

Suicide Resources

- **Suicide Prevention Resource Center:** <https://sprc.org>
- **National Action Alliance for Suicide Prevention:** <https://theactionalliance.org>
- **American Foundation for Suicide Prevention:** <https://afsp.org>

Crisis Resources

- **988 Suicide & Crisis Lifeline**

Call/text 988 or visit 988lifeline.org to speak or chat with a counselor and receive free, confidential one-on-one support 24/7/365. This national lifeline provides prevention and crisis resources and best practice guidance for professionals. Please note, the previous 1800-273-TALK (8255) number continues to function indefinitely. Callers in NYC have the option of being routed to NYC 988 for localized resources and support. For more information: 988lifeline.org

- **NYC 988 (formerly NYC Well)**

New York City-focused free and confidential support, crisis intervention, and information and referral service 24/7/365. Includes local resources through a find services tool and mental health/crisis apps library. NYC residents who call/text 988 will be routed to NYC 988.

For more information: nyc988.cityofnewyork.us

- **Crisis Text Line**

Global mental health organization that provides free, 24/7 support for those in crisis. Text 741741 from anywhere in the U.S. to text with a trained Crisis Counselor. Crisis Text Line trains volunteers to support people through challenges like stress, anxiety, loneliness, bullying, substance use, self-harm, and suicidal thoughts—empowering texters to draw on their strengths and coping skills.

For more information: <https://www.crisistextline.org/>

- **Trevor Lifeline**

The Trevor Project, which operates this Lifeline, is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer, and questioning (LGBTQ+) young people under 25. The Trevor Lifeline is a crisis intervention and suicide prevention phone service available 24/7 at 1-866-488-7386 or by texting “START” to 678678. The organization also provide resources for families, allies, service providers and more.

For more information: thetrevorproject.org/get-help/

Suicide Screening and Safety Tools

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

An evidence-based questionnaire to assess someone’s risk for suicide and determine the necessary level of support. Developed for use by anyone, including non-clinical providers.

For the tool and more information: <https://cssrs.columbia.edu/>

- **Stanley Brown Safety Planning Intervention**

A brief intervention to help those experiencing self-harm and suicidal thoughts with a concrete way to mitigate risk and increase safety. Developed for use between a clinician and the suicidal individual, but has been used with adaptations by non-clinical providers. Available in English and ten other languages. For the safety plan and more information: <https://suicidesafetyplan.com/>