

SAN DIEGO COUNTY SUICIDE PREVENTION COUNCIL

SUICIDE PREVENTION RESOURCE GUIDE FOR K-12 SCHOOLS



2023-24



COMMUNITY HEALTH
IMPROVEMENT PARTNERS
making a difference together



LIVE WELL
SAN DIEGO



SUICIDE PREVENTION RESOURCE GUIDE FOR K-12 SCHOOLS 2023-24

This guide was developed through a collaborative effort between the **San Diego County Suicide Prevention Council Schools Collaborative (K-12) Subcommittee** and the **San Diego County Office of Education**. It was designed to meet the needs of busy district and school administrators who need timely information and resources at their fingertips to support **suicide prevention, intervention, and postvention** efforts in school communities. We aimed to provide a collection of high-quality local, state, and national resources to support districts in building comprehensive school protocols and practices.

This guide is updated each school year to ensure the information is current and relevant.

TABLE OF CONTENTS

State Legislation	1
District/School Support for Suicide Prevention, Intervention, and Postvention	2
Training	4
Student Education	6
Peer-To-Peer Education	8
Parent Education/Support	10
Apps	12
Crisis Lines	13
Support Helplines	14

The material presented is not an attempt to practice medicine or to give specific mental health advice. Nothing herein is intended to or should serve or substitute for medical advice or diagnoses rendered by your individual doctor or health care/mental health professional.

If you or someone you know is struggling, call **9-8-8** or **San Diego Access & Crisis Line (ACL)** at **888-724-7240** to receive **FREE** assistance 7 days a week, 24 hours a day. For mental health and suicide prevention resources, information about free suicide prevention trainings or to use chat services with ACL Monday-Friday (4-10pm), visit www.Up2SD.org.

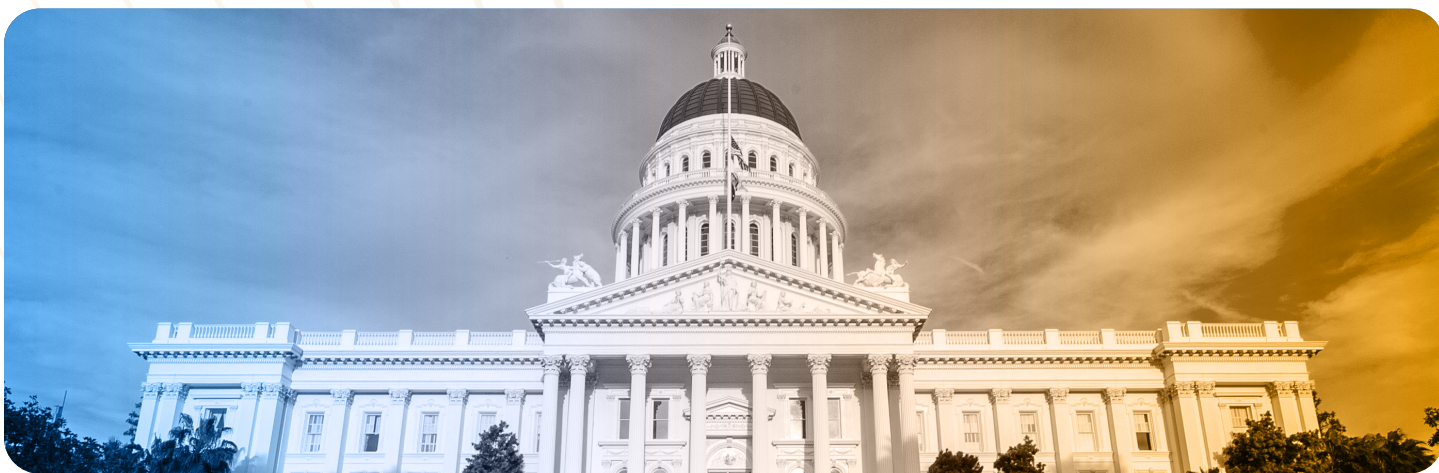


For more information on the San Diego County Suicide Prevention Council, visit www.spcsandiego.org.



