

RESOURCES FOR PREVENT SUICIDE GREATER MILWAUKEE

1. **Prevent Suicide Wisconsin:** www.preventsuicidewi.org
Comprehensive site for local and national information and links to state coalitions.
2. **Mental Health America of Wisconsin:** www.mhawisconsin.org
Site has excellent resources and links to local, state and national information.

Mental Health America “Live Your Live Well”: www.liveyourlifewell.org
A great new website that emphasizes 10 tools all people can use to promote mental well-being.
3. **Suicide Prevention Resource Center (SPRC):** www.sprc.org
Provides prevention support, training and resources to assist organizations and individuals to develop suicide prevention programs, interventions, and policies, and to advance the National Strategy for Suicide Prevention. There are printable handouts for many different age groups, cultural groups and vocational groups.
4. **Helping Others Prevent and Educate About Suicide (HOPES):** www.hopes-wi.org
Survivor information.
5. **American Association of Suicidology (AAS):** www.suicidology.org
Printable fact sheets for special populations in English and Spanish. Promotes research, awareness programs, and education and training for professionals and volunteers. Also provides listing for survivor of suicide support groups.
6. **The Jed Foundation:** www.jedfoundation.org
This website provides a number of useful mental health screening tools and relevant information for potentially at-risk young adults. It is a good source of information for presenters and consumers, especially for college students.

Campus(MHAP) (Mental Health Action Plan): Four part webinar series on how to promote mental health on campus- excellent resource!
<https://www.jedfoundation.org/professionals/programs-and-research/campusMHAP-webinars>

Half of Us Campaign Video- Encourages help-seeking behavior in college students.
<http://www.halfofus.com/video/?videoID=83&chapterID=1>
7. **National Alliance for the Mentally Ill of Greater Milwaukee (NAMIGRM):** www.namigrm.org
Provides a wide range of local and national resource information and support group information for specific locales.
8. **People Prevent Suicide:** www.peoplepreventsuicide.org
Provides a good overview of information, screening tools and support information. It has a comprehensive suicide prevention toolkit.
9. **Suicide Awareness/Voices of Education (SA/VE):** www.save.org
Educates individuals about depression and suicide. It provides brochures, wallet cards and booklets as well as prevention and survivor materials.

10. **Substance Abuse and Mental Health Publication:** www.samhsa.gov
Comprehensive site for different age groups, vocational groups such as military, seniors and AODA issues. Resources are available in Spanish as well. Has a store for publications that are all printable and/or can be ordered through the SAMHSA store.
11. **Well Aware:** www.wellawaresp.org/webinars.php
Excellent resource for webinars on a variety of current issues facing youth such as: Schools and Suicide; Youth Suicide Clusters; Myths and Facts: Suicide in Adolescents, etc. Past webinars can be seen in the archives.
12. **Meansmatter.org:** www.meansmatter.org
Advocacy and issues for presenters. Harvard Injury Research Center is dedicated to reducing injury through training, research, intervention, evaluation and dissemination of information. Good source to be prepared to discuss means restriction in our presentations.
13. **Families for Depression Awareness:** www.familyaware.org
Provides information about children and teens. Great resource for support for families.
14. **National Suicide Prevention Lifeline:** A federally funded suicide prevention hotline dedicated to providing immediate assistance to those in suicidal crisis or emotional distress. Toll free number: 1 (800) 273-TALK (8255).
15. **Schools Get Much-Needed Guidance for Coping with Suicide:** New toolkit addresses the concerns of staff, students and parents. To download *After a Suicide: A Toolkit for Schools* and learn about other AFSP resources for schools, go to www.afsp.org/afsp.
16. **Support Group for VETS**
Kori Williams, Survivor Outreach Services: (262) 745-3283.
www.wisconsinmilitary.gov/survivor-outreach-services
17. **It Gets Better Project:** www.itgetsbetter.org
Join Dan Savage, a host of celebs, and me in helping kids understand that It Gets Better if they can make it through those rough teenage years. Excellent resource for teens questioning their sexual identities.
18. **Mental Health Wellness Week Website:** www.mhww.org
Multiple resources to promote well-being.
19. **WebMD- Health and Balance Tool:** www.webmd.com/balance/default.htm
20. **Active Minds:** www.activeminds.org
Student run chapters on college campuses that promote mental health awareness and help-seeking behavior among students. Resource page features numerous links to websites, studies and facts about college mental health.
21. **Norris Health Center, Counseling and Consultation Services, UW-Milwaukee**
22. **To Write Love on Her Arms:** www.twloha.com
A non-profit movement dedicated to presenting hope and finding help for people struggling with depression, addiction, self-injury and suicide. TWLOHA exists to encourage, inform, inspire and also to invest directly into treatment and recovery.
23. **Erika's Lighthouse:** www.erikaslighthouse.org
Raises awareness about adolescent depression and mental health for young people through a variety of programs.

For more information about Prevent Suicide Greater Milwaukee, please contact Martina Gollin-Graves at martina@mhawisconsin.org or (414) 336-7972.