

Resources



HARBORVIEW
INJURY PREVENTION
& RESEARCH CENTER

UNIVERSITY of WASHINGTON

Do you need immediate assistance?

CALL 9-1-1

NEW! Suicide & Crisis Hotline: Call, Text, or Chat 9-8-8.

988 Suicide & Crisis Lifeline >> 988lifeline.org

Call, Text, or Chat 9-8-8: This nationwide resource provides 24/7, FREE, and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the U.S.

Crisis Connections >> crisisconnections.org/get-help

Call (866) 427-4747 for HELP: This Washington state resource provides a 24/7, FREE, and confidential Crisis Line for mental health, substance use, emotional concerns, and/or assistance with basic needs such as food or housing.

Three Interventions Toolkit >> hiprc.org/3interventionstoolkit

FREE Digital Toolkit featuring three critical interventions to support an individual in crisis:

- **Voluntary Do-Not-Sell** (Voluntary Waiver of Firearm Rights)
- **Extreme Risk Protection Orders** (ERPOs)
- **Safe Storage** (Washington Safe Storage Map)

UW Forefront Suicide Prevention >> inthe forefront.org

LEARN® How to Prevent Suicide in Your Family & Community

This online toolkit includes steps you can take *right now* to make your home and community safer, and what to do if you're faced with supporting someone who may be considering suicide. Includes webinars, videos, training, and other resources.

Helping Children Cope & Adjust After a Disaster >> aap.org

The American Academy of Pediatrics (AAP) provides resources to help pediatricians, and all adults in a position to support children, after disasters, and other crisis events that have the potential to cause short- and long-term effects on the psychological functioning, emotional adjustment, health, and developmental trajectory of children.

Catastrophic Mass Violence Resources >> nctsn.org

The National Child Traumatic Stress Network (NCTSN) provides resources to help families and children who may be profoundly affected by mass violence, acts of terrorism, or community trauma in the form of shootings, bombings, or other types of attacks.

Washington Teen Link >> teenlink.org

Call or Text (866) 833-6546 for HELP: Created for teens, *by teens*.



UW Medicine
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