



**SAMARITANS NYC GUIDE TO**  
suicide prevention  
resources + services

2023

# Table of Contents

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<b>Overview.....</b>	<b>2</b>
<b>Helping Someone In Crisis.....</b>	<b>9</b>
<b>Postvention And Suicide Survivors.....</b>	<b>10</b>
<b>Training And Educational Tools.....</b>	<b>13</b>
<b>Community Resources.....</b>	<b>15</b>
<b>Mobile Applications.....</b>	<b>19</b>
<b>Samaritans Resources.....</b>	<b>21</b>

The Samaritans of New York wishes to thank the New York State Office of Mental Health for their ongoing support and initial funding for this project and the many experts who offered their time and services. The 2023 revision of this guide was made possible by funding provided by New York City Council Members: Speaker Adrienne E. Adams & Council Members Carmen De La Rosa, Robert Holden, Linda Lee, Farah N.Louis, Mercedes Narcisse, Chi Osse, Vickie Paladino, Keith Powers, Carolina Rivera, and Inna Vernikov

# NYC Guide to Suicide Prevention, Services and Resources

## Purpose of The Guide

Responding to people who are depressed, in crisis and possibly suicidal frequently makes those responsible for their care feel uncomfortable and inadequate, often believing that they do not have the knowledge, tools and resources to be effective.

This is something the Samaritans of New York, the community-based organization that operates NYC's 24-hour suicide prevention hotline, has observed first-hand working with over 40,000 lay and professional caregivers through our public education program and from collaborations with hundreds of non-profit agencies, government officials and policy analysts over the past 40 years.

The NYC Guide to Suicide Prevention, Services and Resources is designed to address the needs of those who provide care to people who are in distress or at-risk for suicide or who have lost a loved one to suicide by providing them with key linkages to resources, tools, research and support services.

## How to Use The Guide

Scan the pages of this booklet first to get a *feel* for its contents then use the Guide in accordance with your immediate needs and the role you are providing. Possibilities include:

- a comprehensive overview of the primary components of suicide prevention
- developing specific guidelines and a plan for trying to help someone in crisis
- guidance and information on how to access effective resources and support services
- expert feedback, training and technical support in addressing specific issues

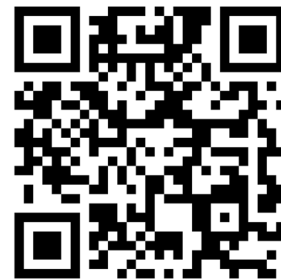
## Suicide Can Be Prevented

The good news is that, frequently, suicide can be prevented. In fact, as many as 70% of the people who attempt suicide do something to let others know before they act.

Suicide prevention is not about death and dying but life and living and exploring options, helping people who are depressed and in crisis to get through their difficult times, providing them with additional coping tools, access to resources and treatment and letting them know they are not alone.

Discover the **Samaritans' Resource Hub**,  
This online platform offers a wealth of mental  
health and suicide prevention resources.

[bit.ly/SamsResourceHub](https://bit.ly/SamsResourceHub)



Scan Here!

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7 days a week

**THE SAMARITANS OF NEW YORK**  
Free, non-judgmental emotional support for those  
who are overwhelmed, depressed, in crisis or suicidal.  
Community-based. Completely confidential.

## A Look At Statistics and Trends of At-Risk Populations

**Overview** Suicide rates for all people aged 10-74 rose by 4% in 2021. The 48,183 reported suicide fatalities in 2021 is just slightly lower than the all time high in 2018. We are now seeing the repercussions of COVID-19 bear out in the data as the pandemic and endemic phases have exacerbated multiple factors that increase the risk for suicide.

Suicide is the  
**11<sup>th</sup>**  
leading cause of  
death in the US.



**1** death by suicide  
every **11** minutes



over  
**48,000**  
people died by  
suicide in 2021

### Incidence

- 12.3 million Americans seriously thought about suicide in 2021.
- 3.5 million Americans planned a suicide attempt in 2021.
- 1.7 million Americans attempted suicide in 2021.
- On average, there are 132 suicides every day.

### Mental Health & Suicide

- Depression, the leading risk factor for suicide, is also the leading cause of disability worldwide.
- Depression affects nearly 20% of adults in a given year and an estimated 4% will have suicidal thoughts.
- As many as 90% of the people who die from suicide have a diagnosable mental health problem, though less than one-third seek treatment.

### Age & Gender

- Suicide is the 2nd leading cause of death for people aged 10-14 and 20-34.
- Suicide is the leading cause of death for Millennials.
- Women attempt suicide at a rate 3.5 times higher than men.
- Men die by suicide at a rate 4 times higher than women.
- Elderly individuals (12% of the population) represent 18% of suicides.
- Among older adults who die by suicide, 20% visited a primary care physician on the same day, and 40% within a week.

### Suicide Loss Survivors

- Survivors of suicide loss experience high levels of distress for a significant period of time.
- More than 6 individuals exposed to a suicide death undergo a major life disruption.
- Each year, there are over 289,000 suicide loss survivors in the United States.
- 1 out of every 58 Americans is a survivor of suicide loss.
- The number of suicide loss survivors grew by more than 289,098 in 2021.
- With a suicide occurring every 11 minutes, there are more than 6 new loss survivors every 11 minutes as well.

### Suicide Exposure

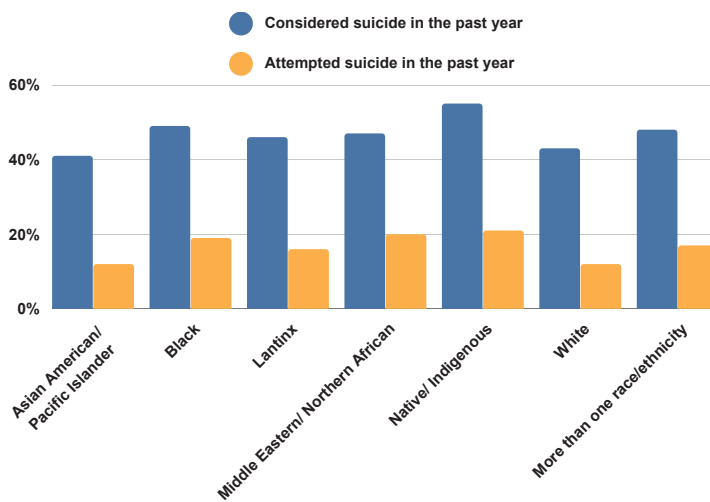
- Exposed (“Affected”) – those who “know” someone personally who has died by suicide (not to be confused with one familiar with a celebrity or notable figure that died by suicide).
- For each suicide death, approximately 135 people are exposed (6.5 million annually in 2021).
- Around 40-50% of the population has been exposed to suicide in their lifetime based on a 2016 representative sample.

# A Look At Statistics and Trends of At-Risk Populations

## Historically Marginalized Populations

- Discrimination, marginalization, violence, acculturative stress, and economic oppression can contribute to suicide risk.
- 60% of LGBTQ+ youth who wanted mental health care in the past year were not able to get it.
- Transgender adults are nearly 9x more likely to attempt suicide at some point in their lifetime compared to the general population
- The suicide rate for Black youth is rising faster than any other racial demographic (+73% since 1991).
- Black youth who experience racial discrimination are 3x more likely to experience suicidal thoughts, make suicide plans, and attempt suicide
- Between 2010 and 2020, Black and American Indian or Alaska Native (AIAN) people experienced the largest increases in rates of death by suicide.
- Suicide was the leading cause of death for AAPI people ages 10-19 and 2nd leading cause of death for those aged 20-34.
- Between 2010 and 2020, the suicide rate among Hispanic/Latino/a adults increased by more than 70%.
- 1 in 6 Hispanic/Latino high school students had serious thoughts of suicide.

**Rate of considered and attempted suicide among LGBTQ youth by race/ethnicity**



*“Native/ Indigenous” LGBTQ youth have the highest rates for “Considered suicide in the past year” (55%) and “Attempted suicide in the past year” (21%).*

## Suicide in NYC

- Every 16 hours, someone dies from suicide in NYC.
- Suicide is the 3rd leading cause of death for New Yorkers aged 25-34 seen in women,
- The suicide rate for Black females in NYC has been increasing since 2010
- For AAPI people, suicide is the 3rd leading cause of premature death & the 10th actual leading cause of death in NYC
- 33% of NYC's public high school students experience depression annually.
- In the past year: 17% of NYC high school students seriously considered suicide, nearly 10% reported attempting suicide, and 3% required medical attention after an attempt.
- Unlike the rest of the country, in NYC, youth suicide rates among Latina/o, Black, and AAPI individuals are higher than their white peers.

*The information and statistics for this guide are based on most recent available data from CDC WISQARS, SAVE, Trevor Project, American Foundation for Suicide Prevention, American Association of Suicidology Suicide Prevention Resource Center, and Suicide Awareness Voices of Education.*

01

### There Is No Single Cause For Suicide

Suicide usually occurs when a person is in distress, overwhelmed, experiencing some form of mental health problem or personal crisis and is struggling to cope.

