

# Suicide Prevention Resource Guide for Communities and Coalitions

The New York State Department of Health aims to provide the community and suicide prevention coalitions with tools and resources to address the increase of suicide and self-harm. The following are lists of recommendations and resources intended to support you in your efforts to respond to self-directed violence including self-harm, suicide attempts, suicidal ideation and intentional drug overdose.

For more information on suicide prevention in New York State, please visit [Suicide and Self-Inflicted Injuries](#) or contact [suicideprevention@health.ny.gov](mailto:suicideprevention@health.ny.gov)

## Ways to Take Action:

Raise awareness of suicide as a [public health problem](#) in communities by distributing resources on [the warning signs, risk and protective factors for suicide](#).

Train community members as [gatekeepers](#) to identify and assist those thinking of suicide.

Connect individuals with mental health and suicide prevention services in their communities and promote free services such as [Crisis Text Line](#).

Develop and strengthen strategic partnerships to advance suicide prevention among [all populations at risk](#).

[Implement suicide prevention initiatives](#) that target the needs of their local communities.

[Improve data collection](#) on causes and circumstances surrounding suicide deaths and non-fatal activity such as self-harm and suicidal ideation so that data may be used to inform local suicide prevention efforts.

Keep [free, simple resources](#) handy, in case of an emergency such as wallet cards or note cards.

Explore [suicide prevention trainings and materials](#) from the Suicide Prevention Center of New York at no cost to you.

Refer to the Centers for Disease Control and Prevention's [Suicide Prevention Resource for Action](#) to review best strategies for prevention, improving access to care, supporting people at risk preventing future risk, and partnerships.

## If you Know Someone in Crisis:

Call, text, or chat the [988 Lifeline](#) (National Suicide Prevention Lifeline) by dialing or texting 988 or text the Crisis Text Line (text GOT5 to 741741). Both services are free and available 24 hours a day, seven days a week. The deaf and hard of hearing can contact the Lifeline via TTY at 1-800-799-4889. All calls are confidential. Dial 911 in an emergency.

Call [BlackLine](#) provides a space for peer support, crisis counseling, and the reporting of negative police and vigilante contact for Black, Indigenous, and People of Color, Femmes, and the lesbian, gay, bisexual, transgender, queer, and intersex community. Call or text 1-800-604-5841 for support or more information.

[Trans Lifeline](#) is a grassroots hotline and microgrants non-profit organization offering direct emotional and financial support for the trans community, by the trans community. Because of the particularly vulnerable relationship transgender people have with police, it is also the only service in the country with a policy against non-consensual active rescue. Call 1-877-565-8860 for more information, resources or support.

[The Trevor Project](#) provides a 24-hour hotline that provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, and lesbian, gay, bisexual, transgender, queer, and intersex young people ages 13-24. If you need help from The Trevor Project, call 1-866-488-7386, text 678678, or visit their website to use their chat service.

Call [211](#) to connect get help finding local resources such as emergency mental health care, or mental health or substance abuse treatment centers.