**San Diego County
Suicide Prevention
Council**

Powered by Community Health Improvement Partners



STATE LEGISLATION

AB 2246- Pupil Suicide Prevention Policies

Effective: July 1, 2017

- Requires LEAs to adopt suicide prevention policies before the beginning of the 2017–18 school year. Chaptered as California *Education Code (EC)* Section 215, AB 2246 mandates that the Governing Board of any LEA that serves pupils in grades 7-12, inclusive, adopt a policy on pupil suicide prevention, intervention, and postvention.
- The policy shall specifically address the needs of high-risk groups, include consideration of suicide awareness and prevention training for teachers, and ensure that a school employee acts only within the authorization and scope of the employee's credential or license.

AB 1767- Pupil Suicide Prevention Policies

Effective: January 1, 2020

- Requires the governing board or body of a LEA that serves pupils in kindergarten and grades 1 to 6, inclusive, before the beginning of the 2020–21 school year, to adopt, and update as prescribed, a policy on pupil suicide prevention that specifically addresses the needs of high-risk groups.
- The bill would require this policy to be age-appropriate and delivered and discussed in a manner that is sensitive to the needs of young pupils. It should address any training on suicide awareness and prevention to be provided to teachers of pupils in all of the grades served by the local educational agency.

AB 2246 and AB 1767 Model Policy

This [sample policy](#) is meant to serve as a model for local educational agencies (LEA).



AB 1767 Resource Guide for Elementary Schools

To support the requirements of AB1767, SDCOE has created this [AB 1767 Resource Guide for Elementary Schools](#).



AB 1808- Education Finance- Education Omnibus Trailer Bill

Effective: June 27, 2018

- AB 1808 added Section 216 to the California Education Code and provided funding to ensure school staff were prepared to identify, support, and refer middle and high school students who may be experiencing thoughts of suicide. The bill also calls for training to be offered to middle and high school students. The San Diego County Office of Education was selected as the lead to make [this online training](#) available, at no cost, to public, middle, and high schools throughout CA to voluntarily use as part of their youth suicide prevention policy.



SB 972- Pupil and Student Health: Identification Cards: Suicide Prevention Hotline Telephone Numbers

Effective: January 1, 2019

- Requires any public or private school that issues student ID cards and serves pupils in grades 7-12 to print the phone number for the National Suicide Prevention Lifeline (988) on the ID cards.
- Schools may also print the [Crisis Text Line](#) (741741) and a local suicide prevention hotline phone number on either side of the ID cards.
- Please refer to the **Student Education** section to view opportunities that can increase students' mental health literacy and provide context and understanding as to why the hotline numbers are on the back of their ID cards and how they may use the hotlines.

Suicide Prevention Guide for High Priority Youth Groups

To support the requirements of AB2246, SDCOE has created this [Suicide Prevention Guide for High Priority Youth Groups](#) with resources specific to "high risk" youth groups disproportionately affected by suicide.





DISTRICT/SCHOOL SUPPORT FOR SUICIDE PREVENTION, INTERVENTION, AND POSTVENTION

Local/State

San Diego County Office of Education

The San Diego County Office of Education (SDCOE) provides [consultation, trainings, and technical assistance](#) to the 42 school districts and charters in San Diego County. For more information, call 858-298-2093 or contact heather.nemour@sdcoe.net.



Policy to Practice: Suicide Intervention Toolkit [Suicide Intervention Toolkit](#)

This toolkit is to support school districts in developing and/or enhancing their suicide risk screening procedures and protocols. The toolkit includes templates, tools, and resources that can be tailored to meet the needs of school districts.

If your district is interested in receiving technical assistance to implement the toolkit, please call 858-298-2093 or contact Heather Nemour at heather.nemour@sdcoe.net.



HERE Now and Anti-BIAS School-Based Suicide Prevention Program

Led by [San Diego Youth Services](#), Helping, Engaging, Reconnecting and Educating (HERE) Now is a five-year program funded through County of San Diego Behavioral Health in partnership with [North County Lifeline](#) and [SBCS](#). HERE Now provides school-based suicide prevention education and intervention services to students, teachers, staff, and parents to increase awareness, promote conversations, and inspire connections.

Central/East County- San Diego Youth Services 619-241-0608
North County- North County Lifeline 760-726-4900
South County- South Bay Community Services 619-420-3620

Target audience: Middle and high school students, teachers, staff, and parents



The Elizabeth Hospice

The [Elizabeth Hospice Children's Bereavement Program](#) offers postvention support to students, families, and schools free of charge. Their Children's Bereavement Centers are kid-friendly spaces where children can share their feelings, thoughts, and stories as they process their grief. They are located in Escondido and Mission Valley. For more information, contact 833-349-2054.

