

# Suicide Prevention Resources

## Support Hotlines

- [National Suicide Prevention Lifeline](#): 988 or 1-800-273-8255
- NAMI Crisis Text Line: Text NAMI to 741-741
- [NAMI Chicago Helpline](#): 833-NAMI-CHI
- [NAMI Southeast Wisconsin](#): 414-257-7222
- [The Friendship Line](#) - 1-800-971-0016
- [Crisis Text Line](#) - HOME to 741741
- [SAMHSA's National Helpline](#) – 1-800-662-HELP (4357)
- [Maternal Mental Health Hotline](#) - 1-833-9-HELP4MOMS



## Resources for your congregation and community

- [Centers for Disease Control and Prevention Suicide Resources](#)
- [American Foundation for Suicide Prevention](#)
- [Talk Saves Lives](#)
- Warning Signs of Suicide. What to do if You Suspect Someone is Thinking About Suicide: NAMI. [English version.](#) [Spanish version](#)
- [#BeThe1To](#) campaign materials.
- [Faith.Hope.Life](#) suicide-prevention campaign for faith communities.
- Navigating a Mental Health Crisis: A NAMI Resource Guide for Those Experiencing a Mental Health Emergency: NAMI. [English version.](#) [Spanish version.](#)
- [Mental Health Ministries Suicide Prevention Resources](#)
- [Suicide Prevention Resource Center - Faith Communities Resources](#)
- [The Role of Faith Communities in Suicide Prevention - a Guidebook for Faith Leaders](#)

## Suicide Prevention Training Programs

- [eCPR \(Emotional CPR\)](#)
- [QPR: Question, Persuade, Refer](#)
- [Companionship: A Way of Presence](#)
- [Mental Health First Aid](#)