02

### Suicide Does Not Discriminate

Suicide affects people of every age, race, gender, sexual identity, culture & socioeconomic background.

03

### Suicide Is An Ambivalent Act

People who die by suicide are suffering and their coping mechanisms are overwhelmed. Most people who are suicidal do not want to die, but they can't deal with their pain.

For the majority, feeling actively suicidal temporary. Mental health support can help people manage suicidal feelings.

## Individual

As many as 70% of people who attempt suicide do something to let us know before they act. Learning the warning signs and risk factors for suicide, increasing protective factors like social support, and reducing access to lethal means can help save lives.

## Society

Structural forces like racism and other forms of social inequity can increase suicide risk and hurt suicide prevention efforts.

Expanding access to community support and mental health services, particularly in marginalized communities and increasing lethal means safety are critical steps to prevent suicide.

Culturally sensitive messaging & campaigns to raise community awareness help to break down taboos around mental health, suicide and can encourage individuals to seek out support and/or treatment.

## Stigma

Talk of suicide makes most people uncomfortable, a fact that leads to many of the misconceptions we have about helping people who are suicidal, in turn, these myths often negatively impact our ability to respond. The most significant myth, the belief that talking about suicide might give someone the idea (it does not). Other misconceptions that interfere with helping people in crisis include a belief that people who are suicidal just want attention and if someone is determined to kill themselves, there is nothing anyone can do about it.



## Understanding Suicide

### Suicide Is Complex, But Can Be Prevented!

Suicidal behavior is complex and not a response to one problem, issue or concern that a person is facing.

- A combination of factors could lead someone to consider suicide.
- Risk factors (including COVID-related risk factors) increase the possibility of suicide, but they are not direct causes.
- Structural inequities can worsen a person's mental health and hamper prevention efforts.
- Protective factors enhance resilience and act as a counterbalance to risk factors.
- Experts agree that the best way to prevent suicide is to enhance protective factors & reduce access to lethal means.

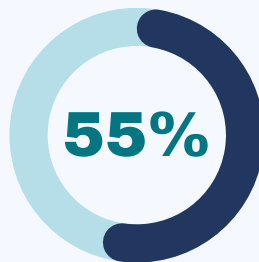
### Lethal Means Safety

- **Lethal Means Safety** refers to efforts aimed at making a suicide method less deadly and/or less available during a suicidal crisis.
- 90% of people who survive a nonfatal attempt **WILL NOT** go on to die by suicide.
- Putting time and distance between a suicidal person and lethal means can help save a life.

## FIREARMS



>5% of suicide attempts involved firearms.



Firearms account for 55% of all deaths by suicide.



90% of suicide attempts using a firearm are fatal.

Suicide attempts that do not use a firearm are 4% fatal.

***Access to firearms itself does not make a person suicidal. It makes someone who is already thinking about suicide more capable of dying.***

**Suicide prevention is not “one size fits all”.**  
***People need (and deserve) to be able to access the type of care with which they feel comfortable.***



# Learn The Signs

While there is no single cause for suicide, there are some common characteristics to be aware of. The majority of people who attempt suicide do something or say something to let others know, before they act.

Learning the warning signs, risk and protective factors for suicide can help you recognize if you or someone you care about needs support.

## What are warning signs?

Behaviors, affects and actions that indicate a someone might be considering suicide.

When thinking about warning signs, the key is to focus on changes in a person's usual behavior. This is especially important when these changes are connected to a distressing event, a significant loss, or a major life change.

### 01 Talk

- Talking, writing or posting about wanting to die
- Mentioning a plan or talking about ways they could die by suicide
- A preoccupation with death or suicide
- Expressing they feel trapped, in unmanageable pain, or a burden to others
- Statements like: 'I wish I was dead,' 'No one will miss me when I'm gone' or 'I wish I could just disappear.'

### 02 Feelings

- Hopeless, feeling they have no reason to live
- Experiencing deep despair and sadness, feeling trapped
- Increased anxiety
- Shame, humiliation
- Agitated, experiencing rage
- Extreme changes in mood
- Unbearable emotional or physical pain
- Loss of interest
- Relief, sudden improvement

### 03 Behavior

- Making preparations, looking for ways to die by suicide
- Withdrawing or isolating
- Changes in eating and sleeping and patterns, hygiene/ appearance
- Displaying extreme mood swings
- Increased alcohol and/ or substance use
- A sudden worsening at school / job/ home, etc.
- Increased impulsive reckless, and/or risk-taking behavior



# What Are Risk Factors?

Characteristics related to a person's health, history and environment that increase the potential for suicide. The presence and severity of risk factors differs from person to person over their lifetime.

## Health

- Mental health conditions (particularly depression and other mood disorders)
- Serious physical or chronic condition ,prolonged physical pain
- Terminal illness

## History

- Previous suicide attempt
- Alcohol and/ or substance abuse
- Family history of suicide
- Family history of mental health conditions
- Trauma, physical/ sexual abuse and/ or neglect
- Historical trauma
- Discrimination

## Environment

- Social isolation
- Easy access to lethal means (especially guns)
- Loss of a significant relationship (death, divorce, break-up, etc.)
- High conflict or violent relationships
- Loss of job, income, unemployment, benefits
- Criminal/legal problems
- Prolonged bullying, harassment or victimization
- Limited access to health & mental health care
- Cultural/religious beliefs that encourage suicide
- Exposure to suicide (including through the media/ social media)
- Stigma

### What are protective factors?

Behaviors, environments or relationships that reduce the likelihood of suicide and enhance resilience. Protective factors help to counterbalance risk factors.



## A Closer Look At Protective Factors

- Supportive and caring family and friends
- Access to medical and mental health care
- Reduced access to lethal means and enhanced lethal means safety
- Connection to a community, school, work or supportive organization
- Learned coping skills and behaviors
- Access to immediate and ongoing support
- Cultural and/or religious beliefs that discourage suicide

# Responding to Someone Who is in Crisis

Whether you are a family member, friend, or health professional, it is always beneficial to have a plan in mind before attempting to help an individual who is in crisis. Though crisis response and public health experts may use different approaches when responding to someone in distress, most of these approaches consist of the following steps.

## 01 Create a Safe Environment

- Find a quiet and private space where the person can feel comfortable and not be interrupted.
- Ensure that you can provide your undivided attention and focus to the individual without distractions from other people, phone calls, or activities.

## 02 Establish Rapport & Trust

- Show genuine concern and care by engaging the person in a conversation.
- Practice active listening, paying close attention to what the person is saying without immediately offering your own opinion
- Focus on understanding their thoughts and feelings, allowing them to express themselves openly. The more comfortable they feel with you, the more likely they are to seek support and allow you to help.

## 03 Assess & Determine Suicide Risk

- Draw on various resources such as professional help, familial support, spiritual guidance, and other available sources to better understand the situation.
- Identify warning signs, risk factors, and protective factors associated with their distress. Seek referrals for ongoing clinical care or consider immediately accessible crisis response services like hotlines or mobile crisis units.
- Explore additional support options such as support groups, educational programs, or technical assistance.

**In the context of what you have seen, heard and know about the individual you are responding to, determine answers to the following questions:**

- **Is the person currently thinking about suicide? Or have they expressed suicidal thoughts in the recent past?**
- **Does the person have a plan for how they would attempt suicide?**

## 04 Explore All Available Resources

- Utilize the information gathered from conversations to determine the person's state of mind and level of suicide risk.
- Consider the available resources and supports that can aid in their situation. Decide what further information or who else you need to consult in order to respond effectively.
- If the person is significantly depressed or has thoughts of suicide, take immediate steps to identify and remove access to any lethal means, including guns, controlled substances, or other materials that could be used to harm themselves.
- Explore additional support options such as support groups, educational programs, or technical assistance.

## 05 Decide Best Course of Action

- Recognize that responding to someone in distress or who is suicidal requires an ongoing process of support and follow-up.
- Avoid shouldering the responsibility alone; implement a multi-faceted team approach.
- Involve family members, health professionals, community members, colleagues, and other relevant parties to ensure the best possible outcome.
- Maintain consistent communication, follow-up, and utilization of the available resources to provide ongoing support.
- By employing a team-based approach, you can achieve better results and prevent caregiver stress and burnout.

# Postvention and Suicide Survivors

**Postvention refers to the responses, activities, and strategies utilized after a death from suicide to provide care, support and safety to those touched directly or indirectly by this traumatic loss.**

**The goal of postvention is to ease or reduce the effects of that loss and the grieving process for those impacted, to increase their “protective factors” and support network and to encourage resilience and use of coping tools (e.g., engaging family members and/or spiritual support, maintaining involvement in current activities, utilizing resources like hotlines and counseling).**

## Experiencing a Suicide Loss

The term “suicide survivor” refers to people who have lost a loved one to suicide. Survivors experience the same emotions (anxiety, despair, anger, denial, shock, isolation, etc.) and major life-changing circumstances that most people experience when they lose someone they love or are close to, but frequently these emotions and states of mind are much more acute and longer-lasting.

