

[For More Information about Suicide and its Prevention](#)

For Immediate Help with Suicidal Thoughts



If you are in danger of acting on suicidal thoughts or are in any other life-threatening crisis, please call emergency services in your area (9-1-1 in the U.S.) or go to your nearest hospital emergency room.

Hotlines in the U.S.

All hotlines listed below are free and confidential.

[988 Suicide and Crisis Lifeline](#)

Call 988 or

800-273-TALK (8255)

The 988 Suicide and Crisis Lifeline is open 24 hours a day, every day. Services are also available for veterans, and for Spanish speakers.

[Samaritans Helpline](#)

877-870-4673 (HOPE) Call or text

Samaritans Helpline is available 24/7.

[The BlackLine](#)

800-604-5841 Call or text

According to [the site's webpage](#), "BlackLine® provides a space for peer support, counseling, witnessing and affirming the lived experiences to folxs who are most impacted

by systematic oppression with an LGBTQ+ Black Femme Lens. Call BlackLine® prioritizes BIPOC (Black, Indigenous and People of Color).”

[The Trevor Project](#)

866-488-7386 – a hotline for LGBT youth

[Trans Lifeline](#)

U.S.: (877) 565-8860

Canada: (877) 330-6366

Designed for transgender people, the Trans Lifeline is staffed by people who are themselves transgender.

[Cpline](#)

(800) 267-5463

Set up for police officers, staffed by retired police officers who volunteer their time, this hotline provides crisis intervention 24/7.

International Hotlines

The above hotlines are based in the U.S. You can find a list of international suicide hotlines [here](#). It is maintained by the [International Association for Suicide Prevention](#).

Text

Crisis Text Line – 741741 (U.S.); 686868 (Canada); 85258 (UK)

According to [Crisis Text Line’s web site](#), “Every texter is connected with a Crisis Counselor, a real-life human being trained to bring texters from a hot moment to a cool calm through active listening and collaborative problem solving. All of Crisis Text Line’s Crisis Counselors are volunteers, donating their time to helping people in crisis.”

Online Chat and Email

E-mail Samaritans

jo@samaritans.org

Note that [the Samaritans international website](#) states that people who send an email typically receive a response within 12 hours. The site also notes that names are immediately removed from emails, and emails are deleted after 30 days.

[Lifeline Crisis Chat](#)

The 988 Suicide and Crisis Lifeline also has chat available, 24 hours a day. To use the service, go to 988lifeline.org/chat/.

[Chronic Suicide Support Forum](#)

This site offers an opportunity for nonjudgmental, supportive discussion about chronic suicidal thoughts, with others who have experienced them as well. It is part of the site ChronicSuicideSupport.com.

[International Suicide Prevention Wiki](#)

You'll find here lists with dozens of sites, in addition to the sites above, where a suicidal individual can discuss their problems via instant messaging, chat rooms, email, text, and online support groups. The site is ideal for someone who does not want to talk with someone on the phone about their suicidal thoughts. It offers healthy options for receiving help. (I say "healthy," because unfortunately danger lurks on many Internet sites, where "pro-suicide" folks actually encourage suicide.)

[Trevor Project Lifeline Chat](#)

The Trevor Project, which reaches out to LGBT youth, provides instant-messaging chat on Mondays and Fridays, from 4 p.m. to 10 p.m. Eastern standard time.

Other Online Resources

[Coping with Suicidal Thoughts](#)

This online handbook provides information and food for thought for suicidal individuals, with material addressing what to do when suicidal, how to make sense of suicidal thoughts, and ways to decrease suicidal thoughts and prevent more suicidal episodes. (Sponsored by Simon Fraser University in Canada.)

[Healthline's Suicide Prevention Resource Guide](#)

This guide contains resources and information.

[Overcoming Suicidal Pain](#)

This site was created by Douglas Bloch, the author of books such as [Healing from Depression: 12 Weeks to a Better Mood](#) and [When Going Through Hell... Don't Stop!](#)

[Stories of Hope and Recovery](#)

This site, a project of the National Suicide Prevention Lifeline, contains personal accounts of people who have seriously considered suicide or attempted suicide. The people come

from all walks of life – gay and straight, military and not, teen and adult, and so on – and though their suffering has been great, their survival is inspiring.

[Talking about Suicide](#)

This website contains a wealth of information for people who think about dying by suicide or who have made an attempt or had such thoughts in the past. The [Resources page](#) is rather exhaustive, and I highly recommend it. It provides a list not only of crisis hotlines, but also of various creative projects aimed at spreading information about the suicidal experience.

For Friends and Family



[Helping the Suicidal](#)

This page by the Samaritans provides advice on how to help someone you care about who may be considering suicide.

