

Suicide Prevention Resources

Emergency call 911

Gulf Bend Center 24-hour Crisis Hotline

1-(877) SAFEGBC

1-(877) 723-3422

Gulf Bend Center

6502 Nursery Drive, Suite 100

Victoria, TX 77904

(361) 575-0611

National Suicide Prevention Hotline

1-(800)273-8255

1 (800) 273-8255

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

<https://twitter.com/800273TALK>

<https://www.facebook.com/800273TALK>

Boys Town National Hotline

The Boys Town National Hotline is a 24-hour crisis, resource and referral line that is accredited by the American Association of Suicidology. 24/7 365 days a year

[1-800-448-3000](tel:1-800-448-3000)

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

It Gets Better Project

The It Gets Better Project was created to show young LGBTQ people the levels of happiness, potential, and positivity that their lives will reach.

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

Active Minds

Peer-to-Peer organization dedicated to raising awareness about mental health among college students.

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

Befrienders International

A gateway to 1700 suicide and emotional helplines worldwide and on the internet. Offers 24 befriending services to those in emotional distress. Telephone, mail, and face to face befriending.

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

The Jed Foundation

<http://www.jedfoundation.org/students>



The Jed Foundation's [Half of Us](#) campaign with mtvU uses stories of students and high-profile artists to increase awareness about mental health problems and the importance of getting help. Visit halfofus.com to view video stories, learn more about emotional disorders, support others by becoming an advocate and download the My Mood Ring application for your Facebook page.

ULifeline

[ULifeline](#) is an anonymous online resource to learn more about your thoughts and feelings, and to reach out for help if necessary. Visit ULifeline.org to take a confidential screening, to research mental health conditions or to locate resources on your campus.

Reach Out

Reach out is an information and support service using evidenced based principles and technology to help teens and young adults facing tough times and struggling with mental health issues.

<http://us.reachout.com/>

The Trevor Helpline

National 24 hour toll free suicide prevention hotline for LGBTQ youth

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

1-866-488-7386

Montrose Counseling Center

Provides in-person and telephone support for gay, lesbian, bisexual, transgender, questioning, intersex, and two-spirit youth in Texas.

713-529-3590

<http://www.montrosecenter.org/hub/>

The Samaritans 24 hour suicide prevention email answered by trained volunteers over 21 million visitors to this site

<http://www.metanoia.org/suicide/index.html>

<http://www.metanoia.org/suicide/samaritans.htm>

National Veterans' Suicide Prevention Hotline

1-800-273-8255 Text to 838255

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

Confidential Veterans Chat

Give an Hour

National network of volunteers offering free mental health counseling to post 9/11 veterans, service members, and their loved ones.

<http://www.giveanhour.org/GettingHelp.aspx>

1-800-DONT CUT (1-800-366-8288)

1-800-SUICIDE (1-800-784-2433)

Survivors of Suicide

Provides a variety of links, information, and a directory of local support groups for those who have lost a loved one through suicide.

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

Friends for Survival

National non-profit organization of people who have been affected by a suicide. Friends for Survival is dedicated to providing a variety of peer support services that comfort those in grief, encourage healing and growth, foster the development of skills to cope with a loss, and educate the entire community regarding the impact of suicide.

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

Compassionate Friends Victoria

Chapter#: 1316

Linda (361) 489-2741

dperkins@tisd.net

Meeting Info: 2nd Tuesday of each month 7:00 pm

Meeting Address: First United Methodist, 407 N Bridge St, Victoria

<https://www.compassionatefriends.org/home.aspx>

LOSS Team

Volunteer organization of trained survivors dedicated to providing outreach and resources to families bereaved by suicide. Provides support and training.

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

Safety Plan

Warning signs that tell me a crisis may be developing (these may include thoughts, situations, behaviors, images, etc.):

- 1.
- 2.
- 3.

Coping strategies that help me feel better (coping strategies may include listening to music, drawing, writing in a journal, going for a walk, etc.):

- 1.
- 2.
- 3.

Supportive people I have permission to contact and places I have permission to go that can provide a distraction or help me feel better (places may include a neighbor's house, library, backyard, etc.):

People/Phone Number:Places:

- 1.
- 2.
- 3.

Professionals I can contact during a crisis (this may include your counselor/case manager, a crisis hotline, school social worker/counselor, etc.):

Name:Contact Information:

1. Emergency 911
2. Suicide Prevention Lifeline: 1-800-273-TALK (8255)
3. Local Crisis Line: 1-877-723-3422
4. VC Counselor: Melanie Gerdes, LPC (361)582-2572
- 5.
- 6.

Steps to keep my environment safe:

- 1.
- 2.
- 3.
- 4.
- 5.