



SUICIDE PREVENTION

Suicide Hotline Resources

Here are some resources a colleague Alivia Tagliaferri (creator of a documentary called “Power Of One: Preventing Suicide in America” shared on a blog post I wrote. I thought this may help you in your time of need. May peace be with you.

- 1. You Are Not Alone** — The National Institute of Health conducted a study in 2009 that found an association between the trauma of pregnancy loss and infertility with symptoms of post traumatic stress and depression. The study also found that these symptoms and feelings do not always abate over time. Nor would one expect them to. Experiencing the loss of a pregnancy, or attempting and not being able to carry a child at all, is a major loss. Experiencing depression and symptoms of post traumatic stress is the body and mind’s way of naturally expressing grief, despair, anger and a whole host of emotions. However, untreated depression is a contributing factor of suicidal thoughts and acts of suicide. So please know that you are not alone, that what you are experiencing is normal, and that therapies do help.
- 2. Take Care for Yourself and Loved Ones** — If you or someone you know is having thoughts of suicide, please call your doctor, #911 or a crisis hotline. In the United States, the National Suicide Prevention Lifeline is 1-800-273-8255 (or 1-800- 273-TALK) and is available 24/7. WHO also offers guidelines on how to help someone who may be suicidal, and the International Association for Suicide Prevention offers information about crisis centers around the world. You matter. Your life matters. Please stay with us, no matter what.
- 3. Resources are Available** — Locally, Regionally, Nationally and Internationally. There are many organizations that will help you find a therapist or modality of healing in your area. In the United States, a few organizations that have state and local chapters include NAMI (National Alliance on Mental Illness) and MHA (Mental Health America). Internationally, the World Health Organization (WHO) has launched World Mental Health Organization that offers information and services by region. Since each one of you has a unique experience, it may take some time and adjustments to find the therapist or modality of healing that is right for you. But trust that you deserve this and will find what you are looking for.

RESEARCH AND RESOURCES:

National Alliance on Mental Illness

<https://www.nami.org>

Mental Health America:

<http://www.mentalhealthamerica.net>

World Health Organization:

http://www.who.int/mental_health/en/

National Suicide Prevention Lifeline

1-800-273-8255
(1-800- 273-TALK)

International Association for Suicide Prevention:

http://www.iasp.info/resources/Crisis_Centres/