**Suicide survivors face factors that are unique to this type of loss; most importantly, the fact that those who lose a loved one to suicide are, often, denied the familial and social support so necessary to the healing component of the bereavement process. And, survivors are at higher risk for suicide themselves.**

The impact of a suicide loss can be so dramatic that a survivor may experience symptoms and behaviors that are usually associated with post-traumatic stress. The loss may also exacerbate an already existing physical or mental illness, especially depression and mood and anxiety disorders; and undermine an individual’s sobriety or trigger an increase in or return to self-destructive behavior.

## The Impact of Stigma

Due to stigma and the many misconceptions people have about suicide, survivors often experience intense feelings of guilt and shame, sometimes actually being blamed (or blaming themselves) for not being able to prevent the death; stemming from the belief that, somehow, they should have seen the signs and been able to do something to prevent it.

Adding to that pain and increasing their isolation is the belief that those who lose a loved one to suicide do not want to talk about it when, like any traumatic loss, the opposite is true. Survivors often report being denied the comfort and solace from family and friends that the bereaved normally receive at funerals and memorial services due to many people’s discomfort with the subject and fears tied to addressing it.

## Those Needing Postvention Support

Though every individual touched by the loss from suicide is significant, extra attention should be placed on those who are most vulnerable, have experienced other dramatic losses, traumas or mental illness or were closely related in some manner to the deceased.

Obviously family members, close friends and colleagues, loved ones and others who have had a personal relationship with the person who died fit this category but so do caregivers, teachers, coaches, therapists, clergy, members of law enforcement and others who may have known the individual.

**Postvention should begin as soon as possible. Though peer and public health experts vary in their focus and emphasis, most of their postvention responses try to maintain a balance of:**

- addressing the issue directly while establishing a safe, protective environment
- clearly focused messaging while monitoring communications and social media
- carefully planning and managing tributes and events while watching for those ‘at-risk’
- helping to normalize the situation while expanding support networks/access to resources
- engaging all members of the community—parents, teachers, students, mental health professionals, clergy, funeral directors, etc.—in the planning and implementation.

## Developing Postvention Responses

To effectively respond to a suicide, timely action is crucial due to the rapid spread of information through various channels such as word of mouth, texting, email, and social media. Postvention should be implemented at multiple levels, including individuals, families, groups, teams, class members, professionals, support staff, organizations, workplaces, and the wider community. Suicide can deeply impact individuals even if they are not directly connected to the traumatic event. Considerations for developing a postvention plan include:

### 01 Messaging and Social Networking

Clear communication should be disseminated to acknowledge the loss, its impact, and the existence of a plan. Monitoring all messaging, particularly on social media, is necessary to prevent sensationalism, misinformation, and the inadvertent exposure of individuals at risk.

### 02 Spontaneous Tributes and Shrines

Balancing the need for grief expression with the management of spontaneous tributes is essential to avoid glamorizing suicide or implying fame or notoriety for the deceased.

### 03 Identifying Those At Risk

Observe and gather feedback on individuals most strongly affected by the death, especially those who were close to the deceased, identified with them, or have a history of trauma or mental illness

### 04 Contagion and Copycats

Suicides can influence or encourage others in the community, particularly teenagers and young adults, who may already be at risk or have experienced trauma or mental illness.

### 05 Media Reporting

Collaborate with media outlets to prevent graphic depictions, detailed descriptions of suicide methods, or stories that induce identification with the deceased or portray suicide as inevitable or heroic.

### 06 Caregivers and Clinicians

Caregivers' & clinicians response to the loss of someone they worked with can be similar to that of family and loved ones. Their personal impact and professional concerns should be addressed, including confidence, competence, responsibility, blame, and career status.

### 07 Medical Examiner and Law Enforcement

Understanding the roles and responsibilities of law enforcement and medical examiners is essential to prevent exacerbating the situation and ensure cooperation and sensitivity, despite the necessary procedures and investigations.

## Postvention Resources and Research

The resources, research and books listed on this and the following page provide additional and more in-depth information, guidelines, training, etc. to assist those with the responsibility of implementing effective postvention responses and/or responding to those who have lost loved ones to suicide.

#### **SPRC Customized Information: Survivors**

An introduction intended to develop sensitivity and understanding that will assist friends, family and providers in responding to suicide survivors  
<https://bit.ly/3XhTg2S>

**After a Suicide** Recommendations for Religious Services and Other Public Memorial Observances.  
<https://bit.ly/3Xlo3eV>

**SPRC Library Postvention Resources** A detailed list of clinical studies, research and articles focusing on a wide variety of postvention topics, caregiver support, tips for professionals, recommendations for clergy, etc. <https://bit.ly/46ejJIT> (under Programmatic Issues, click Postvention and Crisis Response)

**Memorial Activities at School** A List of 'Do's and 'Don'ts', National Assn of School Psychologists.  
<https://bit.ly/3vXXNvf>

### Media Guidelines for Reporting on Suicide

This website provides an overview of topics tied to messaging, reporting, social networking, information dissemination, etc., utilizing some of the world's key suicide prevention experts. Especially helpful is the section entitled: Recommendations For Reporting on Suicide. <https://bit.ly/3JM8zsr>

**AFSP Survivor Outreach Program** Provides trained volunteers that will meet in-person with newly-bereaved survivors and their families. Survivors can request an outreach visit by contacting the NYC Survivor Outreach Program Coordinator, Gail Tuohy, 646-284-5790 <https://bit.ly/3LOM0oO>

**After a Suicide: A Toolkit for Schools** Developed by AFSP and SPRC, the toolkit includes an overview of key considerations, general guidelines for action, do's and don'ts, templates, and sample materials in an accessible format applicable to diverse populations and communities. <https://bit.ly/3PuLNvz>

**CONNECT Suicide Postvention Training** Designed to reduce risk and promote healing following a suicide and provide specific knowledge and skill development for various professions. Free training provided by NYS OMH. Contact the Suicide Prevention Center of NY: <https://bit.ly/3lcAodl> or email: [preventsuicideOMH@omh.ny.gov](mailto:preventsuicideOMH@omh.ny.gov)

### Media Contagion and Suicide Among the Young

Gould et. al, American Behavioral Scientist, 2003. Article educates the media about ways to present suicide that encourage help-seeking behavior. <https://bit.ly/34YAOWd>

### After a Suicide, A Postvention Primer for Providers

A good overview with topics including: suicide and mental illness, misconceptions, what not to say, response of law enforcement at the scene, etc. <https://bit.ly/3NGZWUT>

**AAS Clinician-Survivor Task Force** Provides support and education to mental health professionals to assist them in responding to their personal and professional loss resulting from the suicide of a patient/client. <https://bit.ly/395eZpN>

**SOS Handbook for Survivors of Suicide** A self-help tool for survivors providing an overview of the process, what to expect, challenges faced, anger, acceptance, etc. <https://bit.ly/3vbqk0mf>

*My Son... My Son, A Guide to Healing After Death, Loss or Suicide*, Iris Bolton, Bolton Press Atlanta, 1983. A moving and enlightening book providing insight and perspective into the survivor experience.

*No Time to Say Goodbye: Surviving the Suicide of a Loved One*, Carla Fine, Doubleday Publishing, NYC, 1999. A touching, informative and invaluable guide to help suicide survivors cope with their loss.

## Suicide Survivor Support Groups

The following list provides information on free support groups for those who have lost a loved one to suicide and seek solace and a safe and supportive environment as they cope with their loss. It is suggested that a support group should be but one component of a survivor's care and ongoing healing process.

**'Safe Place' Suicide Survivor Support Group** Samaritans of New York, age 18-plus/all suicide losses, 1st Wed & 3rd Tues, peer/ professional facilitated, 7-9 pm, for info. on dates and location call 212-673-3041 or <https://bit.ly/3Xk2SKx>

**Survivors After Suicide** Bethany Lutheran Church, 233 Westcott Blvd, Staten Island, 6:30 pm, all ages/all suicide losses, peer facilitated, 3rd Tuesday/monthly, Susan Holden 718-273-6776 212-632-4770 (call before attending)

**Parents Who Lost Children To Suicide** 611 Broadway, Suite 415, Manhattan, 6:30-8 pm, for parents/ all ages peer/professional facilitated 3rd Thursday/monthly Marcia Gelman Resnick 212-842-1460 (call before attending)

**Long Island Survivors of Suicide** Temple Tikvah, 3315 Hillside Avenue, LI, non-religious/all welcome, 7:15-9:30 pm, peer/professional facilitated, 2nd Wednesday/monthly, Bill & Beverly Feigelman, 718-380-8205

**M'kom Shalom: A Place of Peace for Jewish Survivors of a Close One's Suicide** NY Jewish Healing Center, 135 West 50th St., 6th floor, Manhattan, 7-8:30 pm people of all faiths welcomed, professional facilitated, 2nd Wednesday/ monthly, Rabbi Simkha Y. Weintraub 212-632-4770 (call before attending)

**Sibling Support Group** 1140 Broadway, Suite 803, Manhattan, 7-8:30 pm, for those who lost a sibling, 2nd Tuesday/monthly, peer-to-peer facilitated, Stephanie Kraut [stephaniekraut@gmail.com](mailto:stephaniekraut@gmail.com), Kimberly Fodor [kimberlyfodor@gmail.com](mailto:kimberlyfodor@gmail.com)

**Other bereavement groups** There are other groups that are designed to respond to losses from any cause that a suicide survivor might choose to attend that can be found through Internet searches or calling 311.

