

# SUICIDE & SELF-HARM

## American Association of Suicidology

Promotes research, public awareness and education, and training for professionals and volunteers.

## American Foundation for Suicide Prevention

Provides information about suicide, support for survivors, prevention, research, and more.

## Suicide Prevention Resource Center

This website has factsheets on suicide by state and population characteristics, as well as other educational resources.

## #chatsafe

A young person's guide for communicating safely online about suicide.

## NIMH

Shareable informational graphics to help raise awareness about suicide prevention.

## SiOS

Provides information and resources about self-injury to those who self-injure, those who have recovered, and those who want to help.

## Calm Harm

This free app provides tasks to help you resist or manage the urge to self-harm using the basic principles of an evidence-based therapy called Dialectical Behavioural Therapy (DBT).

## Self-injury & Recovery Resources (SIRR)

This website provides resources and links to self injury information.

FOR AN EMERGENCY  
IN NEED OF  
IMMEDIATE  
ATTENTION, CALL  
911

THE HAMILTON LAB