

REFERENCES for April 27 presentation

**#bethe1to:** Suicide Prevention Organization <https://www.bethe1to.com/>

**Example industry directed resource page:** <https://wp.behindthescenescharity.org/mental-health-and-suicide-prevention-initiative/>

**Mental Health America:** The nation's leading community-based nonprofit dedicated to addressing the needs of those living with mental illness and to promoting the overall mental health of all.  
<https://mhanational.org/>

**Mental Health First Aid:** Mental health first aid is the help you give to someone developing a mental health problem, experiencing a worsening of a mental health problem or in a mental health crisis. You can give this first aid until the person has received appropriate professional treatment or the crisis is resolved. <https://mentalhealthfirstaid.org/>

**988 Suicide & Crisis Lifeline:** The 988 Lifeline provides 24/7, free, and confidential support to people in distress – you don't need to be suicidal to reach out. Call 1-800-273-8255 to be connected with a crisis counselor. Crisis counselors who speak Spanish are available at 1-888-628-9454. <https://988lifeline.org/>

**988 Textline:** When you text 988, you will complete a short survey letting the crisis counselor know a little about your situation. You will be connected with a trained crisis counselor in a crisis center who will answer the text, provide support, and share resources if needed. <https://988lifeline.org/chat/>

**Crisis Text Line:** If you prefer texting to talking on the phone, text MHA to 741-741 to be connected with a crisis counselor who will help you get through your emotions. <https://www.crisistextline.org/>

**Warmlines:** Warmlines are staffed by trained peers who have been through their own mental health struggles and know what it's like to need someone to talk to. Visit here for more information on warmlines. <https://warmline.org/>

**The Trevor Project:** Trained counselors available 24/7 to support youth who are in crisis, feeling suicidal, or in need of a safe and judgment free place to talk. Specializing in supporting the LGBTQI+ community. Call 866-488-7386 or Text "START" to 678678 <https://www.thetrevorproject.org>

**Substance Abuse and Mental Health Services Administration's (SAMHSA) Disaster Distress Helpline:** SAMHSA's Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters. Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor.  
<https://www.samhsa.gov/find-help/disaster-distress-helpline>

**The National Alliance on Mental Illness (NAMI):** a nationwide, grassroots mental health organization. NAMI offers educational programs, advocates for individuals and families affected by mental illness, and operates a toll-free helpline <https://www.nami.org/home>

**Yoga with Adriene** – Free online yoga from easy to difficult. Adriene is kind and thoughtful.  
<https://yogawithadriene.com/>

**Meetup** – (from their website) Whatever your interest, from hiking and reading to networking and skill sharing, there are thousands of people who share it on Meetup. Events are happening every day—log in to join the fun. <https://www.meetup.com/>