

# RESOURCES FOR FAMILIES AND PROFESSIONALS

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## NATIONAL HOTLINES FOR IMMEDIATE SUPPORT

**The National Suicide  
Prevention Lifeline**  
(800) 273-8255  
available 24/7

**The Crisis Text Line**  
text TALK to 741-741  
available 24/7

**The Steve Fund**  
text STEVE to 741741

# ORGANIZATIONS FOR MENTAL HEALTH AND SUICIDE PREVENTION

National Alliance on Mental Illness (NAMI) — [nami.org](https://nami.org)

the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

National Organization for People of Color Against Suicide (NOPCAS) — [nopcas.org](https://nopcas.org)

Provides training on recognizing the signs when someone is in a suicidal crisis.

The Society for the Prevention of Teen Suicide — [sptsusa.org](https://sptsusa.org)

Encourages public awareness through educational training programs.

Suicide Prevention Resource Center (SPRC) — [sprc.org](https://sprc.org)

Federally supported resource center devoted to advancing the implementation of the National Strategy for Suicide Prevention, including an extensive library of suicide prevention resources.

The Trevor Project Lifeline — [thetrevorproject.org](https://thetrevorproject.org)

Offers around the clock crisis intervention and suicide prevention lifeline for gay, bisexual, transgender, and questioning young people, from ages 13 to 24.

## FINDING MENTAL HEALTH CARE

Therapy for Black Men — [therapyforblackmen.org](https://therapyforblackmen.org)

Web site and directory for men of color seeking support from mental health guidance or professionals.

Therapy for Black Girls — [therapyforblackgirls.com](https://therapyforblackgirls.com)

Web site and directory for women of color seeking support from mental health guidance or professionals.

Black Mental Health Alliance for Education and Consultation — (410) 338-2642

Mental health referrals and resources.

## MENTAL HEALTH PROVIDER ASSOCIATIONS WITH SEARCHABLE DATABASES

National Directory of Black Psychiatrists of America: Black Mental Health Alliance — [blackmentalhealth.com/black-psychiatrists](https://blackmentalhealth.com/black-psychiatrists)

Develops, promotes and sponsors trusted culturally-relevant educational forums, trainings and referral services that support the health and well-being of Black people and other vulnerable communities.

The National Queer and Trans Therapist of Color Network — [nqttcn.com](https://nqttcn.com)

A community of care, resource sharing, connection, and learning for queer and trans black, indigenous and people of color providing and seeking mental health resources.



# HELP FOR CHILD AND TEEN SURVIVORS OF SUICIDE LOSS

The Dougy Center — [dougy.org](https://dougy.org)

Resources for children, teens, young adults and their families grieving a death.

The National Alliance for Grieving Children — [nationalallianceforgrievingchildren.org](https://nationalallianceforgrievingchildren.org)

raises awareness about the needs of children and teens who are grieving a death and provides education and resources for anyone who supports them

## BOOKS

*Mind Matters: A Resource Guide to Psychiatry for Black Communities* by Global Health Psychiatry, LLC et al

*Black Mental Health: Patients, Providers & Systems* by Ezra E.H. Griffith, et al

*The Impact of Racism on Child & Adolescent Health* by the American Academy of Pediatrics

*Black Suicide* by Alton Kirk, PhD

## ADDITIONAL ORGANIZATIONS AND PROGRAMS

Mentoring Opportunities from 100 Black Men of America — [100blackmen.org/four-for-the-future/](https://100blackmen.org/four-for-the-future/)

Mentoring for youth through local chapters of 100 Black Men of America

Aban Aya Youth Project — [youth.gov/content/aban-aya](https://youth.gov/content/aban-aya)

A program developed specifically for African American youth to reduce and prevent five problem behaviors: violence, provoking behavior, substance use, school delinquency and risky sexual activity.

CLAS Standards from the U.S. Department of Health and Human Services — [ThinkCulturalHealth.hhs.gov](https://thinkculturalhealth.hhs.gov)

Culturally and linguistically appropriate services (CLAS) is a way to improve the quality of services provided to all individuals, which will ultimately help reduce health disparities and achieve health equity.

Emotional Emancipation Circles (Community Healing Network and the Association of Black Psychologists) — [communityhealingnet.org/emotional-emancipation-circle/](https://communityhealingnet.org/emotional-emancipation-circle/)

Emotional Emancipation Circles (EECs) are evidence-informed, psychologically sound, culturally grounded, and community-defined self-help support groups designed to help heal the trauma caused by anti-Black racism.

