Suicide Prevention Resources:
afsp.org/– The American Foundation for Suicide Prevention.

My3 App– With the MY3 app, you define your network and your plan to stay safe, so you can be prepared to help yourself and reach out to others when you are having thoughts of suicide.

https://988lifeline.org/– No matter what problems you are dealing with, we want to help you find a reason to keep living. By calling 988 you'll be connected to a skilled, trained counselor at a crisis center in your area, anytime 24/7.

https://twloha.com/ To Write Love on Her Arms is 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.

us.reachout.com– This resource empowers teens by reminding them that there are ways to get through whatever problems they face and directs them to to hear stories from others who successfully conquered their tough times.

yellowribbon.org– This program is dedicated to preventing youth suicide and attempts by making suicide prevention accessible to everyone by removing barriers to help empower communities and individuals through leadership, awareness and education.