

Suicide Prevention



Contact us

September is **National Suicide Prevention Month**, a time to remember lives lost to suicide, acknowledge those who have experienced thoughts of suicide, and the many individuals, families and communities that have been impacted by suicide. September is also a time to raise awareness about suicide prevention and share messages of hope. Please join in encouraging courageous community conversations and create space for healing!

LOCAL RESOURCES

Local Suicide & Grief Related Resources (https://docs.google.com/document/d/1pogwVioP0J-EEh_WjXkusCK5KUUxxKa_/edit?usp=sharing&ouid=116403706845256138197&rtpof=true&sd=true)

Explore this list to identify options for virtual and in-person grief related counseling groups.

Semicolon Society (<https://semicolonociety.org/>)

Semicolon Society provides free mental health education to the community, with an emphasis on suicide prevention and support. By providing direct discussions and resources about mental health, Semicolon Society seeks to reduce the stigma in having critical conversations, increase awareness and understanding of mental health challenges, and reduce suicide in our community.

Resources

SUICIDE PREVENTION & CRISIS LIFELINES

YOU ARE NOT ALONE. WHERE THERE IS HELP, THERE IS HOPE.

988 Suicide & Crisis Lifeline (<https://988lifeline.org/>)

The 988 Lifeline provides 24/7, free and confidential support for those facing mental health struggles, emotional distress, alcohol or drug use concerns or if you just need to talk to someone, their caring counselors are there.

National Suicide & Crisis Lifeline: 9-8-8

La Frontera EMPACT (<https://lafronteraaz-empact.org/services/#crisis>)

La Frontera / EMPACT-SPC's 24-hour Crisis Hotlines are available to callers who are feeling suicidal, find themselves in a crisis, have been a victim of sexual assault or domestic violence, and/or need a referral for services.

Face-to-face services are provided by a **Mobile Crisis Intervention Team** if immediate assistance is deemed necessary. Hotline services are available to all ages and populations within and outside of Arizona.

EMPACT 24-hour Crisis Hotline: (480) 784-1500

Mind 24-7 (<https://www.mind24-7.com/>)

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Provides 24/7 **walk-in urgent mental health care** (1138 S. Higley Rd. Mesa, AZ 85206)- no appointment needed. Much like an emergency room you can walk in and see a clinician.

They have teams of dedicated mental health professionals who can evaluate, stabilize and care for patients experiencing any number of mental health and substance use issues. Call **(844) 646-3247** for additional information.

Solari Crisis Response Network (<https://crisis.solari-inc.org/>)

Whether you're having thoughts of suicide, experiencing substance use or mental health challenges or are concerned about a loved one, Solari Crisis Response Network can help.

Crisis Response Network is a division of **Solari Crisis & Human Services (<https://crisis.solari-inc.org/#>)**.

Arizona Statewide 24-hour Crisis Line: (844) 534-HOPE

ADDITIONAL SUICIDE PREVENTION RESOURCES

Together, we can prevent suicide and build a community of hope!

What Leads to Suicide? (<https://afsp.org/risk-factors-protective-factors-and-warning-signs/>)

There's no single cause for suicide. Suicide most often occurs when stressors and health issues converge to create an experience of hopelessness and despair. Depression is the most common condition associated with suicide, and it is often undiagnosed or untreated. Conditions like depression, anxiety, and substance problems, especially when unaddressed, increase risk for suicide.

Yet it's important to note that most people who actively manage their mental health conditions go on to engage in life.

It's OK to Say Suicide. (https://jedfoundation.org/our-work/its-ok-to-say-suicide/?utm_medium=email&utm_campaign=JED%20DCA%20Newsletter%202024%20September&utm_cont)

If you're scared to say the word suicide- either because you're thinking about it, you're worried someone you know might be considering it, or, you just don't know how to talk about it- The JED Foundation wants you to know it's OK to say it.

Being able to talk openly about suicide opens the door for people to get help. The JED Foundation is here to not only tell you it's OK to say suicide, they're here to show you how.

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American Foundation for Suicide Prevention: Talk Away the Dark **(<https://talkawaythedark.afsp.org/>)**

Talking is the first step to preventing suicide. We might worry that saying the wrong thing will make it worse so we end up not saying anything- even a few kind words can make the difference in connecting someone to help. It's time we shed a light on this leading cause of death. It's time we talk away the dark.

Mindwise Innovations: Signs of Suicide (<https://mindwise.org/parents/>)

CUSD utilizes Signs of Suicide (SOS), a national evidence-based suicide prevention program that educates students about warning signs for suicide and encourages them to ACT- **acknowledge, care, and tell** a trusted adult whether they have concerns about themselves or a friend.

Arizona Suicide Prevention Coalition (<https://www.azspc.org/>)

The Arizona Suicide Prevention Coalition is a dedicated community-based organization committed to preventing suicide and promoting mental health and well-being throughout Arizona. They provide essential resources and education to support individuals, families, and communities impacted by suicide.