



NOPCAS

NATIONAL ORGANIZATION FOR PEOPLE OF COLOR AGAINST SUICIDE

Suicide Prevention and Mental Healthcare Resources

FOR IMMEDIATE SUPPORT (NATIONAL HOTLINES)

National Suicide Prevention Lifeline – 1-800-273-8255

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

National Teen Dating Abuse Helpline – 1-866-656-4673

ORGANIZATIONS FOR MENTAL HEALTH AND SUICIDE PREVENTION

NAMI, the National Alliance on Mental Illness– www.nami.org

NOPCAS – National Organization for People of Color against Suicide – www.nopcas.org

The Society for the Prevention of Teen Suicide – www.sptsusa.org/parents/talking-to-your-kid-about-suicide/

Suicide Prevention Resource Center (SPRC) – www.sprc.org

Performcarenj.org – offers services for youth that need counseling, housing, or substance use treatment. 1-877-652-7624

The Trevor Lifeline – offers around the clock crisis intervention and suicide prevention lifeline for gay, bisexual, transgender, and questioning young people, from ages 13 - 24

FINDING MENTAL HEALTH CARE

Therapyforblackmen.org

Therapyforblackgirls.com

Black Mental Health Alliance for Education & Consultation – provides mental health referrals and resources 410-338-2642

Steve Fund – Are you a young person of color? Feeling down, stressed or overwhelmed? Text STEVE to 741741 and a live, trained Crisis Counselor will receive the text and respond to you quickly to provide support.

Lgbtqtherapistresource.com

Talktoivy.com and talkspace.com are both online counseling services

SEARCHABLE DATABASE FOR PEOPLE OF COLOR

Association for Black Psychologist

Association for Black Social Workers

National Directory of Black Psychiatrist of America

The National Queer and Trans Therapist of Color Network (NQTTCN)

COMMUNITY PREPAREDNESS TRAINING PROGRAMS

NCTSN.org – a site that helps raise the standard of care and improve access to services for traumatized children, their families and communities throughout the United States (Psychological First Aid)

NOPCAS.org – provides training in African American communities on recognizing the signs when someone is in a suicidal crisis.

Criticalincidentstress.com (CISM) is an adaptive, short-term psychological helping-process that focuses solely on an immediate and identifiable problem. It can include pre-incident preparedness to acute crisis management to post-crisis follow-up.

FOR CHILD and TEEN SURVIVORS OF SUICIDE LOSS

The Dougy Center – a national center for grieving children and families www.dougy.org

The National Alliance for Grieving Children – www.nationalallianceforgrievingchildren.org

RECOMMENDED BOOKS

Mind Matters: A Resource Guide to Psychiatry for Black Communities by Psychiatry, LLC, Global Health 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 by the American Academy of Pediatrics

Black Suicide by Alton Kirk, PhD