

www.TexasSuicidePrevention.org

Website features local, state and national information about suicide prevention and resources.

eResources for Suicide Prevention in Texas



Free Smartphone App for Suicide Prevention

ASK to about Suicide to Save a Life **app** for mobile devices can help you save a life with information about warning signs, how to ask and crisis lines, including 800-273-8255, the national Lifeline. To download app (search "suicide prevention").

App - Virtual Hope Box Game

If you have fun with puzzles, download this "Hope Box" and find compartments for mental health messages and activities that promote hope. The Hope Box, available on iPhone and Android phones, is not a substitute for professional help.



2DAY I AM **Micro Website for Youth and Young Adults**

2DayIam.org is an open, positive, and safe space to support and engage with friends and the community. The microsite facilitates a community experience that provides a sense of a supportive peer environment and promotes the Hope Box application. To be launched August 2013.

Training Videos

ASK about Suicide to Save a Life gatekeeper training (1 hour) and supplemental PowerPoint presentation available on <http://www.texassuicideprevention.org/training/video-training-lessons-guides/>

Suicide Prevention Resources in Texas: Where to Go If You or a Family Member Need Help (11 minutes)

<http://www.texassuicideprevention.org/training/video-training-lessons-guides/>



True Stories of Hope and Help: Videos Online

Short videos featuring youth, young adults, service members and their families sharing their stories of hope and help. These are true stories from those who have either gotten help for themselves or referred a friend for help. <http://www.texassuicideprevention.org/training/video-training-lessons-guides/> or on YouTube (<http://www.youtube.com/user/mhatexas>)

At-Risk Online Training for Public Schools

At-Risk interactive training simulations are available free to Texas public middle and high schools. Texas educators can access the training through the websites.

- High School - <https://highschool.kognito.com/texas>
- Middle School - <https://middleschool.kognito.com/texas>



At-Risk Online Training for Texas Colleges and Universities

At-Risk Suicide Prevention Training for Texas college and university faculty and students can be downloaded at no cost for Texas students and faculty.

- At-Risk for University Faculty - www.kognitocampus.com/faculty/tx . Enrollment Key: mhatexas
- At-Risk for University Students - www.kognitocampus.com/students/tx . Enrollment Key: mhatexas

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In a crisis? Call the National Suicide Prevention Lifeline 1-800-273-8255.

