

Resources for Parents and Educators

Addiction Medicine Services, WPIC, UPMC

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<p>Ulifeline.org</p>	<p>Sponsored by the Jed Foundation, a clearinghouse of mental health information and resources for college age students. A resource we can educate our college bound seniors about.</p>	<p>http://www.ulifeline.org/</p>
<p>The Trevor Project</p>	<p>The Trevor Project provides support and crisis intervention services to lesbian, gay, bisexual, transgender, and questioning youth via web site, blogs, tweets, chatrooms and instant messaging.</p>	<p>http://www.thetrevorproject.org/ Trevor lifeline - 833-488-7386</p>
<p>National Suicide Prevention Lifeline</p>	<p>National Suicide Prevention Lifeline - 1 - 800 - 273 - TALK (8255) This SAMSHA sponsored site also offers promotional materials and resources.</p>	<p>http://www.suicidepreventionlifeline.org/</p>
<p>National Eating Disorders Association (NEDA)</p>	<p>"The National Eating Disorders Association (NEDA) is the leading non-profit organization in the United States advocating on behalf of and supporting individuals and families affected by eating disorders."</p>	<p>http://www.nationaleatingdisorders.org/</p>
<p>S.A.F.E. Alternatives for Stopping Self Abuse</p>	<p>"The S.A.F.E. ALTERNATIVES © philosophy begins with the assumption that, although temporarily helpful, self-injurious behaviors is ultimately a dangerous and futile coping strategy which interferes with intimacy, productivity and happiness. There is no "safe" or "healthy" amount of self-injury. We also believe that self-injury is not an addiction over which one is powerless for a lifetime, people can and do stop injuring, with the right kinds of help and support. Self-injury can be transformed from a seemingly uncontrollable compulsion to a choice."</p>	<p>http://selfinjury.com/</p>
<p>SAMHSA</p>	<p>Two tool kits now available free from SAMHSA. <i>After A Suicide: A Toolkit for schools</i> and <i>Preventing Suicide: A Toolkit for High Schools</i>.</p>	<p>http://www.store.samhsa.gov/</p>
<p>Pennsylvania Youth Suicide Prevention initiative</p>	<p>Pennsylvania has made strong efforts to prevent youth suicide through programs such as the Student Assistance Program (SAP), Services for Teens at Risk (STAR-Center), the Yellow Ribbon Program, and a variety of other approaches in local areas.</p>	<p>http://www.paspi.org/</p>
<p>Free Webinar for School Personnel focusing on suicide prevention in schools.</p>	<p>"Generation Wired: Social Networking and Engaging Youth in Suicide Prevention" free webinar for school personnel. Well Aware is national organization focusing on suicide prevention and schools.</p>	<p>http://wellaware.org/pdf/Powerpoint_WA%20GenerationWired.pdf</p>