**A Caring Hand, The Billy Esposito Foundation Bereavement Program**, bereavement tied to all causes of death, for children ages 4-18 and their caregivers, in Manhattan. 212-229-2273 <https://bit.ly/3qRaPdP>

**The Compassionate Friends**, for those who have suffered the death of a child or friend, various groups available in Manhattan, Brooklyn, Queens and Staten Island. Call national hotline for specific information. 877-969-0010



# Training, Educational Resources and Tools

The following training programs, on-line educational resources, tools and webinars are available for free to qualified individuals, schools and agencies. To utilize these trainings, tools, webinars and other materials you may need to contact the names or organizations listed below and follow their instructions.

## Training Programs

**ASIST (Applied Suicide Intervention Skills Training)** A two-day intensive, interactive and practice-dominated course designed to help caregivers recognize and review risk and intervene to prevent immediate risk of suicide. <https://bit.ly/3yqg3z8>

**SafeTALK: Suicide Alertness for Everyone** A two-and-a-half to three-hour training that prepares anyone over the age of 15 to identify persons with thoughts of suicide and describes how to connect them to suicide first aid resources. <https://bit.ly/3Fs29xS>

**QPR – Question, Persuade, Refer** Teaches people how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Can be learned in the Gatekeeper course in as little as one hour. <https://bit.ly/3M2WKzU>

**National Alliance on Mental Illness** NAMI offers ongoing courses for individuals with a mental illness, their parents, caregivers, including: family-to-family (for caregivers of someone living with a severe mental illness); peer-to-peer (to help those with a mental illness maintain health and recovery); basics (for parents/caregivers of children with a mental illness). <https://bit.ly/3KZjaka>

**The Trevor Project: Lifeguard Workshop** Presented by trained facilitators for youth and professional audiences in NYC school and community settings. Addresses sexual orientation, gender identity, impact of language, suicide risk, etc. Program helps teens develop prevention skills using a short film that generates discussion. <https://bit.ly/3LQB2iB>

## On-Line & Other Training Tools

**Kognito: At-Risk for High School Educators** One-hour online, interactive gatekeeper training simulation designed to prepare high school staff/teachers to recognize indicators of psychological distress and approach an at-risk student for referral to appropriate support service. <https://bit.ly/3KRLAwk>

**Focus on Integrated Treatment** Self-paced, online learning tool for agency staff on integrated treatment for people with co-occurring disorders; utilizes videos, consumer interviews, quizzes, etc. [for OMH licensed and OASAS certified programs only] <https://bit.ly/3plrXb9> (click on CPI Initiatives)

**SPRC Training Institute** Provides online and class curricula designed to build capacity for suicide prevention programs and initiatives, including self-paced courses and webinars (also see the Customized Information Series for specific issues and topics). <https://bit.ly/3NjhlFB>

**NYC Department of Health & Mental Hygiene: Depression Initiative** Materials for providers to aid in detecting and treating depression in adults, screening tools for depression, anxiety and suicide (PHQ & GAD-7), and patient handouts. <https://bit.ly/43SWg8n>

**Ulifeline** Anonymous and confidential online resource for college students with information to help themselves or a friend; self-assessment tool and a direct link to New York State college counseling centers. <https://bit.ly/3L3hBS1>

**Be BRAVE Against Bullying** The United Federation of Teachers' BRAVE campaign provides educators, parents and students with the tools, knowledge and support to be pro-active in confronting and stopping bullying with an array of resources and tools. <https://bit.ly/3FxGvbG>

**OK2Talk (Tumblr)** NAMI's goal with OK2Talk is to provide a community for teens and young adults struggling with mental health problems where they can talk about what they are experiencing by sharing their stories of recovery, tragedy, struggle or hope as well as creative content like poetry, inspirational quotes, photos, videos, songs, messages of support, etc. in a safe, moderated space. <https://bit.ly/3wiQnS8>

**Suicide Prevention Resource Center (SPRC)** This federally funded center is a national library that collects and distributes suicide information and research initiatives, information on training programs, best practices, program evaluations and provides a search function on topics like: high-risk populations, evidence-based programs, etc. <https://bit.ly/3KZk1RU>



**SAMHSA**

the US Substance Abuse & Mental Health Services Administration provides an array of programs, services, publications and tools to assist caregivers, health providers and consumers including:

- **Free articles and publications** for professionals and the public (on mood disorders, treatment, screening, health promotion, planning, cultural competence, etc.) <https://bit.ly/3vXmHv6>
- **Substance Abuse Treatment Facility Locator**, on-line tool lists licensed, certified or otherwise approved private and public facilities <https://bit.ly/3yjQoYO>
- **Behavioral Health Treatment Services Locator**, on-line tool for persons seeking treatment facilities for substance abuse, addiction and/or mental health problems, continually updates lists of qualified facilities, address, phone and services provided <https://bit.ly/3kSuvYv>

**Centers for Disease Control & Prevention (CDC)**

extensive suicide prevention information including statistics, populations, risk groups, strategies, programs, clinical research and scientific information, journal and professional articles, podcasts, etc.

<https://bit.ly/3sowyYr>

**National Institute of Mental Health (NIMH)**

extensive information on mood disorders, depression, suicide, PTSD, eating disorders, etc. including signs, symptoms, statistics, treatment, clinical trials, fact sheets by age, gender and population.

<https://bit.ly/3snQbjs>

**Suicide Prevention Center of New York**

NYS Office of Mental Health's suicide prevention center website provides an overview of suicide prevention information, local prevention and postvention programs and initiatives and upcoming training programs across New York.

<https://bit.ly/3FuKISI>

**American Foundation for Suicide Prevention**

The foundation offers a series of tools for teachers and school administrators, such as:

- **More Than Sad (PowerPoint)**  
complies with requirements for teacher education in many states; program seeks to increase knowledge of warning signs of youth suicide so teachers and others who work with teens are better prepared to respond.  
<https://bit.ly/3kVwqWku>
- **Model School Policy on Suicide Prevention (PDF)**  
research-based, easily adaptable document will help educators/administrators implement comprehensive suicide prevention policies in middle and high schools in need of establishing, or amending or revising them.  
<https://bit.ly/3t00QQH>

**UCLA: School Mental Health Project**

Information, training aids, resources on topics that include violence prevention, child abuse/neglect, children of substance abuse, bullying, bereavement, cultural competence, etc. Listserv allows school providers to ask and share information and technical assistance.

<https://bit.ly/3LXmoG0>

**National Alliance on Mental Illness (NAMI)**

National advocacy organization dedicated to improving the lives of individuals and their families affected by mental illness. Website provides review of literature and research, support group listings, resources for those directly impacted by mental illness, feedback from NAMI consumer volunteers.

<https://bit.ly/38hc3pJ>

**Webinars****Creating Suicide Safety in Schools (CSSS)**

a one-day, SPRC Best Practice, interactive workshop designed to engage high school teams in evaluating their site's existing suicide prevention and intervention readiness, including: evidence-based and best practice guidance; developing a comprehensive suicide prevention and response plan; learning about resources to enhance school safety and health that are subsidized or available at low or no cost. Endorsed by the NYS Association of School Psychologists. <https://bit.ly/38I0EVU>

**Safety Planning Intervention (SPI)**

an evidence-based clinical intervention to reduce suicide risk, this tool is developed in collaboration with a student or client, and provides them with a pre-screened and rehearsed plan of action that they can utilize at varying states of risk or suicidal crisis. Online learning module is available, as is no-cost application for smartphones and other devices.

<https://bit.ly/3JIt7SH>

**Structured Followup & Monitoring for Suicidal Individuals**

this 30-minute training module demonstrates how to provide structured follow-up and monitoring for individuals after a crisis--during the time of transition from an emergency visit, when there is increased suicide ideation or after a suicide attempt.