Target audience: Children and adults of all ages



image source www.shutterstock.com

National

K-12 Toolkit for Mental Health Promotion and Suicide Prevention

The [K-12 Toolkit for Mental Health Promotion and Suicide Prevention](#) has been created to help schools comply with and implement California Education Code (EC) Section 215(AB 2246), Pupil Suicide Prevention Policies. The toolkit includes resources for schools to promote youth mental wellness, intervene in a mental health crisis, and support members of a school community after the loss of someone to suicide, including messaging support.



Preventing Suicide: A Toolkit for High Schools

This [SAMSHA toolkit](#) assists high schools and school districts in designing and implementing strategies to prevent suicide and promote behavioral health. The toolkit includes tools to implement a multi-faceted suicide prevention program that responds to the needs and cultures of students, as well as guidelines for working with the media.



After a Suicide: A Toolkit for Schools Grades 6-12

[After a Suicide: A Toolkit for Schools](#) is a comprehensive guide that will assist schools on what to do if a suicide death takes place in the school community and it includes guidelines for working with the media. See the Suicide Prevention Resource Center web page at <https://sprc.org/>.



Columbia-Suicide Severity Rating Scale

The Columbia Lighthouse Project offers the [Columbia-Suicide Severity Rating Scale \(C-SSRS\)](#), an evidence-based risk screening tool that is ideal for schools. Use of the scale redirects resources to where they are needed most, preventing unnecessary interventions that are often costly, traumatic, and can lead to disengagement from needed care. Please refer to the [Training](#) section for free online training on how to use the tool. To use this tool as a part of a comprehensive risk screening protocol, please see the Policy to Practice: [Suicide Intervention Toolkit](#).



Target audience: Middle and high school administrators and staff





TRAINING



For training recommendations specific to grades K-6, please refer to the [AB1767 Resource Guide for Elementary Schools](#).

Local/State

Youth Mental Health First Aid

[Youth Mental Health First Aid \(YMHFA\)](#) is an evidence-based, seven-hour training created upon the medical first aid model. It is designed to provide skills to help a youth who may be experiencing a mental health or addiction challenge or is in crisis. YMHFA participants learn to recognize signs and symptoms of youth in emotional distress, initiate and offer help, and connect the youth to professional care through a five-step action plan. Participants who complete the course receive a manual and certification for three years.

The following organizations provide training at no cost, based on availability:

- California Department of Education - ymhfa@cde.ca.gov
- Mental Health America San Diego - information@mhasd.org
- San Diego County Office of Education - roxanna.bayon@sdcoe.net

Target audience: All certificated and classified district and school staff



LivingWorks Start Online Suicide Prevention Training

[LivingWorks Start](#) will prepare anyone 13+ to observe behaviors to help keep others safe. The 90-minute training is accessible from any computer, tablet or smartphone with the internet. It trains people to recognize when someone is having thoughts of suicide, engage with them, and intervene to connect them to further help. It is designed to develop meaningful skills through simulations and practice. For questions or to learn how to get [access to the training](#), please contact SDCOE Student Wellness and School Culture Unit, Heather Nemour at heather.nemour@sdcoe.net or 858-298-2093.

Target audience: Middle and high school staff and students ages 13+



San Diego County Suicide Prevention Council

The [Suicide Prevention Council \(SPC\)](#) is dedicated to providing access to evidence-based frontline and gatekeeper trainings in Question, Persuade, and Refer (QPR), Applied Suicide Intervention Skills Training (ASIST), and Gay, Lesbian, Straight Education Network (GLSEN). For more information, call 858-609-7960.



**San Diego County
Suicide Prevention
Council**

Convened by Community Health Improvement Partners

Question, Persuade, and Refer

[Question, Persuade, Refer \(QPR\)](#) is a 1.5 hour evidence-based gatekeeper prevention training. Participants learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. The Suicide Prevention Council provides these trainings for [free](#). SDCOE also has [scheduled trainings](#) throughout the year.



