hushed tones, can add to the stigma. That can cause feelings of shame for people who have survived a suicide attempt or lost someone to suicide. Instead, it's important to show others that we care. We will listen without judgment and will help them get support when they need it. Wondering what you should say or do if you're worried about someone? Need information on resources or other ways to help? Here are some ideas to get started:

Prevention

National Alliance on Mental Illness (NAMI)

What you need to know about youth suicide: High Risk Groups, Common Risk Factors, Common Protective Factors, What to Do if You Are Worried About Yourself or Someone You Love, Resources.

[What You Need to Know About Youth Suicide](#)

NAMI Helpline and Teen/Young Adult Helpline

NAMI HelpLine is available M-F, 10 a.m.-10 p.m. ET. Call 800-950-6264, text **helpline** to 62640, or chat online. In a crisis, call or text 988 (24/7).

[NAMI Helpline](#)

Seize the Awkward

Tips on how to start a conversation on mental health. Resources to help with challenging emotions and situations.

[Seize the Awkward](#)

Caregiver decision support guide

Decision support guide to understand mental health resources that are available to help you connect with the right solution.

[Optum Conversation](#)

Youth Support

Trevor Project – tailored to young people 13–24 that identify as LGBTQ

The Trevor Project is the leading suicide prevention and crisis intervention nonprofit organization for LGBTQ+ young people. They provide information & support to LGBTQ+ young people 24/7, all year round.

[The Trevor Project](#)

Teen Line (part of Didi Hirsch)

Teen Line provides support, resources and hope to young people through a hotline of professionally trained teen counselors, and outreach programs that destigmatize and normalize mental health.

[Teen Line](#)

Jed Foundation

Nonprofit that protects emotional health and prevents suicide for our nation's teens and young adults, giving them the skills and support they need.

[Jed Foundation](#)

Military and Veterans

Veterans Crisis Line

24/7 confidential crisis support for Veterans and their loved ones. Enrollment in the VA is not required to access these resources. Dial 988 then press 1.

[Veterans Crisis Line](#)

US Department of Veteran Affairs

Support for Veterans in Crisis, access to prevention, support and data for veterans.

[VA Suicide Prevention](#)

Suicide Prevention Teams

Connect with local resources and support systems.

[Local Resources Search Tool](#)

Tragedy Assistance Program for Survivors

Help can also be found by calling the national military survivor helpline at 800-959-TAPS (8277).

[TAPS](#)

Lethal Means Secure Storage

Lethal means safety and suicide prevention resources.

[Keep It Secure](#)

Training and Education

Zero Suicide

Free training – Counseling on access to lethal means.

[Zero Suicide Institute](#)

Crisis Intervention

988 Suicide and Crisis Lifeline

Dialing 988 connects you to the 988 Suicide & Crisis Lifeline. It's available 24/7, and interpretation services are available in 150 languages. 1-800-273-TALK (8255) is still another way to reach the Lifeline.

[Call. Text. Chat. \(988lifeline.org\)](#)

Posting for mobile crisis locator

Mobile crisis resources by state.

[Mobile Crisis Support Resources \(providerexpress.com\)](#)

NAMI navigating a mental health crisis

Resource Guide for Those Experiencing a Mental Health Emergency (Crisis Guide) provides important, potentially life-saving information for people experiencing mental health crises and their loved ones.

[NAMI Navigating a Mental Health Crisis](#)

Follow-Up and Recovery support

Moving America's Soul On Suicide

Documentary film highlighting the struggles and recovery of suicide attempt survivors.

[Moving America's Soul on Suicide](#)

Live Through This

Extensive catalog of stories told by suicide attempt survivors, for suicide attempt survivors.

[Live Through This](#)

American Foundation for Suicide Prevention (AFSP)

Guidance on what to do when a loved one has made an attempt.

[AFSP When a Loved One has Made an Attempt](#)

Postvention Support

American Foundation for Suicide Prevention (AFSP)

Locator for a support group

U.S. and international suicide bereavement support groups as a public service to loss survivors.

[Find a support group | AFSP](#)

Suicide Prevention Resource Center (SPRC)

Toolkit for schools and educators on steps to take after a suicide in their schools

[After Suicide: A Toolkit for Schools](#)

Suicide Prevention Resource Center (SPRC)

Collection of resources for survivors of suicide loss.

[Resources for Survivors of Suicide Loss](#)



If you have thoughts of hurting yourself or others – or you know someone having those thoughts – seek help right away. If you or someone you know is in immediate danger, call 911 – or go to the closest emergency room. To reach a trained crisis counselor, call the 988 Suicide & Crisis Lifeline (previously known as the National Suicide Prevention Lifeline) at 988 or 1-800-273-TALK (1-800-273-8255). You may also text 988 or chat at [988lifeline.org](#). The lifeline provides 24/7 free and confidential support.*

*The Lifeline provides live crisis center phone services in English and Spanish and uses Language Line Solutions to provide translation services in over 250 additional languages for people who call 988.

Optum does not recommend or endorse any treatment or medications, specific or otherwise. The information provided is for educational purposes only and is not meant to provide medical advice or otherwise replace professional advice. Consult with your clinician, physician or mental health care provider for specific health care needs, treatment or medications. Certain treatments may not be included in your insurance benefits. Check your health plan regarding your coverage of services.

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