<https://bit.ly/3r2ozlW>

**Columbia Suicide Severity Rating Scale (C-SSRS)**

training for use of C-SSRS questionnaire, used for suicide assessment. Can be administered through a 30-minute interactive slide presentation followed by optional case study questions. Online learning modules also available. Following training, raters receive certificate of completion valid for two years.

<https://bit.ly/3H6xSDN>

# Help and Support

The following list consists of crisis response services, community-based non-profits, government agencies, consumer groups and other organizations that provide support, care or treatment. The information is based on that provided by those listed and has been confirmed at the time of this printing.

## Immediate Assistance

**911** for immediate emergency response. Accesses police, fire, EMS or ambulance resulting in dispatch of necessary services to the site of an emergency.

### Samaritans 24-Hour Suicide

**Prevention Hotline** free, completely confidential emotional support for those who are overwhelmed, depressed or suicidal and need someone to talk to. Every call follows Samaritans non-judgmental communications model and assesses individual for suicide risk. 212-673-3000, 24/7  
<https://bit.ly/3qWUep9>

**988** 24/7 information & referral service that can assist you in accessing professional counselors & other mental health programs & services. *\*Note: 988 calls are routes based on the area code of the phone # you are dialing from. If you do not have an NYC area code, call NYC-WELL directly. Dial 988*  
<https://bit.ly/3NmfMmt>

**NYC WELL** free, confidential, multi-lingual crisis prevention, mental health and substance abuse information; staffed by social workers who provide referrals to mental health professionals; and assistance accessing mobile crisis units. 1-888-NYC-WELL English, 24/7  
1-888-692-9355 press 3 for Spanish, 24/7  
1-888-692-9355 press 4, Mandarin, 24/7  
<https://bit.ly/3N4YacX>

**Mobile Crisis Teams (MCT)** serve anyone experiencing or at risk of a psychological crisis who requires mental health intervention and follow-up to overcome resistance to treatment. Teams provide assessments, interventions, counseling, referrals, etc. Website provides information to contact directly.  
<https://on.nyc.gov/3MXXd6o>

### Veterans Crisis Line

free, confidential hotline provides support to veterans in crisis and their families; staffed by caring responders, many of whom are veterans themselves; website provides online chat support and lists NYC VA centers, clinics and suicide prevention coordinators. 1-800-273-8255, press #1, 24/7 or Text 838255, 24/7  
<https://bit.ly/3smHmGF>

### Covenant House Services

24/7/365 open intake for youth experiencing homelessness. Program meets the urgent needs of youth without question (including: shelter, food, hygiene, clothes, medical attention). No referral needed. Located at 460 West 41st Street 1-800-999-9999  
<https://bit.ly/3Fsn6sy>

### Poison Control Center Hotline

free, confidential, emergency service staffed by registered pharmacists and nurses certified in poison information. 212-POISONS (764-7667), 24/7  
212-689-9014 (TDD), 24/7  
<https://on.nyc.gov/3solVoE>

**24-Hour Parent Helpline** preventative and mental health referrals or respite services for parents who fear they will harm their children, who are suicidal, have a runaway or acting-out child, are the victims of domestic violence or any situation that impacts their children's safety; free service. 1-888-435-7553, 24/7  
<https://on.nyc.gov/3yTuV9e>

## Text Messaging Services

**Teen Line Online** service provided by teenagers who have been specially trained to listen, help clarify concerns and explore options. Available 8:30 pm to 12:30 am. After hours, calls are directed to Didi Hirsch Health Center, Los Angeles. Standard message and data rates may apply. Text 839863 type: TEEN. <https://bit.ly/3MXY86Q>

**Crisis Text Line** serves young people ages 13-25 in any type of crisis, providing them access to free, emotional support and information they need via the text medium. Teenagers can text in their problems to a hotline and receive text message support from counselors. Text 741-741 Type: LISTEN, 24/7  
<https://bit.ly/3PbnfEY>

## Online Chat

**Confidential Veterans Chat** available to veterans in crisis or those concerned about one, online chat offers free and confidential support from qualified VA professionals. Can be used even if you're not registered or enrolled with VA healthcare. Guidelines on using service provided, 24/7 <https://bit.ly/3FsV7ZH>

### The Compassionate Friends

live chat community encourages connecting and sharing among parents, grandparents and siblings (over the age of 18) grieving the death of a child. The chat rooms supply support, encouragement and friendship from those who share similar experiences as well as general bereavement sessions. Guidelines on using service are provided. <https://bit.ly/3p7NJvX>

**TrevorChat** free, confidential, secure instant messaging service for LGBTQ youth (13-24) that provides live help from trained volunteer counselors. Guidelines on using service are provided. Available daily, 3-9 pm  
<https://bit.ly/37sleSM>

### Military OneSource Confidential Online Non-medical Counseling

free, counseling provided to active duty, National Guard and Reserve service members and their families. Counseling is short-term (up to 12 sessions) and solution-focused. Requires a computer and Internet access to use this service  
<https://bit.ly/3L2CicK>

### IMAlive (Kristin Brooks Hope Center)

free, confidential online chat service that provides live help to people in crisis. Chats answered by trained volunteers, all of whom use the pseudonym "Alex," offer non-judgmental support and individualized resource options. Guidelines on using service are provided. 24/7 <https://bit.ly/3LXt2vW>

### National Suicide LifeLine Chat

centers in the LifeLine network provide online emotional support, crisis intervention and suicide prevention services for those who are depressed, despairing, going through a hard time, or just need to talk. Questions regarding safety, feelings of depression, current social situation, etc. are asked. Guidelines on using service are provided. 7 days, 2 pm to 2 am.  
<https://bit.ly/3v5ZZkg>

### LGBT National Help Center Online Peer-Support Chat

free, confidential, one-on-one peer support for LGBTQ individuals that helps with coming-out issues, safer-sex information, school bullying, family concerns, relationship problems, etc. M-F 4 pm-12 am, Sat 12-5 pm. <https://bit.ly/3qZCfy8>

## Bereavement and Support

**Compassionate Friends** free support groups and online support forums for bereaved family members (parents, grandparents, adult siblings) after the death of a child of any age. 1-877-969-0010, M-F, 9-5 (CST) <https://bit.ly/3N2yo9n>

**A Caring Hand, The Billy Esposito Foundation Bereavement Center** free bereavement services for children and teenagers ages 4-18 and their primary caregivers including 10-wk peer group for children, teens and caregivers; grief and bereavement consultation for professionals, schools and businesses. 212-229-CARE (2273) <https://bit.ly/3qRaPdP>

**Friends In Deed** free weekly groups offer emotional and spiritual support for anyone with a diagnosis of HIV/AIDS, cancer or other life-threatening physical illness, their family, friends and caregivers; and those dealing with grief and bereavement. 212-925-2009 <https://bit.ly/3Fu8k4o>

**Calvary Hospital Bereavement Services** free support groups for adults, teenagers (12-18) and children (6-11) grieving the death of a loved one due to illness, violence or any other cause. Groups for spouses/partners, parents who lost an adult child, adults who lost a parent, etc. Pre-registration required. English & adult Spanish group available. Meetings in the Bronx and Brooklyn. 718-518-2125 <https://bit.ly/3M6hMOA>

**Samaritans Safe Place Suicide Survivor Support Groups** free, confidential support groups for people (ages 18 and older) who have lost a loved one to suicide. 212-673-3041 <https://bit.ly/3fyVzJJ>

**CancerCare** support for people with cancer, their loved ones, caregivers and the bereaved; provides support groups, counseling, financial assistance, etc. Staffed by oncology social workers. 1-800-813-HOPE (4673), M-Th 9-7, F 9-5 <https://bit.ly/3KYtngz>

## Mental Health and Health Services

**NYC Free Clinic** comprehensive free health care clinic for ages 18+ provides health, mental health, social services, women's health, reproductive care; serves patients regardless of socio-economic, immigration or health status. 212-206-5200 <https://bit.ly/33HpUUc>

**National Alliance on Mental Illness of New York City** support groups for those with mental illness ages 18+ and family members, friends, caregivers. Confidential helpline provides support, community resources. 212-684-3264, M-Th 12-7, F 12-6 <https://bit.ly/38hc3pJ>

**Mood Disorders Support Groups** weekly Manhattan-based support groups for people with bipolar disorder and depression as well as their family and friends. 212-533-6374 <https://bit.ly/3KQiTWW>

**GMHC** provides HIV/AIDS prevention, care and advocacy services for youth, men and women (HIV+ and negative). Mental health, harm reduction and substance use programs include counseling, support groups, a helpline, testing, family support, syringe access, legal assistance, nutrition, job training, physical therapy. 212-367-1000 <https://bit.ly/3vXLLiz>

**NYC HIV Care, Treatment and Housing** New York City has resources for HIV-related health care, housing, and supportive service providers. Healthcare providers will find resources that are funded by the Ryan White Part A Program for uninsured and underinsured individuals living with HIV in NYC. <https://on.nyc.gov/3kSEUj>