**San Diego County
Suicide Prevention
Council**

Convened by Community Health Improvement Partners



FUTURE WITHOUT BOUNDARIES™

Applied Suicide Intervention Skills Training

[Applied Suicide Intervention Skills Training \(ASIST\)](#) is a two-day interactive workshop in suicide first aid. ASIST teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. Locally, SPC provides these trainings for free. To request a training or attend one, visit www.spcsandiego.org and go to the training tab.

Target audience: School staff



National

Kognito At-Risk Interactive Online Series (\$)

[Kognito At-Risk Interactive Online Series](#) is an evidence-based 60 minute training designed for use by individuals, schools, districts, and statewide agencies. It includes tools and templates to ensure that the program is easy to disseminate and measures success at the elementary, middle, and high school levels.

Target audience: K-12 student and school staff



SOS Signs of Suicide for School Staff (\$)

[SOS for School Staff](#) provides a one-hour, online, and self-paced training for K-12 staff on how to recognize the warning signs and risk factors for suicide, engage in appropriate conversations, and keep a student safe while connecting them with qualified school staff.

Target audience: K-12 school staff



Columbia-Suicide Severity Rating Scale Online Training

The Columbia Lighthouse Project offers numerous [free online training](#) options on how to use the Columbia-Suicide Severity Rating Scale (C-SSRS) in more than 20 languages. The trainings range from 20-60 minutes and provide a certificate of completion. Please refer to the [Schools](#) section to access the C-SSRS tool.

Target audience: K-12 district and school staff



Trevor Project CARE Training (\$)

The [Trevor Project's CARE Training](#) is an interactive and intensive training that provides adults with an overview of suicide among lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) youth and the different environmental stressors that contribute to their heightened risk for suicide.



SafeTALK Training

[SafeTALK](#) is a half-day alertness training that prepares anyone over the age of 15, regardless of prior experience or training, to become a suicide-alert helper.

Target audience: Anyone ages 15 and over



“

You don't have to struggle in silence. You can live well with a mental health condition.

- Demi Lovato

”



image source www.shutterstock.com



image source www.istockphoto.com

STUDENT EDUCATION

Local/State

LivingWorks Start Online Suicide Prevention Training

Students learn a powerful four-step model to keep themselves and peers safe from suicide and have a chance to practice through meaningful simulations. Safety resources and support are available throughout the program. For questions or to learn how to get [access to the training](#), please contact SDCOE Student Wellness and School Culture Unit, Heather Nemour at heather.nemour@sdcoe.net or 858-298-2093.

Target audience: Middle and high school students



The Directing Change Program

The [Directing Change Program and Film Contest](#) is a youth engagement program that educates students about the warning signs for suicide and mental health through the creation of short films. Educational resources and lesson plans are available.

Target audience: Middle and high school students and young adults up to age 25



National Alliance on Mental Illness San Diego-Ending The Silence

[National Alliance on Mental Illness \(NAMI\) San Diego](#), a non-profit organization, provides education, support, and advocacy to improve the lives of everyone affected by mental illness. [Ending the Silence \(ETS\)](#) is a classroom program presented by two volunteers, including a young adult with lived experience of a mental health condition. Through ETS, students learn indicators of mental illness as well as how to help themselves, friends, and family members who might need support.

Target audience: Middle and high school students (13+)



*Put your mental health first...
That's more important than any other
medal you could win.
- Simone Biles*



National

Break Free from Depression

[Break Free from Depression \(BFFD\)](#) is a four-module curriculum from Boston Children's Hospital focused on increasing awareness about adolescent depression and is designed for use in high school classrooms.

Target audience: High school students



More Than Sad (\$)

[More Than Sad](#) is an evidence-based training developed by the American Foundation for Suicide Prevention (AFSP). More Than Sad is designed to help educators better understand suicidal behavior in adolescents. The program is built around two 25-minute videos: *More Than Sad: Preventing Teen Suicide* and *More Than Sad: Teen Depression*. See More Than Sad for information on programming and costs.

Target audience: Middle and high school students, parents, and teachers



Coping and Support Training (\$)

[Coping and Support Training by Reconnecting Youth Inc.](#) is an evidence-based life-skills training and social support program to help at-risk youth.

Target audience: Middle and high school students



Linking Education and Awareness for Depression and Suicide (\$)

[Linking Education and Awareness for Depression and Suicide \(LEADS\) for Youth](#) is an evidence-based suicide prevention curriculum. LEADS for Youth is an informative and interactive opportunity for students and teachers to increase their knowledge and awareness of depression and suicide.

