

## Refugee Suicide Prevention: Annotated Websites

### General Suicide Prevention Information

#### **American Association of Sociology**

<http://www.suicidology.org/>

This website offers a variety of free resources including fact sheets about suicide, links to other websites, current research and best practices, and a list of suicide warning signs. Additionally, it provides lists of books and other publications and recommended videos that can be purchased through the website. It also provides a directory of AAS-Accredited Crisis Centers listed by state.

**Languages:** English, Spanish (some)

#### **American Foundation for Suicide Prevention (AFSP)**

[http://www.afsp.org/index.cfm?fuseaction=home.viewPage&page\\_id=1](http://www.afsp.org/index.cfm?fuseaction=home.viewPage&page_id=1)

This website offers general information on suicide prevention as well as links to publications, lists of resources, summaries of projects that the ASFP funds, and downloadable power point presentations.

**Languages:** English, Spanish (some), French (some)

#### **Center for Disease Control and Prevention (CDC): Violence Prevention**

<http://www.cdc.gov/ViolencePrevention/suicide/>

This website provides links to selected publications and other resources about suicide as well as suicide definitions, national statistics, risk and protective factors, and prevention strategies.

**Languages:** English

#### **International Association for Suicide Prevention (IASP)**

<http://www.iasp.info/>

The IASP is a Non Governmental Organization (NGO) associated with the World Health Organization. Its website is a resource for information about international symposiums and conferences devoted to suicide prevention (e.g. the XXVII World Congress of IASP: Suicide Prevention in Five Countries in Oslo, Norway) as well as the global community involved with suicide prevention. The IASP publishes a bi-monthly journal on suicide prevention which can be subscribed to by becoming a member of the IASP (there is a fee).

**Languages:** English, Spanish, French, Chinese, (some offerings in other languages such as Polish, Japanese, Estonian, and Serbian)

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### QPR Institute

<http://www.qprinstitute.com/>

The QPR Institute offers comprehensive suicide prevention training programs as well as educational and clinical materials for the general public, professionals, and institutions.

**Languages:** English

### Refugee Health Technical Assistance Center (RHTAC)

<http://www.refugeehealthta.org/>

The Refugee Health Technical Assistance Center (RHTAC) is dedicated to improving the well-being of refugees by providing tools, resources, and support for health and mental health providers in order to better meet the needs of refugees in resettlement.

**Languages:** English

### Substance Abuse and Mental Health Services Administration (SAMHSA)

<http://www.samhsa.gov/>

This website has a variety of suicide prevention related brochures and informative guides as well as a mental health services locator at <http://store.samhsa.gov/mhlocator>.

**Languages:** English, Spanish

### Suicide Prevention Resource Center

<http://www.sprc.org/>

This website has an extensive and easily navigated library of resources and publications on suicide prevention. Additionally, it provides a comprehensive overview of basic information about suicide, offers online trainings and webinars, and is home to the *Best Practices Registry* for suicide prevention.

**Languages:** English

## Suicide Prevention for Minority Populations

### Asian American Suicide Prevention and Education

<http://www.aaspe.net/>

This website offers general information about suicide prevention as well as some quick facts specifically regarding Asian Americans. There are educational resources in several languages as well as information regarding two films (one of which is free and is offered in 9 languages) that can be shown at trainings and for education regarding Asian American suicide and depression.

**Languages:** English, Chinese, Vietnamese, Korean, Japanese

### Cultural Considerations in Treating Asians with Depression

<http://www.healthyplace.com/depression/articles/cultural-considerations-in-treating-asians-with-depression/>

This is a relatively short, informative article regarding depression in Asian Americans.

**Languages:** English

## Refugee Suicide Prevention: Annotated Websites

### National Association of People of Color against Suicide

<http://www.nopcas.org/>

This website is a resource on suicide prevention for people of color (particularly African American communities). The bibliography (located at the right of the homepage) lists a large number of relevant articles and publications.

**Languages:** English

### Suicide Awareness and Prevention among Asian Americans

<http://www.sapasianamerican.org/>

This is a resource for professionals working with Asian Americans who may be at risk for depression or suicide. This website offers general information as well as information specifically applicable to the Asian American population. There are links to audios and visuals of stories related to suicide prevention among Asian Americans as well as relevant book chapters.

**Languages:** English

## National Hotlines

### National Suicide Prevention Lifeline

<http://www.suicidepreventionlifeline.org/> **1-800-273-TALK (8255)**

This is a suicide prevention hotline available 24 hours a day/7 days a week and is funded by SAMHSA. The hotline is staffed by trained crisis counselors who provide information about mental health services available in the caller's area. Additionally, this website offers a variety of free materials such as quick reference wallet-cards for both counselors and people who are at risk and may want to call the hotline, posters, pre-made audio PSA announcements, magnets, and more.

**TTY: 1-800-799-4TTY**

**Spanish Language Line: 1-888-628-9454**

**Languages:** English, Spanish, and 148 other languages using telephone interpreters

### LIFENET

[http://www.nyc.gov/html/doh/html/cis/cis\\_lifenet.shtml](http://www.nyc.gov/html/doh/html/cis/cis_lifenet.shtml) **1-800-LIFENET(543-3638)**

LIFENET is a 24 hour/7 days a week hotline sponsored by the New York City Department of Health and Mental Hygiene that can be accessed by people living anywhere in the U.S. It offers services to both individuals experiencing a mental health or substance abuse crisis and their friends and family members. It is staffed by mental health professionals who find and refer individuals to mental health and substance abuse services.

**TTY: 1-212-982-5284**

**Spanish LifeNet: 1-877-AYUDESE (298-3373)**

**Asian LifeNet: 1-877-990-8585**

**Languages:** English, Spanish, Cantonese, Mandarin, Japanese, Korean, Fujianese, other languages using interpreters