

## Suicide Prevention: Resources

[988 National Suicide Crisis Lifeline](#)- 24/7 free and confidential support for those in suicidal crisis or emotional distress in both Spanish and English.

[National Institute of Mental Health \(NIMH\) Suicide Prevention](#)- Information and resources regarding suicide and what to do if you or a loved one needs help.

[Society for the Prevention of Teen Suicide](#)- Toolkits and parental resources to prevent and support those affected by suicide.

[CDC Suicide Prevention](#) – Facts and resources about suicide.

[SAMSHA](#)- Help for you or someone you know on how to cope with suicidal ideation.

[#BeThe1To](#) – Spreading awareness of the actions we can take to prevent suicide. This can be useful for parents and families.

[Dialectical Behavior Therapy - Information from Psychology Today](#) – Basic information about DBT and how to access DBT care.

[2ndfloor.org](#) – Confidential and anonymous helpline for New Jersey youth and young adults. Includes call or text options, as well as message boards.

[The Trevor Project](#) – Support for LGBTQ youth

## 988 Suicide & Crisis Lifeline

We can all help prevent suicide. The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