Target audience: High school students and teachers



SOS Signs of Suicide (\$)

[SOS Signs of Suicide](#) is an evidence-based youth prevention program that teaches students how to identify signs of depression and suicide in themselves and their peers, while training school professionals, parents, and community members to recognize at-risk students and take appropriate action.

Target audience: Middle and high school students



Sources of Strength-Elementary (\$)

[Sources of Strength Elementary](#) moves the work of prevention and health promotion even further upstream. As a universal classroom curriculum, Sources of Strength Elementary not only incorporates solid social emotional learning content, but also includes a robust focus on mental health, resiliency, and strength-based prevention. The K-6 curriculum is comprised of 12 units containing several lessons that build upon each unit topic. Lessons are designed to be approximately 30 minutes in length and are typically facilitated one to two times per week.

Target audience: Elementary students



teen Mental Health First Aid (tMHFA) (\$)

[teen Mental Health First Aid \(tMHFA\)](#) is an in-person, evidence-based training that teaches high school students about common mental health challenges and what they can do to support their own mental health and help a friend who is struggling. Schools send identified school advisors to a Training of Trainers (TOT) who then train student leads to provide the classroom presentations to their peers. The National Council for Behavioral Health has teamed up with Born This Way Foundation to bring this program to the United States.

Target audience: High school students





image source www.gettyimages.com



PEER-TO-PEER EDUCATION

Local/State

NAMI On Campus High School

[NAMI On Campus High School Club](#) is a peer-led mental health awareness club for high school students. A trained adult advisor oversees all club activities but the mission and goals of the club are driven by students. Please call 916-567-0163 or email namion-campus@namica.org for more information.

Target audience: High school students and at least two trained staff advisors



It's okay to not be okay, and it's okay to talk about it. There are people who can help, and there is usually light at the end of the tunnel.

-Naomi Osaka



National

Bring Change to Mind (\$)

[Bring Change to Mind](#) is an evidence-based program that supports student-led clubs to decrease stigma surrounding mental illness through advocacy, education, and activities that create lasting change on campus. Clubs have access to a regional advisor, annual youth summit, and leadership training opportunities.

Target audience: High school students



Hope Squad (\$)

The goal of [Hope Squad](#) is to reduce self-destructive behavior and youth suicide by training, building, and creating change in schools and communities. The Hope Squad program is a school-based peer support team that partners with local mental health agencies. Peers select students who are trustworthy and caring individuals to join the Hope Squad. Squad members are trained to watch for at-risk students, provide friendship, identify suicide warning signs, and seek help from adults. Hope Squad members are NOT taught to act as counselors but are educated on recognizing suicide warning signs and how to properly and respectfully report concerns to an adult. Once invited to be a Hope Squad member, students must receive parent permission and attend regular training meetings.

Target audience: 4th-12th grade students



Students Mobilizing Awareness and Reducing Tragedies (\$)

Students Mobilizing Awareness and Reducing Tragedies (SMART) is a program comprised of student-led groups in high schools and is designed to give students the freedom to implement suicide prevention activities on their campus that best fit the needs of their school.

Target audience: High school students



Sandy Hook Promise

Sandy Hook Promise offers the following free programs:

1. [Start With Hello](#) - This program teaches students to be more socially inclusive and connected to each other to end social isolation.

Target audience: K-12 schools



2. [Say Something](#) - This program teaches youth how to recognize signs and signals, especially within social media, from individuals who may be a threat to themselves or others and Say Something to a trusted adult or report it through the Anonymous Reporting System BEFORE it is too late.

Target audience: Middle and high school students



***Please note:** The California Department of Education (CDE), in partnership with Sandy Hook Promise, is excited to offer these two programs for free to schools as part of Project Cal-STOP, funded by the STOP School Violence Act. To sign up, please contact CDE Project Cal-STOP lead Hilva Chan at hchan@cde.ca.gov.

Sources of Strength (\$)

[Sources of Strength](#) utilizes an upstream approach for youth suicide prevention and the power of peer social networks to spread messages of hope, help, and strength throughout the entire school community. Sources of Strength is a peer-led program that leverages students' social influence as agents of change in their school. The program increases help-seeking behaviors, builds protective factors, and promotes connections between peers and caring adults. Schools identify adult advisors and peer leaders to be trained and lead the program.

