

## **NATIONAL NON-SUICIDAL SELF INJURY RESOURCES:**

### **Focus Adolescent Services**

Designed for parents and covers a wide range of mental health problems including self-injury.

Website: [www.focusas.org](http://www.focusas.org)

### **S.A.F.E Alternatives (Self-Abuse Finally Ends)**

Residential treatment program for people who engage in self-injury.

Website: [www.selfinjury.com](http://www.selfinjury.com)

## **NATIONAL CRISIS & SUICIDE RESOURCES:**

### **CRISIS LINK**

Provides vital support to those facing life crises, trauma, & suicide, and gives information, education, & links to the community to empower people to help themselves

Phone: 1-888-644-5886 | Website: [www.crisislink.org](http://www.crisislink.org)

### **National Center For Suicide Prevention Training**

Provide educational resources to help public officials, service providers, & community-based coalitions develop effective suicide prevention programs & policies

Website: [www.training.sprc.org](http://www.training.sprc.org)

### **Suicide Prevention Resource Center**

Enhances the nation's mental health infrastructure by providing states, government agencies, private organizations, colleges & universities, & suicide survivor & mental health consumer groups with support of their efforts to develop programs, implement interventions, & promote policies to prevent suicide

Website: [www.sprc.org](http://www.sprc.org)

### **The American Association of Suicidology**

Aid in suicide prevention through research, education, & training, develop resources, & support survivors support services

Website: [www.suicideology.org](http://www.suicideology.org)

### **American Foundation for Suicide Prevention (AFSP)**

Exclusively dedicated to understanding & preventing suicide through research, education & advocacy, and to reach out to people with mental disorders and those impacted by suicide

Website: [www.afsp.org](http://www.afsp.org)

### **National Safe Place**

Helping kids and teens who find themselves in crisis or are homeless by providing them a safe place to stay

Phone: 1-888-290-7233 OR Text: 69866 with the word "SAFE" for immediate help |

Website: [www.nationalsafeplace.org](http://www.nationalsafeplace.org)

### **American Psychiatric Association Answer Center**

Live operators available from 8:30 a.m. to 6:00 p.m. (Eastern time) refer you to local board-certified psychiatrists.

Phone: 1-888-35-PSYCH (77924)

**American Psychological Association Public Education Line**

Follow the automated instructions and press the number 1. Then an operator refers you to local board-certified psychologists.

Phone: 1-800-964-2000