

# Behavioral Health Online Resources

## Suicide Prevention Resource Center

[sprc.org](http://sprc.org)

## Veterans Administration Suicide Prevention Site

[mentalhealth.va.gov/suicide\\_prevention](http://mentalhealth.va.gov/suicide_prevention)

## National Alliance on Mental Health

[nami.org](http://nami.org)

## Easy to read resource with scripting for talking about suicide

[suicideispreventable.org](http://suicideispreventable.org)

## Resource with DBT skills, information to help combat suicidal thoughts

[nowmattersnow.org](http://nowmattersnow.org)

## General info, online depression screening and resources

[save.org](http://save.org)

## Link to download app that helps you ask a friend about suicidal ideation

[jasonfoundation.com](http://jasonfoundation.com)

## LGBTQ resource

[thetrevorproject.org](http://thetrevorproject.org)

## Downloadable Apps



### Virtual Hope Box

Available at Apple Store or Google Play



### Calm Harm

Calmharm.co.uk



### Suicide Safe by SAMSA

Available at Apple Store or Google Play