

Resources and Support

National Suicide Prevention Lifeline

The National Suicide Prevention Lifeline is a 24-hour, toll-free suicide prevention service available to anyone in suicidal crisis. If you need help, please dial **1-800-273-TALK (8255)**. You will be routed to the closest possible crisis center in your area. With more than 130 crisis centers across the country, our mission is to provide immediate assistance to anyone seeking mental health services. Call for yourself, or someone you care about. Your call is free and confidential. <http://www.suicidepreventionlifeline.org>

Families for Depression Awareness

Families for Depression Awareness is a national nonprofit organization that helps families and friends recognize and cope with depressive disorders to get people well and prevent suicides. The organization provides education, outreach, and advocacy to support families. Families for Depression Awareness is made up of families who have lost a family member to suicide or have watched a loved one suffer with depression, with little knowledge about how to help. 781-890-0220 www.familyaware.org

Samaritans of Boston

Samaritans, Inc. is a non-denominational, not-for-profit volunteer organization serving greater Boston & Metrowest communities. We are dedicated to reducing the incidence of suicide by befriending individuals in crisis and educating the community about effective prevention strategies. We reach more than 100,000 people each year with the help of more than 400 volunteers - 100 of them teens. <http://www.samaritansofboston.org>

24-Hour Crisis Hotline.....617-247-0220
Teen Line.....800-252-8336
Business Line.....617-536-2460

American Foundation for Suicide Prevention

The American Foundation for Suicide Prevention (AFSP) is a leading national not-for-profit organization exclusively dedicated to understanding and preventing suicide through research, education and advocacy, and to reaching out to people with mental disorders and those impacted by suicide. 888-333-AFSP www.afsp.org

National Institute of Mental Health

Information, news, and research on mental health and behavioral disorders:
www.nimh.nih.gov

National Mental Health Association

Information on all aspects of mental health and mental illness:
www.nmha.org

Survivors of Suicide

Support for survivors of suicide and friends of survivors:
www.survivorsofsuicide.com

Books

The Cruellest Death - The Enigma of Adolescent Suicide

David Lester; Charles Press; 1993.

The Enigma of Suicide

George Howe Colt; Touchstone; 1991.

"I Thought People Like That Killed Themselves." Lesbians, Gay Men and Suicide

Eric E. Rofes; Grey Fox Press; 1983.

No One Saw My Pain - Why Teens Kill Themselves

Andrew Slaby, M.D. and Lili Frak Garfinkel; W.W. Norton & Co.; 1994.

Now I Lay Me Down - Suicide and the Elderly

David Lester and Margo Tallmer, editors; Charles Press; 1994.

Why Suicide? : Answers to 200 of the Most Frequently Asked Questions about Suicide, Attempted Suicide, and Assisted Suicide.

Eric Marcus.; Harper San Francisco; 1996.