

# Stress and Suicide Prevention Resources

**\*In an emergency always dial 911\***

## Telephone Hotlines:

- **Suicide Prevention Hotline**  
1-800-273-TALK (8255) 24/7 hotline, 365 days a year
  
- **SafeCallNow.org: 1-206-459-3020**  
(24/7 hotline operated for and by first responders)
  
- **Maine Statewide Crisis Hotline 1-888-568-1112** (24 hours a day, 365 days a year)
  
- **Maine Warm Line 1-866-71-WARM (9276)** peer to peer support serving adults in Maine from 5:00 p.m. until 8:00 a.m. daily
  
- **TOGUS VA Medical Center 1-877-421-8263** (enter extension 4443 or 5515) during business hours; on weekends or in the evenings (enter 0 and ask for Patient Care Coordinator)
  
- **Military One Source 1-800-342-9647** which supplements existing installation services, provides free help and information by phone with a professionally trained consultant or on-line, on a wide variety of issues that affect you and your family—from budgeting and investing to relationships and deployment. It is available whenever you are—24 hours a day, 365 days year.
  
- **Other 24-hour resources:**
  - DHHS Child Abuse and Neglect 1-800-452-1999 (TTY Maine relay 711)
  - Statewide Domestic Violence Helpline 1-866-83-4HELP (4357)
  - State Police 1-800-432-7381 or 911 (TTY compatible)

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- Infoline 211 offers referrals for health and human services. (dial 211 for referrals)
- Northern New England Poison Center 1-800-222-1222 (TTY Portland only 871-3939)
- Statewide, Confidential Sexual Assault Crisis and Support Line 1-800-871-7741 (TTY 1-888-458-5599)

Tracy Charette and Yvonne Laine, Suicide Prevention Coordinator, Togus VA Medical Center 207 623-8411 x4289

### **Social Media:**

#### **BeThe1 Campaign**

Use or search **#BeThe1To** (for social media posts)

[WWW.BeThe1To.com](http://WWW.BeThe1To.com) (website)

#### **Crisis Text Line**

Crisis Text Line is free, 24/7 support for those in crisis, connecting people in crisis to trained Crisis Counselors. Our first priority is helping people move from a hot moment to a cool calm, guiding you to create a plan to stay safe and healthy. **YOU** = our priority. **Text CONNECT to 741741** from anywhere in the USA, anytime, about any type of crisis. A live, trained Crisis Counselor receives the text and lets you know that they are there to listen.

#### **Lifeline Crisis Chat**

Chat with a crisis counselor online:

[www.suicidepreventionlifeline.org/gethelp/lifelinechat.aspx](http://www.suicidepreventionlifeline.org/gethelp/lifelinechat.aspx)

#### **Firefighters Behavioral Health Alliance**

<http://www.ffbha.org/> (website)

and on Facebook

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## Websites:

**Code Green:** [www.CodeGreenCampaign.org](http://www.CodeGreenCampaign.org)

Mission: Bring awareness to the high rates of mental health issues in first responders and reduce them. Eliminate the stigma that prevents people from admitting these issues and asking for help. Educate first responders on self and peer care and to advocate for systemic change in how mental health issues are addressed by first responder agencies

### **Maine's Suicide Prevention Program**

(Resources, reports, training opportunities)

<https://www.maine.gov/suicide/>

### **National Alliance on Mental Health – NAMI – Maine Chapter**

(information, volunteers, resources, training)

<https://www.namimaine.org/>

**Blue H.E.L.P.** <https://bluehelp.org>

It is the mission of Blue H.E.L.P. to reduce mental health stigma through education, advocate for benefits for those suffering from post-traumatic stress, acknowledge the service and sacrifice of law enforcement officers we lost to suicide, assist officers in their search for healing, and to bring awareness to suicide and mental health issues.

Blue H.E.L.P. provides family support, statistics, resources and trainings.

Contact: [contact@bluehelp.org](mailto:contact@bluehelp.org) , P.O. Box 539, Auburn, MA 01501

## **RESOURCES for VETERANS and THEIR FAMILIES**

### **Medline Plus**

People who serve in the military and veterans face some different health issues than civilians. These include physical injuries, health problems from exposure to environmental hazards, and/or mental health problems like depression,

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substance abuse, and PTSD. For more information go to

<http://www.nlm.nih.gov/medlineplus/veteransandmilitaryhealth.html>

**Mental Health America** has an extensive section entitled Operation Healthy Reunions, a first of its kind program that provides education and helps to bust the stigma of mental issues among soldiers, their families, and medical staff to ensure that a greater number of military families receive the prompt and high-quality care they deserve. The resources and links section is very extensive and includes on-line screening tools. [www.mentalhealthamerica.net/reunions](http://www.mentalhealthamerica.net/reunions)

**The National Alliance on Mental Illness** has created a **Veterans Resource Center**. It contains information on Post-traumatic Stress Disorder, Traumatic Brain Injury, Information for Families, Children and Spouses, Women Veterans Resources, and other important topics. **Go to [www.nami.org](http://www.nami.org) and then click on Veterans Resource Center.**

**The Substance Abuse and Mental Health Services Administration** developed a SAMHSA Veteran Resources section that includes information on finding mental health and substance abuse services. **This can be found at [www.samhsa.gov/vets/](http://www.samhsa.gov/vets/)**

**The Military Home Front** is maintained by the Department of Defense and includes a section on suicide. **Go to <http://www.militaryhomefront.dod.mil> and then click on Troops and Families.**

### **Suicide Prevention Resource Center**

Provides resources, research, materials, information on trainings, educational tools, and guidance for developing suicide prevention programs.

<https://www.sprc.org>

### **Zero Suicide Initiative**

This is a good resource for information on organizational approaches to addressing and reducing suicide. The Zero Suicide framework is a system-wide,

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organizational commitment to safer suicide care in health and behavioral health care systems. The framework is based on the realization that suicidal individuals often fall through the cracks in a sometimes fragmented and distracted health care system. A systematic approach to quality improvement in these settings is both available and necessary.

<https://zerosuicide.sprc.org/about>

### **Man Therapy**

<https://www.mantherapy.org/>

Has 24/7 Lifeline Crisis Chat that “is a place to talk about problems and stress that may be difficult to talk about anywhere else. It's a place to find nonjudgmental support and help through a difficult time. Lifeline Crisis Chat is also place to find information on mental health problems and services. It's a confidential, secure and anonymous way of reaching out for help when you don't know where else to turn.” The site also provides many resources and information regarding stress, depression, substance use disorder, etc...

### **Triple F – Fabulous Female Firefighters**

<http://triplefrescue.com/triplef/>

Site provides posts and information for female firefighters, EMS and others – includes posts that touch upon stress and suicide in first responder communities. “Triple F is where the world’s fire service sisters come together to motivate, share their experience, and inspire one another. Triple F's intention is to empower first responders in mind, body, and spirit. Our belief is that by creating a fierce sisterhood of resilience and support we can become the strongest and most united women --and men-- in the fire universe! In other words, Fabulous.”