

Suicide Prevention and Support Resources

Immediate crisis care resources

National Suicide Prevention Lifeline 1-800-273-TALK (8255)

For people in suicidal crisis or emotional distress. Open 24 hours/7 days a week.

Free and confidential. Caller can speak to a skilled, trained crisis worker who will listen and inform the caller about mental health services in his or her local area.

www.suicidepreventionlifeline.org/

National Suicide Prevention Lifeline Chat https://suicidepreventionlifeline.org/chat/

Lifeline Chat is a service of the National Suicide Prevention Lifeline, connecting individuals with counselors for emotional support and other services via web chat. All chat centers in the Lifeline network are accredited by CONTACT USA. Lifeline Chat is available 24/7 across the US.

Crisis Text Line Text HOME to 741741

Connect with a Crisis Counselor for free 24/7 https://www.crisistextline.org/

Local suicide hotline locator suicide.org/suicide-hotlines.html

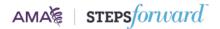
A list of state-based suicide hotlines. Services may vary at each location.

Crisis center locator https://suicidepreventionlifeline.org/our-crisis-centers/

Website with a map to links to more than 150 crisis centers.

Local resources at your organization or nearby organizations

Local psychiatric hospital walk-in clinic Hospital emergency room Urgent care center



Ongoing support resources

SAMHSA mental health care provider locator 1-800-662-HELP (4357) 1-800-487-4889 (TDD)

Confidential and anonymous source of mental health care provider information for persons seeking treatment facilities in the United States or US Territories for mental health problems and/or substance abuse.

http://store.samhsa.gov/mhlocator

American Psychological Association psychologist locator http://locator.apa.org/

Online resources for finding local practicing psychologists. Searchable by specialization, gender, insurance accepted, languages spoken, and more.

The American Foundation for Suicide Prevention – For Health Care Professionals https://afsp.org/healthcare-professional-burnout-depression-and-suicide-prevention

Health care-specific information, including facts, toolkits, resources for clinicians and educators, and a suicide prevention webinar.

Interactive Screening Program: https://afsp.org/interactive-screening-program

Acumen Institute https://www.acumeninstitute.org/

Specializes in acute distress assessments and education for medical professionals.

Vanderbilt University Program for Distressed Physicians

https://vumc.cloud-cme.com/course/courseoverview?p=1&eid=23621

Offers a 3-day course that provides help for distressed physicians in a confidential environment several times a year.

Depression and Bipolar Support Alliance group locator https://www.dbsalliance.org/

An advocacy group that provides support, resources, and information for people living with depression and bipolar diagnoses.

Disclaimer: AMA STEPS Forward™ content is provided for informational purposes only, is believed to be current and accurate at the time of posting, and is not intended as, and should not be construed to be, legal, financial, medical, or consulting advice. Physicians and other users should seek competent legal, financial, medical, and consulting advice. AMA STEPS Forward™ content provides information on commercial products, processes, and services for informational purposes only. The AMA does not endorse or recommend any commercial products, processes, or services and mention of the same in AMA STEPS Forward™ content is not an endorsement or recommendation. The AMA hereby disclaims all express and implied warranties of any kind related to any third-party content or offering. The AMA expressly disclaims all liability for damages of any kind arising out of use, reference to, or reliance on AMA STEPS Forward™ content.

Source: AMA. Practice transformation series: Preventing Physician Suicide. 2021.