

# Statewide and National Resources



## Resources

- **Substance Abuse and Mental Health Services Administration**
  - Find support, learn how to ask for help, community-specific information. Spanish available.
  - <https://www.samhsa.gov/>
- **BeWellVA**
  - We are a local resource to help you find your path to emotional well-being. Subscribe to our newsletter to learn more and find out what's happening in your community.
  - <https://bewellva.com/>
- **NAMI Central Virginia**
  - NAMI Central Virginia is a non profit organization providing free educational programs and peer-led support groups for people living with mental illness and their loved ones in our community.
  - <https://namicva.org/>
- **American Foundation for Suicide Prevention (AFSP)**
  - AFSP creates a culture that's smart about mental health by engaging in the following core strategies: funding scientific research, educating the public about mental health and suicide prevention, advocating for public policies in mental health and suicide prevention, supporting survivors of suicide loss and those affected by suicide.
  - <https://afsp.org/chapter/virginia>
- **Suicide Awareness Voices of Education (SAVE)**
  - To educate individuals and communities about suicide prevention and to serve as a voice for suicide loss survivors.
  - <https://www.save.org/programs/suicide-loss-support/>
- **Advocates**
  - This virtual support group is a safe space to process and safely share struggles with feelings and thoughts of suicide. This group is peer-run and free to all without any referral or payment needed.
  - <https://advocates.org/events/alternatives-suicide-support-group>
- **Find Treatment**
  - <https://findtreatment.gov/>

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- **Samaritans**
  - In SOSA, our new suicide attempt survivor support group, we offer the opportunity for people who have attempted to take their lives to connect in a nonjudgmental and empathetic environment. Virtual SafePlace Meetings for Loss Survivors.
  - <https://samaritanshope.org/>
- **Suicide Prevention Alliance of Northern Virginia (SPAN)**
  - Provides connections to information, training, and other resources to prevent suicide.
  - <https://www.suicidepreventionnva.org/>
- **The Jed Foundation**
  - The Jed Foundation is a nonprofit that protects emotional health and prevents suicide for our nation's teens and young adults, giving them the skills and support they need to thrive today... and tomorrow.
  - <https://jedfoundation.org/>
- **Virginia Department of Education: Parent & Caregiver Resources for Self-Harm, Suicide, & Violence Prevention**
  - These guides and resources are designed to help families recognize warning signs, respond to mental health challenges, and create safer home environments for children and adolescents. Each document provides practical strategies and support information to empower caregivers in protecting and supporting their children.
  - <https://www.doe.virginia.gov/parents-students/parent-resources/resources-for-self-harm-suicide-violence-prevention>
- **Wildflower Alliance**
  - The Wildflower Alliance is a grassroots Peer Support, Advocacy, and Training organization with a focus on harm reduction and human rights.
  - <https://wildfloweralliance.org/>
- **Zero Suicide**
  - Education, resources, toolkits, supporting parents video "After Your Child's Suicide Attempt"
  - <https://zerosuicide.edc.org/>