**Comunilife** services for individuals with mental illnesses and/or HIV/AIDS include mental health clinics and housing programs serving diverse communities. Vida Guidance Center (Bronx) provides mental health services to all ages; Life is Precious suicide prevention program serves young Latinas ages 12-17. 718-364-7700 <https://bit.ly/3FBPCrF>

**New York Coalition for Asian American Mental Health** suicide prevention and mental health resources (for children, youth, elderly, bereaved, etc.) and service directory listing programs and private practice providers serving Asian community. <https://bit.ly/38h0BKt>

**Hamilton Madison House** individual and group counseling for Chinese, Japanese, Korean and Southeast Asian clients, continuing day services, substance abuse and recovery, supported housing, etc.; serves citywide, located in Manhattan and Queens. 212-349-3724 <https://bit.ly/3wzo963>

**Lighthouse International** support for individuals with vision loss, especially tied to anxiety, fear and depression that often accompany vision loss, M-F, 9-5. 212-821-9200 <https://bit.ly/3KZvSPV>

**Center for Independence of the Disabled** free services for people with disabilities includes benefits counseling, housing assistance, transition services for youth, employment assistance, health care access. Referrals, training for providers, consumer workshops. 212-674-2300 (Manhattan) 646-442-1520 (Queens) <https://bit.ly/3kVAUIH>

**AHRC NYC** services for individuals with intellectual and developmental disabilities (autism, TBI, etc.). Counseling, family therapy, support groups, day programs, substance abuse treatment and caregiver respite services. 212-780-4491, M-F, 9-5 <https://bit.ly/3l0k1WZ>

**HospiceLink** information about local hospice and palliative care programs; also provides callers the opportunity to share their concerns and fears related to terminal illness and bereavement. 1-800-331-1620, M-F 9-4:30 <https://bit.ly/3yG7dgT>

**Postpartum Resource Center of NY** free helpline providing referrals. Website lists resources including NYC support groups, therapists and programs focused on postpartum depression. 1-855-631-0001 (English & Spanish) <https://bit.ly/3P63DST>

## Comprehensive Programs and Services

**Health & Hospitals Office of Behavioral Health** all HHC facilities offer behavioral health services, including mental health and chemical dependency. Website lists hospitals and services in all five boroughs. 212-442-0352, M-F 9-5 <https://bit.ly/3sPT5gk>

**Catholic Charities** services for children, youth and families; includes individual, couple and family counseling service to help with anxiety, depression, troubling behaviors, life changes, trauma, relationship issues. Bilingual, information and referral. 1-888-744-7900 <https://bit.ly/3N6nBLv>

**Coalition for the Homeless** programs for homeless men, women and children include crisis intervention, housing, youth services and job training. 212-776-2000 <https://bit.ly/3sJE3zW>

**Jewish Board of Family and Children's Services** network of mental health and social services for children, adults and families; includes counseling and domestic violence services. 212-582-9100 <https://bit.ly/3vXynOs>



**The Institute for Family Health** primary medical care, mental health, HIV/AIDS treatment, social work, women's health, homeless services, diabetes, dental care, and free clinics in Manhattan and the Bronx for the uninsured. Mental health program offers completely confidential counseling for children, adolescents, adults, families. Accepts all patients regardless of ability to pay. (see website for clinic phone numbers) <https://bit.ly/3MePwsJ>

**Center for Urban Community Services** free, confidential services include benefits and legal assistance, financial counseling, short-term counseling, referrals for domestic violence, mental illness, substance use and other matters affecting the individual or family; serves individuals who are homeless, formerly homeless, low-income, living with a mental illness or other special needs. 212-801-3300 <https://bit.ly/3LYXuWJ>

**Osborne Association** services for currently and formerly incarcerated individuals and their families/loved ones; counseling, transitional services, case management, child/youth support programs, etc. Family Resource Center & Hotline provide families/friends of people in prison with info., referrals, counseling, support groups during and after incarceration. 718-707-2600 (Bronx), 718-637-6560 (Brooklyn) <https://bit.ly/3kXxUFD>

**New York Legal Assistance Group** free civil legal services for low income seniors, victims of domestic violence, immigrants, at-risk youth, people with a disability, chronic or serious illness; includes legal services tied to entitlements, foreclosure prevention, patients in medical settings, immigrant protection; training for health/social work staff; sites in all five boroughs. 212-613-5000 <https://bit.ly/3ypkfyR>

## Children and Youth

**Child Abuse & Neglect State Central Register** call the Register to report suspected cases of child abuse or neglect in NY State. It relays information from the call to the local Child Protective Service for investigation and identifies if there are prior child abuse or maltreatment reports. 1-800-342-3720, 24/7 (for the public) 1-800-635-1522, 24/7 (for mandated reporters) 1-800-638-5163 (TDD), 24/7

**NYC Administration for Children's Services (ACS), Office of Safety First** a special hotline for mandated reporters to answer questions and address ongoing concerns related to open child protective investigations; can also provide immediate assistance and guidance in responding to abused children. ACS Office of Advocacy can assist community members 718-543-7233 (Office of Safety First) 212-676-9421 (Office of Advocacy) <https://on.nyc.gov/3yqf2H7>

**NYU Child Study Center** evaluation, therapy and specialized treatments for children and adolescents with psychiatric and learning disorders. Website provides tips on seeking professional help for children, how disorders present in youth, etc., A-Z disorder guide, mental health provider directory, medication guide, etc. 212-263-6622 <https://bit.ly/3988PFm>

**Children's Aid** multiple community programs including foster care, pregnancy prevention, family support, health and counseling, juvenile justice; clinics provide bilingual mental health services for children and families including counseling, group therapy, referrals, etc. 212-949-4800 <https://bit.ly/38aKnDd>

**The Door** free, confidential services for youth aged 12-21, with programs including college advisement, tutoring, counseling, English for non-English speakers, GED assistance, health and dental, services for youth in foster care, legal and immigration, LGBTQ programs, jobs and internship programs, sexual health and birth control, etc. 212-941-9090, <https://bit.ly/3yq17AX>

**Include NYC** serves families and children with all special needs. Provides referrals and support to help parents and professionals access services to ensure children are provided the opportunity to develop their full potential; free and confidential. 212-677-4660, M-Th 9-4 <https://bit.ly/3M17NJA>

**Streetwork Project (Safe Horizon)** free services for children and youth up to age 24 include legal, medical and psychiatric services, help in obtaining identification, housing, hot meals, showers, clothing and the opportunity to socialize in a safe, non-judgmental and supportive setting. Harlem 212-695-2220, M, T, Th, F 12-5, Lower East Side 646-602-6404, M, T, Th, F 1-5 <https://bit.ly/3yq7Nzc>

**Transition Year Project** online resource to help parents and students focus on emotional health before, during and after the college transition (especially for young people who are already dealing with some form of depression and/or need continuity of mental health services); provides information to identify, address and manage the treatment of emotional problems, stress, depression, etc. <https://bit.ly/3M1UKYt>

**Ulifeline** anonymous, confidential online resource for college students with information to help themselves or a friend who may be experiencing depression or suicide ideation; provides a self-assessment depression screening tool and direct link to college counseling centers in New York as well as across the country. <https://bit.ly/3L3hBS1>

## Older Adults

**Weill Cornell Medicine** website with services for the elderly, especially mental health. Includes tools, info. and resources to make geriatric mental health and psychosocial assessments and interventions. Includes NYC Medicare Mental Health Provider Directory with over 1,000 providers, patient handouts (cognitive/emotional issues, end-of-life care, grief, loss), ask questions of a geriatric psychiatrist. <https://bit.ly/3KX5PZB>

**NY Presbyterian Hospital HealthOutreach** free program for adults 60 or older including counseling, support groups, social events; help finding a physician, insurance assistance and assistance for caregivers. Support services include counseling, groups, follow-up referrals to handle depression, stress, isolation, etc. Caregivers service offers needs assessment, recommendations and evaluation of care options. 212-932-5844 <https://bit.ly/3kWCyn8>

**Services and Advocacy for Gay, Lesbian, Bisexual & Transgender Elders (SAGE)** services for LGBT older adults include clinical and social services program (individual and group counseling, case management); community services (discussion groups, education programs, social activities); program for caregivers and care recipients. 212-741-2247, M-F 9-5 <https://bit.ly/3PcYrwG>

## Substance Abuse

**Addiction Hotline** toll free and confidential referrals for alcoholism, drug abuse and/or problem gambling throughout New York State. 1-877-846-7369, 24/7 <https://on.ny.gov/3smUOKO>

**Phoenix House, Substance Abuse Services Program** supports individuals and families affected by substance abuse. Prevention, early intervention, treatment and recovery support services includes treatment for those with mental health issues, programs for mothers, outpatient, residential programs, after-school and day programs for teens, etc. 1-800-DRUG-HELP (378-4435) <https://bit.ly/3KYct1y>

