

SUICIDE AWARENESS & PREVENTION RESOURCES

HOLYOKE COMMUNITY COLLEGE

Please see the *HCC SUICIDE PREVENTION PROTOCOL WEBPAGE:*
hcc.edu/suicide-prevention

Campus Police *For emergencies:*

- Campus phone x2211 OR
- Other phone 413-552-2211 or 911

WellConnect Student Assistance Program

- 24/7 confidential counseling
- Three free in-person counseling visits with one of 300 area providers
- Call 866-640-4777

Behavioral Intervention Team (BIT)

- Assesses incident and/or behavior of individual of concern; makes community referral(s) prior to escalating to threat level
- Contact BIT chair, Tony Sbalbi, Dean of Students (413)552-2390 or tsbalbi@hcc.edu

24-Hour Crisis HOTLINES

- **National Suicide Prevention Lifeline** 1-800-273-TALK (1-800-273-8255)
 - Veterans, press 1
 - Text TALK to 741741
- **1-800-SUICIDE** (1-800-784-2433)
- **Samaritans Statewide Hotline:** 877-870 HOPE (4673)
- **Vets4Warriors:** 855-838-8255
- **The Trevor Helpline** (for GLBTQ youth): 866-4-U-TREVOR (488-7386) [For lesbian, gay, bisexual, transgender, and questioning youth]

NATIONAL

- **American Foundation for Suicide Prevention**
<https://afsp.org/>
- **Suicide Prevention Lifeline** [Substance Abuse and Mental Health Services Administration, SAMHSA]
<https://suicidepreventionlifeline.org/>
- **American Association of Suicidology**
<http://www.suicidology.org/resources/facts-statistics>
- **American Foundation for Suicide Prevention:** Nationwide Initiative to reduce the annual rate of suicide in the U.S. 20% by 2025
<https://project2025.afsp.org/>
- **QPR Institute**
<https://qprinstitute.com/>
- **National Alliance on Mental Illness (NAMI)** [Nation's largest grassroots mental health organizations with NAMI Affiliates across the country]
<https://www.nami.org>
- **Substance Abuse and Mental Health Services Administration (SAMHSA)** [U.S. Dept. of Health & Human Services]
<https://www.samhsa.gov/>

MASSACHUSETTS STATE

- **Massachusetts State Government**
<https://www.mass.gov/suicide-prevention-program>
- **Massachusetts Department of Public Health** – Printable Resources for Schools
<https://www.mass.gov/info-details/suicide-prevention-resources#resources-for-schools->
- **The Massachusetts Coalition for Suicide Prevention (MCSP)**
www.massprevetssuicide.org
- **Mass 211** – Call “211” from any phone to connect with a statewide information and referral center.
mass211.org

LOCAL

- The **Center for Human Development (CHD) Behavioral Health Services** clinics offer counseling and psychotherapy for children, adolescents, adults, and families, as well as primary care and wellness programming. CHD has offices in Holyoke, Springfield, West Springfield, Easthampton, and Greenfield. Call 1-844-CHD-HELP
<https://chd.org/>
- **Behavioral Health Network (BHN)** services include crisis intervention and counseling for residents of Holyoke and Springfield. Call (413) 747-0705
<https://bhninc.org/about/contact/>

WEBSITE RESOURCES FOR COLLEGE STUDENT SUICIDE PREVENTION

- **Active Minds**
www.activeminds.org
- **The Jed Foundation**
www.jedfoundation.org
- **Jordan Porco Foundation**
<https://www.rememberingjordan.org/>
- **safeTALK**
<https://www.sprc.org/resources-programs/suicide-alertness-everyone-safetalk>
- **ASIST**
<https://www.prevent-suicide.org.uk/index.html>
- **Learn Psychology: Mental Health and Well-Being for College Students**
www.learnpsychology.org/mental-health/
- **Mental Health America: Life on Campus**
www.mentalhealthamerica.net/life-campus
- **National Alliance of Mental Illness (NAMI): Managing a Mental Health Condition in College**
www.nami.org/Find-Support/Teens-Young-Adults/Managing-a-Mental-Health-Condition-inCollege
- **National Institute of Mental Illness: Depression and College Students**
www.nimh.nih.gov/health/publications/depression-and-college-students-new/index.shtml
- **Society for Adolescent Health & Medicine: Mental Health Resources for Adolescents & Young Adults**
www.adolescenthealth.org/Clinical-Care-Resources/Topics-in-AdolescentHealth/Mental-Health/Mental-Health-Resources-For-Adolesc.aspx
- **Uline** [For College Students; A program of the JED Foundation]
www.ulifeline.org
- **Half of Us**
<http://www.halfofus.com/>
- **University of Chicago** Resources for students: topics from substance abuse to veteran’s services
www.dr-bob.org