

## **Suicide Prevention Resources:**

### **#BeThe1To**

- <https://www.bethe1to.com/bethe1to-steps-evidence/>
- **The 5 Action Steps for communicating with someone that may be suicidal**
  - **Ask, Be There, Keep Them Safe, Help Them Connect, Follow Up**

### **Jackson Hole Community Counseling (Español/ English)**

- **24 Hour Crisis Hotline**
- (307)733-2046

### **National Suicide Prevention Lifeline (Español/ English/ Hard of Hearing)**

- **24 Hour Crisis Hotline**
- 1-800-273-8255

### **Curran-Seeley Foundation: Alcohol & Drugs**

- **24 Hour Crisis Hotline**
- (307)739-7149

### **The Community Safety Network**

- A refuge for people affected by domestic violence, sexual assault, and stalking
- (307)733-7233

### **Mental Health JH Free Counseling Sessions (Español/ English)**

- [www.mentalhealthjh.com](http://www.mentalhealthjh.com)

### **St. John's Mental Health Resource Line**

- Connect with a mental health professional
- (307)203-7880

### **My Strength- Mental Health**

- Self-guided help
- Use JHCommunity as your access code
- [www.mystrength.com](http://www.mystrength.com)

### **Free Suicide Prevention Educational Trainings**

- Public Health Prevention
- (307)732-8495

### **WPAA - Wyoming Prevention Action Alliance**

- WY We Talk- Mental Health Awareness, Wyoming residents looking out for each other, Reach Out To Talk

### **How Right Now - Find What Helps (English/Spanish)**

- Find Inspiration and help
- <https://howrightnow.org/>

### **American Foundation for Suicide Prevention**

- You Are Not Alone
- <https://afsp.org/>

## **Recommended Reading and Viewing:**

[Suicide Risk in the Bay Area](#), by Dr. Eli Merritt

[When You Don't Want To Be Here, but You're Too Afraid To Die](#)

[Kevin Hines - Survivor, Story Teller, Film Maker](#)