

Suicide Prevention Referral Worksheet

As a gatekeeper, it is important for you to identify individuals and organizations to which you can refer people for help. There are many local community resources that can provide help including:

- Mental health counselors, therapists, mental health clinics
- Community health centers or clinics
- Social service agencies
- Teachers, guidance counselors, or coaches
- Family clinicians
- Religious/spiritual leaders
- Traditional healers
- Hospital emergency rooms
- Crisis help lines (e.g., Samaritans)

Note: These resources can provide help to those thinking about suicide. **If a person is in immediate risk of hurting themselves, do not leave them alone. Call for help or 911.**

For each of the resources you identify, please fill in the name of the contact person, his/her position/title, and phone number.

Contact Person/ Organization	Position/Title	Phone Number

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National Resources

The National Suicide Prevention Lifeline is a nationwide network of crisis centers. If you are thinking of hurting yourself, or if you are concerned that someone else may be suicidal, call the National Suicide Prevention Lifeline at **1-800-273-TALK (8255)**. The National Suicide Prevention Lifeline website at <http://www.suicidepreventionlifeline.org/> provides a list of crisis centers that you access either by state or zip code.

The Substance Abuse Mental Health Services Administration’s (SAMHSA) website at <http://store.samhsa.gov/mhlocator> includes a **Mental Health Services Locator**. Enter your zip code to get comprehensive information about mental health services and resources. The Locator is useful for professionals, consumers and their families, and the public.