[Information and Support After a Suicide Attempt](#)

[This booklet](#) by the VA is geared toward family members of veterans who survived a suicide attempt, but the information largely is applicable to all attempt survivors and their families. The guide contains good advice on talking with children about a suicide attempt of a family member, separated by age groups: [4-8 year olds](#); [9-13 year olds](#); [14-18 year olds](#).

[Warning Signs for Suicide Risk](#)

Verbal signs, physical changes, new behaviors, and triggering events linked to suicide are described [here](#). (Sponsored by the Samaritans.)

For Survivors of Suicide Loss



[After a Suicide: A Practical and Personal Guide for Survivors](#)

[This booklet](#) begins with information about the practical logistics immediately following a suicide, including details about a possible autopsy, cleaning of the home if the suicide occurred there, organ donation – and more. The second part of this booklet addresses the emotional aftermath of suicide bereavement, including common reactions to the suicide of a loved one, as well as the process of grieving.

[Alliance of Hope for Suicide Loss Survivors](#)

[This site](#) contains abundant information about the experience of losing a loved one to suicide. It includes a blog, recommended books, memorials for people who died by suicide, and [a community forum](#). The site states, “In our forum, survivors can contact others with similar losses, share their stories and discuss the many facets of healing from loss by suicide. It operates like a 24/7 support group, with a team of trained moderators and a mental health clinician who contributes regularly.”

[Grief After Suicide](#)

This blog for survivors of suicide loss is authored by [Franklin Cook](#). His father died by suicide almost 30 years ago, and since then he has served as a voice for suicide loss survivors in numerous national roles. A highlight of his blog is the [Survivor Outlook section](#), which features first-person accounts of other suicide loss survivors. The Grief After Suicide blog also contains [numerous other resources](#), including lists of suicide loss survivor websites, support groups, online discussion forums and chat rooms.

[SOLOS: Spouse-Partner Loss Group](#)

This Facebook group describes itself as “a suicide grief support group for spouses-partners who have been through loss of a husband/wife, fiancé, boyfriend/girlfriend, or

life partner to suicide.” (SOLOS stands for Survivors of Loved Ones to Suicide.)

[SOS: A Handbook for Survivors of Suicide](#)

Of all the online guides to surviving the suicide of a loved one, this may be the most comprehensive. Written by a man whose wife died by suicide, the guide includes information on the “emotional rollercoaster” that follows a suicide, myths and facts about suicide, suggestions for coping, narratives from other survivors, and inspirational words for surviving, coping, and healing after the loss of a loved one to suicide. (Sponsored by the [American Association of Suicidology](#).)

Lists of Support Groups for Suicide Loss Survivors

[This site](#), sponsored by the American Association for Suicidology, and [this site](#), sponsored by the American Foundation for Suicide Prevention, both provide directories for support groups nationwide for people who have lost a loved one to suicide. Some support groups are led by a mental health professional, while others are led by participants themselves.

[Healing Conversations: Personal Support for Survivors of Suicide Loss](#)

The American Foundation for Suicide Prevention trains people who have survived a suicide loss to reach out to others newly bereaved by suicide. The volunteers will visit new survivors and offer peer support, at the survivor’s request. Click [here](#) to request an in-person or remote visit.

For Survivors of Suicide Attempts



Image courtesy of FreeDigitalPhotos.net (Photographer Sira Anamwong)

[After an Attempt: A Guide for Taking Care of Yourself After Treatment in an Emergency Department](#)

“Today may feel like the hardest day of your life,” this brochure states. It directs information to someone who very recently attempted suicide and is now leaving the emergency room, but in fact much of what it states about the recovery process, safety planning, and coping applies to anyone who has attempted suicide or still considers it. (The brochure was developed by the National Alliance for the Mentally Ill.)

[Live Through This](#)

This site contains a rich collection of personal narratives by people who have survived a suicide attempt. The site’s creator, [Dese’Rae Stage](#), has traveled the U.S. photographing and interviewing people who have been suicidal and lived to tell about it. [As the site states](#), “Live Through This is the first known project of its kind, and the most extensive catalog in existence of stories told by suicide attempt survivors, for suicide attempt survivors. Its mission is to change public attitudes about suicide for the better; to reduce prejudice and discrimination against attempt survivors; to provide comfort to those experiencing suicidal thoughts by letting them know that they’re not alone and tomorrow is possible; to give insight to those who have trouble understanding suicidal thoughts and actions, and catharsis to those who have lost a loved one; and to be used as a teaching tool for clinicians in training, or anyone else who might benefit from a deeper understanding of first-person experiences with suicide.”

[Talking about Suicide](#)

The creator and author of this blog, Cara Anna, is herself a suicide attempt survivor. The highlights of this site are its Resources page, with a list of resources and projects dedicated to suicide attempt survivors, and its [page of interviews](#) with attempt survivors. She conducted more than 50 such interviews, and each has its own gems. (This site is still online, but it is no longer updated.)

For Mental Health Professionals