

## Suicide Prevention Resources

### **Suicide Prevention Web and Hotline Resources:**

- **Jed Foundation** (<https://www.jedfoundation.org/>). The Jed Foundation is the nation's leading organization working to reduce emotional distress and prevent suicide among college students.
- **National Suicide Prevention Lifeline** (<http://www.suicidepreventionlifeline.org>). A 24-hour toll-free suicide prevention service available to anyone in suicidal crisis. 800-273-TALK (8255).
- **Uline** (<http://www.ulifeline.org>) - Uline provides a mental health library, tools for self-evaluation and links to 24-hour hotlines, including the Trevor hotline for LGBTQ youth.
- **Half of Us** (<http://www.halfofus.com>) – Nearly half of us have felt so depressed that it was difficult to function. Through Half of Us, learn about warning signs, find information on a number of mental health concerns and connect with others. You can see videos of popular actors and artists, who speak about their personal experiences with depression and suicidality, as well as other issues.

### **Suicide Prevention Apps:**

- **My3** (<http://www.my3app.org/>). My3 can help you get through your most difficult times by letting you define your network of resources and plan for safety.
- **A Friend Asks** (<http://jasonfoundation.com/get-involved/student/a-friend-asks-app/>). A Friend Asks provides the information, tools and resources you may need to help a friend who may be struggling with thoughts of suicide.

***Please note:** These resources and apps may be helpful on their own or as a complement to professional therapy. They are recommended for your consideration.*

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