## LGBTQ

**Trans Lifeline** hotline staffed by transgender people for transgender people, volunteers focus is preventing self-harm but will also try to connect callers to services that can help them. Volunteers are “trans identified” and educated in the range of difficulties transgender people experience. 877-565-8860, 7 days/see site for hours <https://bit.ly/3soucsx>

**The Trevor Project** free, confidential crisis and suicide prevention lifeline for LGBTQ youth offers someone to listen without judgment; “Ask Trevor” is an online resource for young people with questions surrounding sexual orientation and gender identity. 1-866-488-7386, 24/7 <https://bit.ly/3v7gkp4>

**Hetrick-Martin Institute** services for LGBTQ youth 13-24 and their families include after-school services (arts, health and wellness, career exploration) and supportive services (individual and family counseling, meals, help finding housing, etc. referrals). 212-674-2400 <https://bit.ly/39HDyct>

**The LGBT Community Center** mental health and wellness programs (counseling, education, prevention and bereavement services), youth enrichment, family support, resources and community groups. 646-556-9300 <https://bit.ly/3yrC8x8>

**NYC Anti-Violence Project** serves LGBTQ and HIV-affected communities. Free and confidential support to victims of bias violence, sexual assault, domestic violence, pick-up crimes, police misconduct and HIV-related violence; provides counseling, advocacy and referrals. Hotline: 212-714-1141, 24/7 (English & Spanish) <https://bit.ly/3vW6feo>

## Uniformed Services

**FDNY Counseling Services Unit** provides mental health evaluations, direct treatment and referrals to all Fire, EMS and civilian employees; includes individual, couple and family counseling; support groups; substance abuse day treatment; treatment and referrals. Free and confidential. 212-570-1693, 24/7 <https://bit.ly/3ynV4Ne>

### Police Organization Providing Peer Assistance (POPPA)

nonprofit provides free, confidential peer support to NYC police officers (current and retired) experiencing personal or professional problems such as trauma, stress, depression, alcohol abuse, family problems; can refer to mental health professionals. 888-COPS-COP (267-7267), 24/7 <https://bit.ly/3vVFzKH>

## Victim-Related Services

**Safe Horizon** programs/services devoted to sexual abuse, rape, domestic violence, sexual assault, loss of loved one to homicide, physical assault/street crime, human trafficking, elder abuse; includes free and confidential hotlines, domestic violence emergency shelters, transitional housing, counseling center (sliding scale, Medicaid accepted). Crime victims hotline: 1-800-621-HOPE (4673), 24/7 <https://bit.ly/38edCVy>

### Adult Protective Services, NYC Human Resources Administration

case management program that arranges for services and support for physically and/or mentally impaired adults (18 and older) who are at risk of harm and are unable to manage their own resources, carry out daily living activities or protect self from abuse, neglect, exploitation or other hazardous situations without assistance. 212-630-1853 <https://on.nyc.gov/3ynVq6w>

**Domestic and Sexual Violence Hotline (New York State)** citywide referrals for victims of domestic violence and sexual assault to agencies offering shelter, counseling, support groups, etc.; confidential 1-800-942-6906, 24/7 (English & Spanish) <https://on.ny.gov/3smXxE2>

**Survivors of Incest Anonymous** lists self help, 12-step support groups in NYC-Tri-State area 1st Sunday monthly for people 18 years or older that are survivors of child sexual abuse. <https://bit.ly/3KYDMZF>

**New York Asian Women's Center** support programs and shelter services for women and their children affected by domestic violence and abuse; confidential hotline (info and referrals, emergency shelter, safety planning, etc.); services for children who have witnessed or experienced abuse (free counseling, art therapy, support groups; survivors of human trafficking (free counseling, emergency shelter, etc.). Hotline: 1-888-888-7702, 24/7 (English & Asian languages) <https://bit.ly/3s7GqWZ>

## Veterans

**Veterans Administration** clinics, medical and community living centers in all five boroughs. Services include mental health (PTSD, military sexual trauma, TBI, substance abuse, etc.), readjustment counseling, homeless assistance, geriatric care, caregiver support, pastoral care, hospice and palliative care, women's health, etc. (website lists locations and services). 212-686-7500 (Manhattan) 718-836-6600 (Brooklyn) 718-526-1000 (Queens) 718-584-9000 (Bronx) <https://bit.ly/35eWRb4>

### Veterans Resource Center (NAMI)

website with resources for veterans and active duty military personnel, their families and advocates tied to mental illness, PTSD, homelessness, traumatic brain injury, VA benefits, etc.; online discussion forum for veterans provides support and information. <https://bit.ly/3L1PG50>

### Samaritan Village Veterans Program

residential treatment program for veterans dealing with substance abuse and who may have co-existing mental health issues (PTSD, combat trauma, mood disorders, etc.); men's program in NYC; women's program in Ellenville, NY. Also provides residential and outpatient treatment, homeless services, etc. for veterans and non-veterans. 718-657-6195 <https://bit.ly/38gFGHU>

**Military OneSource** free service for active duty, Guard and Reserve (regardless of activation status) and their families; includes face-to-face counseling, and telephone and online consultations that help with short-term adjustment issues, work life topics and emotional well-being issues such as work and home relationship issues, grief, loss, and adjustment to situational stressors. 1-800-342-9647, 24/7 <https://bit.ly/3whK01C>

# Mental Health + Suicide Prevention Mobile Applications

Mental health apps can be a useful resource for individuals as well as their family members and caregivers, but with over 10,000 apps currently available it's hard to know where to start!

**Samaritans can help!** This list of free, mental health mobile applications includes descriptions and features. All apps on this list have been pre-screened and offer interactive, digital mental health support.

The apps include support for stress, anxiety, depression, PTSD, addiction, NSSI (non-suicidal self injury), suicidal ideation, and more.

Samaritans has also included culturally competent apps specifically designed to address some of the challenges faced by marginalized populations tied to mental health.

## **Stanley-Brown Safety Plan**

Safety planning is an important tool to help individual's get through a suicidal crisis. This app version helps individuals identify suicide warning signs, create coping strategies, identify positive contacts and social settings to distract from the crisis, identify family members and friends available to help, find professional help and resources, and make their environment safe from lethal means that may be used in a suicide attempt. (Android, iOS) Free, English, Ages 4+ <https://bit.ly/3ju7JZO>

## **MY3 (National Suicide Lifeline)**

Targeted for those who are depressed or suicidal themselves, with the goal of enhancing their support network and develop safe contacts, activities, resources to utilize during periods of distress or suicidal feelings. (Android, iOS), Free, English, Ages 4+ <https://bit.ly/37L99JQ>

## **A Friend Asks (Jason Foundation)**

This free app is designed to teach users how to recognize the signs that someone close to them may be thinking about suicide. It helps the user figure out the best way to reach out to the person they're concerned about. The app includes how to determine suicide risk and a do's and don'ts list on maintaining sensitivity. (Android, iOS), English, Ages 4+ <https://bit.ly/3syfH5N>

## **Calm Harm**

Developed for teenage mental health, using principles from the evidence-based Dialectical Behavior Therapy (DBT), Calm Harm provides some immediate techniques to help break cycles of self-harm behaviors and explore underlying triggers; build a 'safety net of helpful thoughts, behaviors and access to supportive people; and opportunities to journal/ self-reflect. Private, anonymous, and safe. (Android, iOS) Free, English, French, Ages 12+ <https://bit.ly/3NbhFRb>

## **Suicide Safe by SAMHSA**

This app is a suicide prevention learning tool for primary care and behavioral health providers based on the nationally recognized Suicide Assessment Five-step Evaluation and Triage (SAFE-T) practice guidelines. App offers tips on how to communicate effectively with patients and their families, how to determine appropriate next steps and make referrals to community resources. (Android, iOS) Free, English, Ages 12+ <https://bit.ly/3LbUIvY>

## **Healthy Minds**

The Healthy Minds program uses neuroscience, contemplative traditions, and skill-based learning methods to help users develop skills for a healthy mind. (Android, iOS), Free, English, Ages 4+ <https://bit.ly/3kUzdVH>

## **Shine**

Founded by two women of color on a mission to make mental healthcare more representative and more accessible. Shine is a culturally competent daily self-care app that offers personalized support, self-care courses and virtual community workshops (Android, iOS), Free and paid options, English, Ages 4+ <https://bit.ly/38k7T0F>

## **7 Cups**

This app connects users to peers and/or mental health professionals. It allows users to chat with people 1-on-1, or join group chats to discuss any mental health related topic. There are communities for specific issues (addiction support, OCD, etc.) as well as population specific groups (youth, BIPOC, LGBTQ, etc.) The app also has psychoeducation options. (Android, iOS) Free with in-app purchases, English, Ages 12+ <https://bit.ly/3jsqX1B>