Target audience: Middle and high school students





PARENT EDUCATION/SUPPORT

Local/State

SOSL San Diego Chapter

[Survivors of Suicide Loss \(SOSL\)](#) reaches out to and supports people who have lost a loved one to suicide. Their goal is to give survivors a place where they can be comfortable expressing themselves and find support, comfort, resources, and hope in a judgment-free environment.



Youth Mental Health First Aid

[Youth Mental Health First Aid \(YMHFA\)](#) is an evidence-based, seven-hour training created upon the medical first aid model. It is designed to provide skills to help a youth who may be experiencing a mental health or addiction challenge or is in crisis. YMHFA participants learn to recognize signs and symptoms of youth in emotional distress, initiate and offer help, and connect the youth to professional care through a five-step action plan. Participants who complete the course receive a manual and certification for three years.

The following organizations provide training at no cost, based on availability:

- California Department of Education - ymhfa@cde.ca.gov
- Mental Health America San Diego - information@mhasd.org
- San Diego County Office of Education - roxanna.bayon@sdcoe.net



National Alliance on Mental Illness San Diego-Children, Youth, and Family Liaison

National Alliance on Mental Illness (NAMI) San Diego serves as the Mental Health Services Act (MHSA) Resolution point-of contact for issues within the [Children, Youth, and Family](#) (CYF) Behavioral Health System of Care. For families who experience an issue or problem within the CYF Behavioral Health System of Care, email CYFLiaison@namisd.org or call Issue Resolution 858-987-2980.



BeSMART for Kids

Each year in the US, almost 600 children aged 17 and under die by suicide with a gun. The BeSmart campaign focuses on education and awareness about secure gun storage and child safety. [BeSMART for Kids](#) offers a free 20-minute presentation by trained volunteers in English or Spanish to parent groups. This program is for gun owners and non-gun owners and is non-political and non-partisan. Contact besmartsd1@gmail.com to schedule your presentation.



Suicide Prevention: A Resource for Parents

This brochure created in [English](#) and [Spanish](#) by Each Mind Matters includes key questions parents/guardians can ask themselves to identify warning signs, know what to do, and find resources.



image source www.bigstockphoto.com

National

Help & Hope for Survivors of Suicide Loss

The Suicide Prevention Resource Center offers a list of national survivor [resources](#) for those bereaved by suicide loss.



Parents as Partners: A Suicide Prevention Guide for Parents (\$)

[Parents as Partners: A Suicide Prevention Guide for Parents](#) contains useful information for parents/guardians/caregivers who are concerned that their children may be at risk for suicide. It is available from Suicide Awareness Voices of Education (SAVE).



BeSMART for Kids

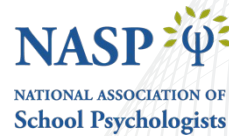
Each year in the US, almost 600 children aged 17 and under die by suicide with a gun. The BeSmart campaign focuses on education and awareness about secure gun storage and child safety.

[BeSMART for Kids](#) offers a free 20-minute presentation by trained volunteers in English or Spanish to parent groups. This program is for gun owners and non-gun owners and is non-political and non-partisan. Contact us at besmartsd1@gmail.com to schedule your presentation.



National Association of School Psychologists

NASP offers [resources](#) for parents and educators who are in key positions to identify warning signs and get youth the help they need. On this site they offer two handouts: *Preventing Youth Suicide: Tips for Parents and Educators* and *Suicidal Thinking and Threats: A Helping Handout for Home*.



“

Individual acts of bravery and compassion can change the world. It is time to do the same for mental health.
-Lady Gaga

”

“

I found that with depression, one of the most important things you could realize is that you're not alone.
- Dwayne 'The Rock' Johnson

”



image source www.dreamstime.com



image source www.shutterstock.com



APPS

National

“A Friend Asks” App

[“A Friend Asks”](#) is a FREE smartphone app that helps provide the information, tools, and resources to help yourself or a friend who may be struggling with thoughts of suicide.



