

Suicide Prevention Tools and Information

This listing includes a sampling of helpful mobile applications, websites, podcasts, and videos that include important information about suicide and suicide prevention.

Voices of Experience

Live Through This

<http://livethroughthis.org>

A collection of portraits and stories of suicide attempt survivors, as told by those survivors.

Now Matters Now

<http://www.nowmattersnow.org>

An online suicide intervention site that features videos and stories that provide skills and support for coping with suicidal thoughts.

Craig Miller, a suicide attempt survivor and a leader in the suicide prevention movement, shares his experience as well as humble lessons for survivors, attempt survivors, and clinicians in his book and via video from his speaking engagements.

<http://www.thisshowitfeels.com/index.html>

Kevin Breel, writer, comic, and mental health activist, talks about his struggles with depression on a TED Talk.

https://www.ted.com/talks/kevin_breel_confessions_of_a_depressed_comic

Kevin Briggs is a retired Sergeant with the California Highway Patrol who speaks in this Social Work Podcast. As part of his duties, he responded to calls on the Golden Gate Bridge, one of the most lethal suicide spots in the world. He shares some of his strategies and his struggles working with hundreds of people.

<http://socialworkpodcast.blogspot.com/2016/06/briggs.html>

Kevin Hines, who survived the fall off the Golden Gate Bridge, is a suicide prevention advocate who uses his story to spread suicide prevention awareness. Video clips and articles are available on his website.

<http://www.kevinhinesstory.com>

Mobile Applications

Dream EZ

http://www.dcoe.mil/MediaCenter/News/details/16-05-04/New_DOD_Mobile_App_Helps_Defuse_Nightmares_for_Better_Sleep.aspx

Nightmares are a normal way for the brain to process a traumatic event. The Defense Department's National Center for Telehealth & Technology (T2) has developed a new mobile application to help users rewrite bad dreams to reduce the frequency and intensity of nightmares.



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Virtual Hopebox (VHB)

<http://t2health.dcoe.mil/apps/virtual-hope-box>

This mobile application was tailor-made for a military population of clients, active duty and veterans, engaged in treatment with behavioral health providers, but it is also helpful for those not in the military. Clients work with their behavioral health providers to add content to the VHB that reminds the clients that their lives are meaningful and worth living.

Other Online Resources

Aces too High

<https://acestoohigh.com>

A news site that reports on research about adverse childhood experiences and also covers how people, organizations, agencies and communities are implementing practices based on the research.

Carson J. Spencer Foundation

<http://www.carsonjspencer.org>

The Carson J. Spencer Foundation has many resources promoting suicide prevention for working age men and for youth, including its “Man Therapy” website, an alternative approach that uses humor to engage a subset of men who might not otherwise find interest in messages that are seen as part of the traditional mental health system.

Freakonomics Radio: The Suicide Paradox

<http://podplayer.net/#/?id=17401486>

There are more than twice as many suicides as murders in the U.S., but suicide attracts far less scrutiny. This podcast digs through the numbers and finds all kinds of surprises.

Massmen.org

<http://massmen.org>

A comprehensive resource for Massachusetts men and their loved ones, offering statewide mental health information, resources, and online self-assessments.

The “S” Word: The Role of Schools in Preventing Suicide

The Massachusetts Department of Public Health’s Suicide Prevention Program produced a free online training entitled *The “S” Word: The Role of Schools in Preventing Suicide*. This training was developed to provide teachers, guidance and adjustment counselors, school psychologists, and administrators additional education and awareness about suicide prevention. For more information, contact Brandy Brooks at

Brandy.Brooks@state.ma.us or at 617-624-5494.

Local Massachusetts Support Groups

Hope FLOATS Group

This group is for individuals supporting a family member, friend, or significant other who has attempted suicide or has suicidal ideation. Contact: Debbie DiMasi, 617-536-2460, ext. 5237.

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www.riversidetraumacenter.org



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SafePlace

SafePlace is an open group of caring people who have experienced the loss of a loved one to suicide. It is not a professional therapy group; rather it is peer support. The facilitators are trained Samaritans volunteers, most of whom have also lost a loved one to suicide.

Greater Boston

Locations: Boston, South Boston, Medford, Quincy

<http://samaritanshope.org/our-services/grief-support-services/>

safeplace@samaritanshope.org

617-536-2460, x5230

Northeast MA

Locations: North Andover, Beverly

<http://fsmv.org/Samaritans/survivorservices.html>

Samaritans@fsmv.org

978-327-6671

Cape Cod

Locations: Falmouth, Hyannis

<http://capesamaritans.org/our-programs/#safe-place-support-group>

ccsamaritans@verizon.net

508-548-7999

Central MA

Locations: Framingham, Worcester

<http://samaritanshope.org/our-services/grief-support-services/>

safeplace@samaritanshope.org

617-536-2460, x5230

Southeast MA

Location: Westport

<http://www.samaritans-bristolcounty.org/services.html>

samsfrnb@aol.com

508-673-3777

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