## **The Safe Place**

Geared towards the Black community, the purpose of the "Safe Place" is to bring more awareness, education, and hope to the issue of Black mental health. The app provides articles and information on mental health conditions and issues as well as tips for coping. (Android, iOS) Free, English, French, Ages 17 <https://bit.ly/2HQSJy1>



### **UCLA Mindfulness App**

Practice mindfulness anywhere, anytime with guidance from the UCLA Mindful Awareness Research Center. Mindfulness can help manage stress-related physical conditions, reduce anxiety and depression, and improve overall wellbeing. (Android, iOS), Free, English (guided meditations are available in 14 languages), Ages 4+ <https://bit.ly/3Ftm0wB>

### **Mindshift CBT MindShift® CBT**

Uses scientifically proven strategies based on Cognitive Behavioral Therapy (CBT) to help you learn to relax and be mindful, develop more effective ways take charge of your anxiety. (Android, iOS) Free, English, French Ages 12+ <https://bit.ly/3PMAbC2>

### **What's up?**

Utilizing some of the best CBT (Cognitive Behavioral Therapy) and ACT (Acceptance Commitment Therapy) methods, Whats up is designed to help you cope with Depression, Anxiety, Anger, Stress and more! (Android, iOS), Free, English, Ages 4+ <https://bit.ly/3l6KFxt>

### **PTSD Coach**

This app provides you with education about PTSD, information about professional care, a self-assessment for PTSD, ways to find support, and tools that can help you manage the stresses of daily life with PTSD. Designed by the VA this app can be used by civilians as well as veterans. (Android, iOS) Free, English, Ages 12+ <https://bit.ly/38hngqv>

### **PTSD Family Coach**

is for family members of those living with post-traumatic stress disorder (PTSD). The app provides extensive information about PTSD, how to take care of yourself, how to take care of your relationship with your loved one or with children, and how to help loved one get treatment. (Android, iOS) Free, English, Ages 2+ <https://bit.ly/37uWOsZ>

### **Quit That!**

Track all the habits/addictions you are trying to quit. Easy to use, has a modern interface, and focuses on the ability to track as many things as you want. Features; No limits on how many things you can quit, track days, hours, minutes, weeks, or years it's been since you quit, and choose to share your progress or keep it private (Android, iOS), Free, English, Ages 4+ <https://bit.ly/3PiFAQE>

### **Be Okay**

Offers calming techniques that help you cope with anxiety and panic attacks such as soothing sounds, breathing exercises, a speed dial feature to get help, and more. (Android, iOS) Free, English, French, German, Italian, Portuguese, Spanish, Ages 4+ <https://bit.ly/3hj5fWX>

### **Worrykit**

With a variety of therapy-informed techniques, Worry Kit helps you defuse and find relief from your negative thoughts. Browse and experiment with different activities to find what works for you. Activities range from visualization exercises, to mindfulness games and breathing techniques. (Android, iOS) Free, English, French, Ages 12+ <https://bit.ly/3skoGaj>

### **Breathe2Relax**

Portable stress management tool which provides detailed info. on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skill called diaphragmatic breathing. Uses your health tracking device (wearable, phone, etc.) to measure your heart rate throughout your breathing exercise to help provide an even more complete picture of the relaxation experienced. (Android, iOS) Free, English, French, Ages 4+. <https://bit.ly/3jrQGf>

## **Online Safety Guides**

### **Connect Safely: Parent and Educator Guide to Media Literacy & False Information**

By utilizing this guide, parents and educators can foster a safer and more responsible online environment, equip children with the skills to navigate digital media effectively, and promote informed decision-making in the face of misinformation or disinformation.

<https://bit.ly/433wNYr>

### **A young person's guide for communicating safely online about suicide**

This guide provides essential information and strategies for young individuals to engage in safe and responsible discussions surrounding suicide in online spaces.

By following this guide, young people can navigate sensitive conversations about suicide online while prioritizing safety and well-being.

<https://bit.ly/3CRDTVi>

### **Connect Safely: Seniors Guide to Online Safety**

specifically tailored for older adults, this guide offers practical advice, tips, and strategies to help seniors navigate the online landscape safely and confidently.

<https://bit.ly/46pT1qA>

# Samaritans' Resources, Training and Educational Tools

The Samaritans mission—implemented by professional staff and over 100 caring volunteers—is to prevent suicide by providing immediate and ongoing support to those in crisis; providing solace and support to those who have been touched by suicide; teaching caregivers the most effective ways to prevent suicide; and making the public aware of the keys to preventing it.

## Support Programs

**Suicide Prevention and Crisis Hotline**  
Samaritans free, crisis response hotline provides immediate and ongoing emotional support 24/7. The hotline is completely confidential and anonymous and, unlike some other hotline services, Samaritans does not utilize caller ID or any form of call-tracing, making Samaritans a safe place to turn during a time of distress or crisis. When you call Samaritans you will be greeted by a caring volunteer trained in active listening and the non-judgmental philosophy we call “befriending”. The hotline is completely confidential and anonymous providing a safe place to turn during a time of distress or crisis. 212- 673-3000

<https://bit.ly/3fyVzJJ>

**Mental Health Wellness Support Line**  
provides survivors of suicide loss, and those in distress with the opportunity to make a wellness call a component of their path to healing and ongoing mental health maintenance. Schedule to receive a support call in advance at a time that's convenient for you. (212)-673-3661  
<https://bit.ly/3fyVzJJ>

**Safe Place Support Group Meetings for Survivors of Suicide Loss**  
hosted by Samaritans the 1st Wednesday and 2nd Tuesday of each month. The Wednesday meetings are on zoom and the Tuesday meetings are in-person. Meetings are run as “peer support groups” by trained facilitators, and are only open to those who have directly lost a loved one to suicide, which is defined as someone in their life that they had personal contact and a close relationship with. There are no exceptions. Participants must be 18 or older and register in advance to get the meeting link by going to:  
<https://bit.ly/39vN6Y0>

To learn more about Samaritans Safe Place visit <https://bit.ly/3Xk2SKx>

### Safe Place Flyer

Downloadable and printable flyer for Samaritans suicide loss support groups: <https://bit.ly/3XntqdU>

## Resources to Download

**Samaritans Organizational Overview** details Samaritans core programs and services as well as Samaritans advocacy work to help prevent suicide and save lives.  
<https://bit.ly/3yxRTT9>

### Safety Planning Guide

Check out Samaritans' user friendly Safety Plan template. This tool will help you develop a personalized, practical plan that outlines steps a person can take to stay safe during a suicidal crisis.  
<https://bit.ly/39NsxX5>

### Understanding Suicide Handout

a basic review of the incidence of suicide, warning signs, risk & protective factors, Samaritans 5 C's for crisis communication & a simple suicide assessment  
<https://bit.ly/43Q9kel>

### Samaritans Suicide Awareness & Education Programs Overview

Samaritans education and training work has been utilized in over 40 countries and throughout the US and, has been the primary source of suicide prevention training in NYC for over 30 years providing workshops, seminars and technical support to over 40,000 individuals.  
<https://bit.ly/3MI5ko5>

### The State of Suicide in 2022

This downloadable resource provides an overview of the current landscape of suicide and suicide prevention, including statistics, trends, and strategies for prevention. We explore suicide rates, as well as the latest research and developments in suicide prevention.  
<https://bit.ly/3XntqdU>

### Hotline Flyer

Downloadable and printable flyer for Samaritans 24-hour suicide prevention and crisis response hotline  
<https://bit.ly/44d7Nza>

## Samaritans' Resource Hub

Discover the **Samaritans' Resource Hub**, This online platform offers a wealth of mental health and suicide prevention resources.

Backed by 40 years of experience providing crisis support in NYC, Samaritans' Resource Hub is curated to connect you to the most relevant and reliable resources available. You can access the latest research, statistics, downloadable tools, and valuable insights.

The Resource Hub is organized into sections tailored to specific populations, situations, and environments.

Whether you're a mental health professional, looking for support for yourself, or helping a loved one, Samaritans' has got you covered!



**Scan Here!**

[bit.ly/SamsResourceHub](https://bit.ly/SamsResourceHub)

**To access this Guide online or to view periodic updates, go to:**

[www.samaritansnyc.org](https://www.samaritansnyc.org)

# Samaritans

SUICIDE PREVENTION CENTER

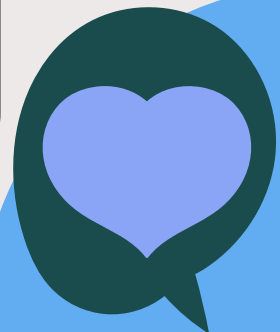


**You can help prevent  
suicide & save lives.**



**GET INVOLVED**

[samaritansnyc.org](https://samaritansnyc.org)







24-HOUR, ANONYMOUS +  
CONFIDENTIAL SUPPORT

212-673-3000

[samaritansnyc.org](https://www.samaritansnyc.org)