



Ohio Psychological Association: Official Statement

Suicide Prevention Resources

June 12, 2018

Written by: Ohio Psychological Association Board of Directors

The Ohio Psychological Association would like to express our sympathies to the families of Kate Spade and Anthony Bourdain. We know these celebrity deaths have underscored a growing public health crisis in the U.S. around suicide. Combined with the recent [Centers for Disease Control study](#) showing an increase in death by suicide since 1999, this crisis indicates a clear need for greater research, treatment, and understanding of mental health and suicide prevention. Suicide affects all of us, across all age ranges, and as psychologists, we are working diligently to prevent it. Please use and share the resources below to help prevent suicide.

If you're struggling, please reach out to talk with someone.

The following resources can be a place to start:

- [National Suicide Prevention Lifeline](#) – You can reach the lifeline by calling 1-800-273-8255. It is a free, 24/7 service that can provide suicidal persons or those around them with support, information and local resources.
- [Crisis Text Line](#) – Text HOME to 741741 to have a confidential text conversation, available 24/7, with a trained crisis counselor from [Crisis Text Line](#).
- For crisis support in Spanish, call 1-888-628-9454.
- For online chat, the National Suicide Prevention Lifeline provides a [confidential chat service](#), with counselors available 24/7.
- [Prevention of Youth Suicide resources](#) from the National Association of School Psychologists
- [Information from the Ohio Suicide Prevention Foundation](#)
- [For College/University Students in Ohio](#)
- [Safer Schools Tip Line](#)
- [National Association of School Psychologists \(NASP\) suicide prevention tips for parents and educators](#)
- [Suicide Prevention Resource Center](#) (for Providers)

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The Ohio Psychological Association, in Columbus, Ohio, is membership organization of approximately 1,500 Ohio psychologists. Its mission is to advance psychology as a science, as a profession and as a means of promoting human welfare. For more information or for a psychologist referral, visit www.ohpsych.org.