

WEEKLY SUPPORT GROUPS THAT ENGAGE WITH EXPERIENCES/THOUGHTS OF SUICIDE

- Online Alternatives to Suicide Support Groups
 - Mondays, Wednesdays, Thursdays, and Fridays - Hosted by the Wildflower Alliance <https://wildfloweralliance.org/online-support-groups/>
 - Mondays - Hosted by Advocates, Inc. <https://advocates.org/events/alternatives-suicide-support-group>
 - Mondays (6-7:30pm PT / 9-10:30pm ET), hosted by Humboldt County Alt2Su - <https://www.alt2su-humboldt.com/> and <https://www.facebook.com/alt2su.humboldt/>
 - Additional Alternatives to Suicide Support Groups are available across the US and internationally; check with local organizations in your area
- Online Living with Suicide Support Group -
 - Fridays at 4pm, Hosted by Kiva Centers - <https://kivagroups.carrd.co/#friday>
- NAMI NYC Living With Thoughts of Suicide (Virtual)
 - 1st & 3rd Tuesday, 6:30 to 8pm ET, <https://naminycmetro.org/programs/living-with-thoughts-of-suicide/>

COMMUNITIES/ORGANIZATIONS/PROGRAMS THAT ENGAGE WITH EXPERIENCES/THOUGHTS OF SUICIDE

- PAUSE (People Addressing and Understanding Suicide Experiences) International - <https://pauseint.org/>
 - Community Circles 1-2X/month. Next Community circle is June 29 - register at <https://www.eventbrite.com/e/people-addressing-and-understanding-suicide-experiences-community-circle-tickets-892069924157>
- St Luke's SOSA Support Group
 - 8 week cohort-based education/discussion group - <https://www.saintlukeskc.org/SOSA>
- United Suicide Survivors International & Living Beyond Suicide Summit
 - <https://unitesurvivors.org/>
 - <https://unitesurvivors.org/livingbeyondsuicide/>
- Lived Experience Academy
 - <https://livedexp.academy/>
- American Association of Suicidology -
 - <https://suicidology.org/resources/suicide-attempt-survivors/>
- American Foundation of Suicide Prevention -
 - <https://afsp.org/im-having-thoughts-of-suicide/>
 - <https://afsp.org/after-an-attempt/>

CRISIS LINES

- 988 Suicide and Crisis Lifeline: Call or text 988.
 - For Veterans - dial 988 and then press 1 or text any word to 838255.
 - The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. Find more information about the Lifeline at suicidepreventionlifeline.org.
 - If you, your loved one or another person is in immediate, life-threatening danger, call 911. Ask that CIT officers respond who are trained to work with people experiencing mental health crises.
- Crisis TextLine: Text TALK to 741-741
- Peer Warmlines across the US: <https://warmline.org/warmdir.html>

- [BlackLine](#) (800) 604-5841: a support line geared toward Black, Black LGBTQI, Brown, Native and Muslim communities.
- [Trans Lifeline](#) (877) 565-8860: a support line run by trans people for trans and questioning people.
- [The Trevor Project](#) provides free, confidential and secure crisis intervention and suicide prevention services for lesbian, gay, bisexual, transgender, queer or questioning (LGBTQ) young people who may be struggling with issues such as coming out, LGBTQ identity, depression, and suicide. The Trevor Project can be reached 24 hours a day, 7 days a week at (866)-488-7386 or text “START” to 678-678 or chat at thetrevorproject.org.
- In NC:
 - NC Peer Warmline: 1-855-PEERS-NC (1-855-733-7762):
 - This [mental health support line](#) is staffed 24/7 by peer support specialists with Promise Resource Network in Charlotte.
 - Other warm lines based in the United States can be [found here](#).
 - NC HopeLine Suicide Prevention Hotline: (919) 231-4525.
 - The Text Line is 877-235-4525
 - NC LME-MCO Call Lines:
 - In Wake County, Alliance Health’s Behavioral Health Crisis Line can be called at 877-223-4617 to speak with someone who will listen and connect you to care.
 - [Hope 4 NC](#): Hope 4 NC is a confidential hotline that operates 24/7 at: 855-587-3463 or you can text “hope” to 855-587-3463.

ADDITIONAL SUPPORT ORGANIZATIONS

- [HeyPeers](#): offers free online support groups for a variety of support needs
- [Kiva Centers](#): offers daily virtual peer support groups covering a host of topics, including chronic illness peer support, coping with anger, hearing voices and alternate realities, living with loss and more.
- [Wildflower Alliance](#): offers a peer support line and a number of online support groups, including alternatives to suicide, psychiatric drug use and/or withdrawal, hearing voices and more.
 - [List of organizations that provide online support groups](#), compiled by Wildflower Alliance

ADDITIONAL RESOURCES

- NAMI National Resources Directory
 - <https://www.nami.org/wp-content/uploads/2023/06/HelpLine-Resource-Directory.pdf>
- NAMI NC Resources
 - <https://naminc.org/resources/>