

SUICIDE PREVENTION & INFORMATION RESOURCE LIST

IF YOU ARE IN CRISIS

1) National Suicide Prevention Lifeline

1-800-273-8255 or 1-800-273-TALK

2) Philadelphia Behavioral Health Suicide/Crisis Intervention Hotline: 215-686-4420

3) Mental Health Delegates (mobile mental health unit): 215-685-6440

4) CRISIS TEXT LINE

Text the word HOME to 741741

IN THE COUNTIES

1) Montgomery County Emergency Services Mental Health Crisis Hotline: 610-279-6100

2) Delaware County Crisis Connection Team: 1-855-889-7827

3) Bucks County Mental Health Crisis: 1-800-499-7455

FOR LAW ENFORCEMENT and FIRE FIGHTERS

1) Cop 2 Cop Hotline: 1-866-COP-2COP

-staffed by retired officers who are licensed Clinical Social Workers

2) Law Enforcement Health Benefits (LEHB)
215-763-8290

3) Penn Behavioral Health: 1-800-321-4433

Employee Assistance Program and Work Life Benefits

4) Badge of Life: Psychological Survival for Police Officers

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

5) International Association of Chiefs of Police

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

FOR FIRE FIGHTERS

1) Philadelphia Fire Fighter's and Paramedic's Union

www.iaff22.org

OTHER GENERAL RESOURCES

1) Survivors of Suicide

<http://www.sosphilly.org>

2) To Write Love On Her Arms

www.twloha.com

3) Suicide Prevention Resource Center

www.sprc.org

4) American Foundation for Suicide Prevention

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

5) CDC Facebook Page on Violence Prevention

www.facebook.com/vetoviolence

6) National Institute for Mental Health

www.nimh.nih.gov

7) Substance Abuse and Mental Health Services Administration

www.samhsa.gov

8) Surgeon General's Call to Action to Prevent Suicide

www.surgeongeneral.gov/library/calltoaction