Virtual Hope Box

[Virtual Hope Box](#) is a multi-media coping skill app designed for individuals struggling with depression. The four main features of Virtual Hope Box include sections for distraction, inspiration, relaxation, and coping skill options.



image source www.istockphoto.com



image source www.shutterstock.com

CRISIS LINES

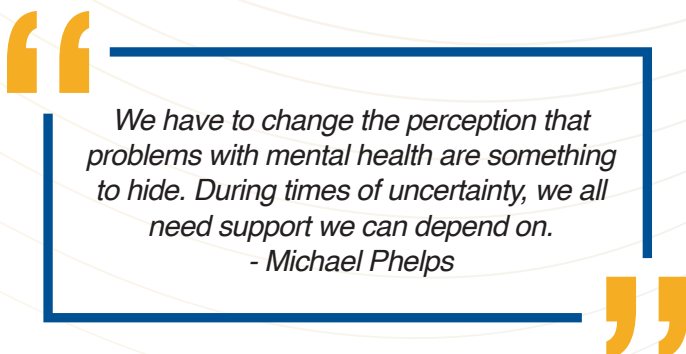
Local/State

San Diego Access & Crisis Line 888-724-7240

Contact the [San Diego Access & Crisis Line](#) if you or someone you care about is experiencing a suicidal or mental health crisis. Trained and experienced counselors are available 7 days a week, 24 hours a day to provide support, referrals, and crisis intervention.

[Live chat](#) is available **Monday - Friday, 4:00 PM - 10:00 PM.**

TDD/TTY Dial 711



National

Suicide & Crisis Line

988 is a new, nationwide three-digit number available 24/7 for suicide, mental health, and substance use crisis response.

Find additional resources for youth, disaster survivors, Native Americans, veterans, loss survivors, LGBTQ+, attempt survivors, deaf/hard of hearing/hearing loss, and “ayuda en español” here: <https://suicidepreventionlifeline.org/>.



Crisis Text Line

Text HOME or ACT to 741741

Every texter is connected with a live Crisis Counselor who is trained to bring someone from a hot moment to 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.



CRISIS TEXT LINE |

SUPPORT HELPLINES

Local/State

The California Peer-Run Warm Line 855-845-7415

www.mentalhealthsf.org

This is a free, non-emergency resource available to anyone in need of emotional support in the state of CA. Support is available via phone, texting or through an [online chat](#).



San Diego Warmline for San Diego Residents 619-295-1055

The [Warmline](#) is a non-crisis phone service that provides callers with information, referrals, support, and empathy. The individuals taking calls are all trained Peer Support Specialists who have experience or personal knowledge of mental health issues, recovery, and services. The Warmline operates from 3:30 pm to 11:00 pm, 7 days per week, except major holidays.



NAMI San Diego Family & Peer Support Helpline 800-523-5933 Toll Free 619-543-1434 Local

Free, safe, and confidential information, referrals, and support for individuals and their loved ones. The [Friends Resource Helpline](#) is open Monday through Friday, 9:00 AM to 5:00 PM.



San Diego and
Imperial Counties

Survivors of Suicide Loss Support Line 619-482-0297

[Survivors of Suicide Loss \(SOSL\)](#) has volunteers to talk about loss, confusion, frustration, anger, grief or anything else callers may need. SOSL also has a list of individual volunteers to call or email directly based on type of loss (e.g. spouse, parent, child, etc.) The SOSL Support Line is available Monday-Friday, 8:00 AM - 8:00 PM.



Courage to Call 877-698-7838

[Courage to Call](#) is a free, confidential, veteran-staffed 24/7 helpline dedicated to assisting active duty military personnel, veterans, and their families through information, guidance, and referrals.



Courage to Call



image source www.istockphoto.com

National

The Trevor Project

Call: 866-488-7386

Text: "START" to 678678

Chat: www.thetrevorproject.org/get-help-now/

[The Trevor Project](http://www.thetrevorproject.org) is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, and questioning (LGBTQ) young people ages 13-24.



THE TREVOR PROJECT
Saving Young LGBTQ Lives

BlackLine

800-604-5841

[BlackLine](http://blackline.org) is a hotline geared towards the Black, Black LGBTQI, Brown, Native, and Muslim communities. However, no one will be turned away from the Hotline. BlackLine is anonymous and confidential and can provide immediate crisis counseling to those who are upset, need to talk with someone immediately or are in distress.



CALL 1 (800) 604-5841
BLACKLINE

