

General Crisis Support Resources:

National Suicide Prevention Lifeline: 1-800-273-8255;

Crisis Call Center Hotline: 1-800-273-8255;

Crisis Text Line (available 24/7): Text HOME to 741741

Educational Articles/Parent Experiences:

[Suicide: Helping Your Student Cope With Tragedy](#)

[The Crisis in Youth Suicide](#)

[Loss Survivors - Resources](#)

[How I Survived \(One Parent's Journey\)](#)

[Mental Health in College: What Parents Need to Know](#)

Websites:

- The American Foundation for Suicide Prevention [page](#) for survivors of suicide loss – ‘I’ve Lost Someone’ website.
- The American Association of Suicidology’s [Suicide Loss](#) page.
- The [A.F.S.P. support group listing](#).
- [Survivors of Suicide Loss](#)
- [The Compassionate Friends](#) runs in-person groups, which you can find [here](#), as well as 34 closed Facebook groups, one called [“Loss Due to Suicide.”](#)
- [Alliance of Hope](#) provides information, consultations and support to suicide loss survivors through its website and online community forum. It operates like a 24/7 support group supervised by trained moderators and a mental health professional. The forum includes such topics as “grief, blame and forgiveness” and “parents who lost children.”

If you are having thoughts of suicide, call the National Suicide Prevention Lifeline at 1-800-273-8255 (TALK). You can find a list of additional resources at [SpeakingOfSuicide.com/resources](#).