



Jennie M. Babcock – Chair & Mass. Coalition Executive

Board Representative

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### Resources for Plymouth County Suicide Prevention Coalition

- National Suicide Prevention LifeLine - 1.800.273.TALK (8255) VETERANS, PRESS 1,
  - Spanish press 2
- Call 2 Talk (United Way) - 508-532-2255 or TEXT C2T to 741741
- Samaritans MA Statewide Hotline - 1.877.870.HOPE (4673) Call or Text 24/7
- Massachusetts Department of Mental Health Crisis Hotline - 1.800.322.1356
- Statewide Emergency Service Program 877.382.1609 24/7
  - Plymouth Area – Child & Family Services of New Bedford – 877.996.3154 24hr
- High Point Treatment Center Plymouth – 508.224-7704 or Outpatient - 508-224-7705
- Beth Israel Deaconess Hospital Plymouth – 508.746.2000
  - Emergency Dept. - Clinician's Office - 508.830.2159

#### National Suicide Prevention Lifeline

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

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

#### Massachusetts Coalition for Suicide Prevention (MCSP)

<http://www.masspreventssuicide.org/screening> - anonymous screenings

#### American Foundation Suicide Prevention (AFSP) - [www.afsp.org](http://www.afsp.org)

Resources available to loss survivors, plus *More Than Sad* video is a school based program and provides an overview of the causes and treatment of suicidal behavior in teens and emphasizes the role of (parents) & teachers (an others adults) in identifying & referring at-risk teens and depression. Some other programs are: "It's Real", Talk Saves Lives, SafeTALK

#### Mental Health First Aid – [www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org) – Resource information and Class registration

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#### Riverside Trauma Center – 1.888.851.2451 24/7

<http://riversidetraumacenter.org>

Riverside Trauma Center, a service of Riverside Community Care, provides critical incident services to communities, schools, health and human services providers, organizations, government agencies, workplaces, and individuals in many areas of Massachusetts.

Their team is composed of highly-trained, licensed mental health professionals who have expertise in managing acute trauma, sudden or violent death, traumatic grief, and other highly stressful events.

They provide Community outreach, consultation, and counseling to help people recover from the overwhelming stress caused by traumatic events, including natural disasters, serious accidents, suicides, homicides, unexpected deaths, highly stressful events, and terrorism

Education to communities and organizations about suicide prevention and postvention, psychological trauma, resilience, and the emotional needs of returning veterans

### **Other Resources**

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- **With Help Comes Hope** – <http://lifelineforattemptsurvivors.org/>
- **[www.avoiceatthetable.org](http://www.avoiceatthetable.org)** – **A Voice at the Table** - to address the need for the lived and the learned experience of suicide attempt survivors to be welcomed at the treatment and education tables for suicide prevention  
<http://vimeo.com/92330799>  
<https://vimeo.com/170810220?ref=tw-share> – **Voices Still Unheard** – Youth attempt survivors & parents share their lived experiences
- **National Suicide Prevention Resource Center** – [www.sprc.org](http://www.sprc.org) Free Webinars, articles, etc.
- **LGBT youth** - [www.thetrevorproject.org](http://www.thetrevorproject.org)
- **Massachusetts Mental Health Resources for Men**
- [www.massmen.org](http://www.massmen.org) & [www.mantherapy.org](http://www.mantherapy.org) - confidential online screenings 24/7

### **Cranberry Hospice & Palliative Care – Plymouth, MA- 508.746.0215**

[www.BIDPlymouth.org](http://www.BIDPlymouth.org)

Cranberry Hospice provides grief support to any member of the community seeking assistance free of charge. Services are provided to adults, teens and children. Adult Support groups meet at Hope Floats Healing & Wellness Center in Kingston.

### **Hope Floats Wellness Center – Kingston, MA -781.525.4221**

[www.hopefloatswellness.org](http://www.hopefloatswellness.org)

Hope Floats offers bereavement and an educational center for individuals and families who are grieving or facing other life challenges. Their mission is to help people cope with loss, support their healing, and nurture their physical and emotional well-being.

### **Coalition Contacts:**

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Website – [www.plymouthcountyspc.org](http://www.plymouthcountyspc.org)

- Like us on Facebook - [www.facebook.com/Plymouth-County-Suicide-Prevention-Coalition-1575288229405154/](http://www.facebook.com/Plymouth-County-Suicide-Prevention-Coalition-1575288229405154/)

**Free Trainings available- Mental Health First Aid, (Adult, Youth, & Safety Personnel), QPR- Question, Persuade, Refer, SafeTALK, Talk Saves Lives. We also have ASIST - Applied Suicide Intervention Skills Training. (at a small cost)**