



## Lines for Life School Suicide Prevention and Wellness Program

| Program                                                                                                                                                                                             | Contact Information                                                                                                                              |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|
| School Suicide Prevention, Intervention, and Postvention <b>Consultation and Assistance</b> (SB 52 and beyond)                                                                                      | Kahae Rikeman, School Suicide Prevention and Wellness Program Manager, KahaeR@linesforlife.org                                                   |
| Lines for Life <b>Step by Step Guide:</b> Interactive workbook for suicide prevention, intervention, and postvention policy – includes training recommendations, needs assessments, and sample plan | <a href="http://www.oregonyouthline.org/step-by-step">www.oregonyouthline.org/step-by-step</a>                                                   |
| <b>Student Suicide Assessment Line:</b> crisis line for school personnel to assist in suicide assessments of students or provide consultation                                                       | 503-575-3760, available Monday-Friday, 8:30AM-4:30PM                                                                                             |
| <b>School Suicide Prevention Mini-Grants:</b> up to \$1,500 to school districts to support their suicide prevention, intervention, and postvention efforts.                                         | Districts can <a href="#">apply here</a> or contact Kahae at <a href="mailto:KahaeR@linesforlife.org">KahaeR@linesforlife.org</a> with questions |
| <b>Oregon YouthLine:</b> peer-to-peer crisis and support helpline for youth, available via text, call, chat, and email. Services continue during the COVID-19 pandemic.                             | <a href="http://www.oregonyouthline.org">www.oregonyouthline.org</a> , 877-968-8491, or text “teen2teen” to 839-863. Peers available 4-10PM PST. |

All of Lines for Life’s resources have interpreters available for families/students that do not speak English. However, this is a third party that would join the call (also held to confidentiality) – which might make some callers uncomfortable. If a family speaks Spanish – I would refer to the National Spanish Suicide Lifeline – information for that line is below.

My general recommendation for resources like crisis lines is to **start with county resources, then work to statewide/national resources**. The reason is that often county-level crisis lines can offer more tangible support (scheduling counseling sessions, mobile crisis services, etc) that national lines don’t always provide. However, **any statewide/national resource should be able to direct folks to other resources as appropriate**. Sometimes, students/families will prefer more “population specific” resources – that’s when I would refer to a line that meets the need for whatever identities that they hold. Additionally, **you can call these lines to test them out** before you hand them over to students.

### Other Resources to Know:

- Oregon Family Support Network: [www.OFSN.org](http://www.OFSN.org) – support line for parents that have children with mental health concerns
- National Suicide Prevention Lifeline: 1-800-273-8255



- Your local county's crisis hotline
- Suicide Rapid Response: program from Lines for Life to assist in suicide postvention – [www.linesforlife.org/srr](http://www.linesforlife.org/srr)
- SafeOregon tipline: [www.safeoregon.com](http://www.safeoregon.com)
- Lines for Life's "Safe and Strong" Emotional Support Line (for calls related to COVID-19, the wildfires, or any other things coming up in these times for families/students) : 503-575-3761 – available 24/7, similar to a warmline, people do NOT need to be in crisis to utilize this helpline
- Lines for Life's Military Helpline: **888-457-4838** – support for military members, veterans, and their families. NOT connected to the Veterans Administration.
- National Veterans Crisis Line: 1-800-273-8255, press 1 at the prompt – support for veterans and their families in crisis, CONNECTED to the Veterans Administration
- Alcohol and Drug Helpline: 1-800-662-4357, connection to drug/alcohol treatment referrals, supportive listening and crisis intervention regarding addiction concerns
- The Trevor Project: crisis line for LGBTQ+ youth – 1-866-488-7386
- Trans Lifeline: crisis line for transgender individuals, answered by other transgender folks: 877-565-8860
- National Spanish Suicide Lifeline: <https://suicidepreventionlifeline.org/help-yourself/en-espanol/> - call takers speak Spanish on this line