**Local Suicide Prevention Resources**

***Note to Facilitator:*** *You can use this document as a template for the Local Suicide Prevention Resources Handout referred to in Chapter 6 – Staying Safe: Suicide Prevention. This also can be sent to parents/caregivers along with the letter that discusses the upcoming suicide prevention/intervention topics. [Delete this informational text once this handout is complete]*

* *Put your local state hotline here*
* *Put your local county hotline here*
* *Put the number for your local/Tribal Wellness Center, Mental Health Center, Behavioral Health Center here*
* *Put the number for your medical clinic here*
* *Put the number for your youth center here*

NATIONAL RESOURCES

* National Suicide Prevention Hotline 1-800-273-TALK (1-800-273-8255)
* Lifeline Crisis Chat: [www.suicidepreventionlifeline.org/gethelp/lifelinechat.aspx](http://www.suicidepreventionlifeline.org/gethelp/lifelinechat.aspx)
* Crisis Text Line: Text START to 741-741 to talk to a trained counselor. It's free, confidential, and available 24/7
* MY3 App for Iphone and Androids. MY3 lets you stay connected when you are having thoughts of suicide: <http://www.my3app.org/>

Remember that you have people in your community to talk to – friends, parents, Elders, caregivers, trusted adults. Those people would be glad to help you access these resources. If you have an adult, Elder, parent, teacher, friend, etc. that you trust and could talk to if you needed to, please put their number here: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**If this is a life threatening event, call 911.**