



UPLAND STRONG

Crisis Intervention/Suicide Prevention Resource Guide

UUSD

If you or someone you know is considering suicide, know you're not alone and help is out there. Below is a resource guide that includes hotlines, online websites, and other methods of support.

Crisis Hotline

National Suicide Prevention Lifeline

The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

Phone #: 1-800-273-8255 (24/7)

Online Chat: <https://suicidepreventionlifeline.org/chat/> (24/7)

Website: <https://suicidepreventionlifeline.org/>



Crisis Text Line

[Text 741741](https://www.crisistextline.org/)

Crisis Text Line

The Crisis Text Line is a free text messaging resource offering 24/7 support to anyone in crisis. Since August 2013, more than 79 million text messages have been exchanged.

Text: HOME to 741741 (24/7)

Website: <https://www.crisistextline.org/>

LGBTQ Hotline/Text/CHAT

The Trevor Project

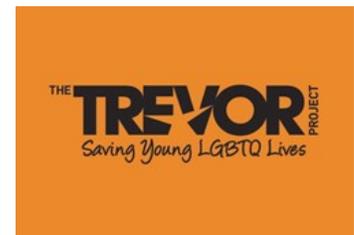
The Trevor Project offers crisis intervention and suicide prevention to LGBTQ Youth ages 13-24 through its hotline, chat feature, text feature, and online support center.

Phone #: 866-488-7386 (24/7)

Text: START to 678678. (Mon-Fri 3 p.m. to 10 p.m. EST/12 p.m. to 7 p.m. PST)

[TrevorCHAT](https://www.thetrevorproject.org/) (instant messaging, available seven days a week 3 p.m. to 10 p.m. EST/12 p.m. to 7 p.m. PST)

Website: <https://www.thetrevorproject.org/>



Prevention Resources



SAMHSA's Suicide Prevention Resource Center

SAMHSA's SPRC provides accurate data, up-to-date research, and knowledge of effective strategies and interventions that are essential to our ability to prevent suicide. Find programs, toolkits, fact sheets, and other resources to help you take effective action.

Website: <https://www.sprc.org/resources-programs>

Zero Suicide

The foundational belief of Zero Suicide is that suicide deaths for individuals under the care of health and behavioral health systems are preventable. For systems dedicated to improving patient safety, Zero Suicide presents an aspirational challenge and practical framework for system-wide transformation toward safer suicide care.

Website: <https://zerosuicide.edc.org/>

#BeThe1To

#BeThe1To is the National Suicide Prevention Lifeline's message for National Suicide Prevention Month and beyond, spreading the word about actions we can all take to prevent suicide. The Lifeline network and its partners are working to change the conversation from suicide to suicide prevention, to actions that can promote healing, help and give hope. Together, we can prevent suicide by learning to help ourselves, help others, seek consultation from trained providers (hotlines and clinicians) and to seek hospital care when necessary.

Website: <https://www.bethe1to.com/>



If you or someone you know is in **crisis**, please **CALL 9-1-1 IMMEDIATELY**.

Upland Unified School District Crisis Line: 909-921-7472

LGBTQ Resources

Trans Lifeline

Trans Lifeline is a trans-led organization that connects trans people to the community, support, and resources they need to survive and thrive.

Phone #: (877) 565-8860

Website: <https://translifeline.org/>



PFLAG

PFLAG is the first and largest organization for lesbian, gay, bisexual, transgender, and queer (LGBTQ+) people, their parents and families, and allies.

Website: <https://pflag.org/>



The True Color United

The True Colors Fund is working to end homelessness among lesbian, gay, bisexual, transgender, queer, and questioning youth, creating a world in which all young people can be their true selves. True Colors United runs a database of service providers.

Phone #: (212)-461-4401

Website: <https://truecolorsunited.org/>



It Gets Better

The It Gets Better Project inspires people across the globe to share their stories and remind the next generation of LGBTQ+ youth that hope is out there, **and it will get better.**

Website: <https://itgetsbetter.org/>





Other Resources

NAMI (National Alliance of Mental Illness)

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

Website: <https://www.nami.org/Home>

The National Runaway Safeline

Provides advice and assistance to runaways, including resources, shelter, transportation, assistance in finding counseling, and transitioning back to home life. NRS frontline staff will also act as advocates and mediators if/as needed.

Phone #: 800-RUNAWAY (800-786-2929)

Website: <https://www.1800runaway.org/youth-teens/>

Self Abuse Finally Ends (S.A.F.E)

Addresses individuals coping with non-suicidal self-injury, including locally-based information, support and therapy referrals.

Website: <https://selfinjury.com/>

U.S. National Domestic Violence Hotline

They also have an online chat feature available. Operating around the clock, seven days a week, confidential and free of cost, the National Domestic Violence Hotline provides lifesaving tools and immediate support to enable victims to find safety and live lives free of abuse. Highly trained, experienced advocates offer compassionate support, crisis intervention information and referral services in over 170 languages.

Phone #: (800) 799-7233 (English and Spanish) (800) 787-3224 (TTY)

Website: <https://www.thehotline.org/>

Rape Abuse and Incest National Network (RAINN)

The nation's largest organization fighting sexual violence, RAINN also carries out programs to prevent sexual violence, help victims and ensure that rapists are brought to justice.

Phone # (800) 656-HOPE / (800) 810-7440 (TTY)

Website: <https://rainn.org/>