Faith.Hope.Life (National Action Alliance for Suicide Prevention) — [theactionalliance.org/faith-hope-life](https://theactionalliance.org/faith-hope-life)

Resources for faith leaders and places of worship to become equipped to address the issue of suicide prevention such as sample prayers, religious text that has been used to address mental health, and competencies for faith leaders who want to know more about suicide prevention.

The Good Behavior Game (GBG) — [air.org/topic/education/good-behavior-game](https://air.org/topic/education/good-behavior-game)

A classroom-based program for elementary school children aged 6–10. The program uses a team-based behavior management strategy that promotes good behavior by setting clear expectations for good behavior and consequences for maladaptive behavior.

Mentoring Brothers in Action (Big Brothers Big Sisters of America) — [bbbs.org/african-american/](https://bbbs.org/african-american/)

"Mentoring Brothers in Action" is a partnership between Big Brothers Big Sisters and the nation's three largest African American fraternities: Alpha Phi Alpha, Kappa Alpha Psi, and Omega Psi Phi, to engage more African American men in fraternal, social, faith-based, and professional organizations to get involved in one-to-one mentoring to change the odds for African American boys.

National Child Traumatic Stress Network (NCTSN) — [www.nctsn.org/](http://www.nctsn.org/)

Created by Congress in 2000 as part of the Children's Health Act to raise the standard of care and increase access to services for children and families who experience or witness traumatic events. This unique network of frontline providers, family members, researchers, and national partners is committed to changing the course of children's lives by improving their care and moving scientific gains quickly into practice across the U.S.

The National Center for the Prevention of Youth Suicide (NCPYS) — [preventyouthsuicide.org/](http://preventyouthsuicide.org/)

A program of the American Association of Suicidology (AAS) working to change how schools and communities address the issue of suicide among young people, by ensuring student involvement, engaging young adults, disseminating warning signs, and more.

SHE's Mentally Prepared (Black Girls Smile Inc.) — [blackgirlssmile.org/programs](http://blackgirlssmile.org/programs)

An interactive mental health literacy program that aids in educating youth on mental health, illness and wellness.

Soul Shop: Ministering to Ministering to Suicidal Desperation — [soulshopmovement.org](http://soulshopmovement.org)

A suicide prevention training program operating in the Wake Forest, North Carolina area that includes a daylong training session specially designed to train church leaders, clergy, program staff, lay ministers, office staff and faith-based therapists to detect the signs of young people that are contemplating suicide and possibly save their lives.

Sources of Strength — [sourcesofstrength.org/discover](http://sourcesofstrength.org/discover)

A best practice youth suicide prevention project designed to harness the power of peer social networks to change unhealthy norms and culture, ultimately preventing suicide, bullying, and substance abuse.

The Youth Aware of Mental Health Program (YAM) — [www.ncbi.nlm.nih.gov/pmc/articles/PMC5805239/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC5805239/)

A school-based program developed for teenagers aged 14–16 that uses interactive dialogue and role-playing to teach adolescents about the risk and protective factors associated with suicide (including knowledge about depression and anxiety) and enhances their problem-solving skills for dealing with adverse life events, stress, school and other problems

Strengthening Families (SF) — [www.ncbi.nlm.nih.gov/pubmed/12033699](http://www.ncbi.nlm.nih.gov/pubmed/12033699)

Strengthening Families is a program that involves sessions for parents, youth, and families with the goal of improving parents' skills for disciplining, managing emotions and conflict, and communicating with their children; promoting youths' interpersonal and problem-solving skills; and creating family activities to build cohesion and positive parent-child interactions.

"Widening the Lens": Exploring the Role of Social Justice in Suicide Prevention: A Racial Equity Toolkit — [mass-preventssuicide.org/wp-content/uploads/2019/09/WideningTheLensToolkit.pdf](http://mass-preventssuicide.org/wp-content/uploads/2019/09/WideningTheLensToolkit.pdf)

Designed as a guide to enable organizations to begin to have conversations around incorporating social justice and racial equity into suicide prevention and mental health.

Youth Mental Health First Aid — [mentalhealthfirstaid.org/about/](http://mentalhealthfirstaid.org/about/)

Designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis.