

# MENTAL HEALTH & SUICIDE PREVENTION RESOURCE DIRECTORY



# Mental Health & Suicide Prevention Resource Directory

**Introduction:** This Resource Directory is the result of an ongoing compilation of contacts with various organizations that offer services of assistance and support for employers relating to mental health and suicide prevention. Although this Resource Directory is comprehensive, it is only a partial listing of organizations and other resources. This version of the Resource Directory is for Washington State only.

It is recommended that employers also contact their Employee Assistance Program, local county departments of health and/or nonprofit social service organizations in their area for support. Some listed organizations have statewide chapters and some have regional and local chapters. Due to differing medical/behavioral health insurance plans for employees, health care clinics or systems are not included.

Specifically, the Resource Directory contains references to organizations and selected key contacts in the following 8 categories.

1. Addiction Recovery
2. Crisis Intervention
3. Domestic Abuse (shared by I.U.O.E. Local #302)
4. Mental Health
5. Suicide Prevention
6. Veterans
7. Web Resources for Employers
8. Selected Speakers/Presenters

This Resource Directory is provided for informational purposes. This Resource Directory was updated for the October 24, 2017, Construction Industry Suicide Prevention Summit. Being listed in this Resource Directory does not constitute an endorsement by Lakeside Industries, the Construction Financial Management Association (CFMA); the Construction Industry Alliance for Suicide Prevention (CIASP) or by the Associated General Contractors (AGC) of Washington. Any omission from this list is unintentional.

## **Ordering Pre-Formatted Vest and Wallet Cards**

(artwork setup and formatting done and available for your company's use)

\*Wallet Cards (NSPL & Crisis Text Line): Precision Press -- Jim Bowers - 425-883-4181 - [www.precisionpress.com](http://www.precisionpress.com)

\*Safety Vests (CIASP Logo): R&R Industries -- Gayle Forsse - 800-234-5611 ext. 283 - [www.rrind.com](http://www.rrind.com)

## **Ordering Bulk Hardhat and Toolbox Stickers:**

- 1) Download CIASP logo from [www.preventconstructionsuicide.com](http://www.preventconstructionsuicide.com).
- 2) Place order on [www.stickermule.com](http://www.stickermule.com) website (Pricing is best for large/bulk orders)

# Construction Industry Alliance for Suicide Prevention Resources

<http://www.preventconstructionsuicide.com/>

Resource Organization	Website
10 Questions Leaders Must Ask	<a href="http://s3.amazonaws.com/rdcms-cfma/files/production/public/ConstSuicPrev10Ques.pdf">http://s3.amazonaws.com/rdcms-cfma/files/production/public/ConstSuicPrev10Ques.pdf</a>
10 Action Steps Companies Can Take to Save Lives	<a href="http://s3.amazonaws.com/rdcms-cfma/files/production/public/ConstSuicPrev10ActionSteps.pdf">http://s3.amazonaws.com/rdcms-cfma/files/production/public/ConstSuicPrev10ActionSteps.pdf</a>
Needs Assessment and Integration Checklist	<a href="http://s3.amazonaws.com/rdcms-cfma/files/production/public/Construction%20Industry%20Alliance%20for%20Suicide%20Prevention%20Needs%20&amp;%20Integration%20Checklist.pdf">http://s3.amazonaws.com/rdcms-cfma/files/production/public/Construction%20Industry%20Alliance%20for%20Suicide%20Prevention%20Needs%20&amp;%20Integration%20Checklist.pdf</a>
Construction Industry Alliance for Suicide Prevention - Downloadable Suicide Prevention Posters	<i>(Copy and paste the address in your browser to download posters)</i> <a href="http://s3.amazonaws.com/rdcms-cfma/files/production/public/2016_CIPSP_PR_Materials.zip">http://s3.amazonaws.com/rdcms-cfma/files/production/public/2016_CIPSP_PR_Materials.zip</a>
Construction Industry Alliance for Suicide Prevention (Online resources for employers)	<a href="http://www.cfma.org/news/content.cfm?ItemNumber=4570">http://www.cfma.org/news/content.cfm?ItemNumber=4570</a>

# Addiction Recovery Resources

Resource Organization	Website	Phone #
Al-Anon (Families of problem drinkers)	<a href="http://www.al-anon.org">www.al-anon.org</a>	888-425-2666 (for find a meeting)
Alcoholics Anonymous (For individuals w/ drinking problem)	<a href="https://aidinrecovery.com">https://aidinrecovery.com</a>	877-355-8705
**Facing Addiction (Contact: Michael King)	<a href="https://www.facingaddiction.org/">https://www.facingaddiction.org/</a>	206-939-2844
Lines for Life - Preventing Substance Abuse and Suicide (based in Portland, OR, but also covers SW Washington State)	<a href="http://www.linesforlife.com">www.linesforlife.com</a>	503-244-5211 or
	<a href="mailto:info@LinesForLife.org">info@LinesForLife.org</a>	800-282-7035
Narconon (Drug Addiction Support)	<a href="http://www.narconon.org">www.narconon.org</a>	888-341-6806
Stop Overdose - Preventing opioid overdose	<a href="http://stopoverdose.org/">http://stopoverdose.org/</a>	206-685-5632
	<a href="http://stopoverdose.org/section/materials-and-toolkits/">http://stopoverdose.org/section/materials-and-toolkits/</a>	
Substance Abuse & Mental Health Services Administration	<a href="https://www.samhsa.gov/">https://www.samhsa.gov/</a>	877-726-4727
**Washington Recovery Help Line - Substance Abuse, Problem Gambling, & Mental Health (Contact: Robyn Smith)	<a href="http://www.warecoveryhelpline.org">www.warecoveryhelpline.org</a>	866-789-1511

## Crisis Intervention Services Resources

Resource Organization	Website	Phone #
Crisis Clinic (King County Crisis Hotline)	<a href="https://crisisclinic.org">https://crisisclinic.org</a>	866-427-4747
Crisis Clinic of the Peninsulas (24/7 crisis service in Olympic Pen)	<a href="https://crisisclinicofthepeninsulas.org/">https://crisisclinicofthepeninsulas.org/</a>	800-843-4793
Crisis Text Line	<a href="http://www.crisistextline.org">www.crisistextline.org</a>	Text: 741741
Lines for Life - Preventing Substance Abuse and Suicide (based in Portland, OR, but also covers SW Washington State)	<a href="http://www.linesforlife.com">www.linesforlife.com</a> <a href="mailto:info@LinesForLife.org">info@LinesForLife.org</a>	503-244-5211 or 800-282-7035
Listing of Statewide Washington Crisis Intervention Hot Lines	<a href="https://www.resourcehouse.info/win211/Search/Topics/RP-1500.1400-250/General%20Crisis%20Intervention%20Hotlines">https://www.resourcehouse.info/win211/Search/Topics/RP-1500.1400-250/General Crisis Intervention Hotlines</a>	206-461-3222
National Suicide Prevention Lifeline (Crisis Hotline)	<a href="http://www.suicidepreventionlifeline.org">www.suicidepreventionlifeline.org</a>	800-273-8255
Pete Goddard - Crisis Counselor with Construction Industry experience	<a href="http://petegoddard.com/">http://petegoddard.com/</a>	425-458-6962
R3 Continuum - Critical Incident Debriefing & Counseling Support	<a href="https://r3continuum.com/">https://r3continuum.com/</a>	888-736-0911
Teen Link (King County) (Downloadable Resource)	<a href="https://866teenlink.org/wp-content/uploads/2013/11/WTTFT-2017-">https://866teenlink.org/wp-content/uploads/2013/11/WTTFT-2017-</a>	1-866-TEENLINK
Thurston County Crisis Hotline	<a href="http://crisis-clinic.org/">http://crisis-clinic.org/</a>	360-586-2800
Veterans Crisis Line	<a href="https://www.veteranscrisisline.net/?banners">https://www.veteranscrisisline.net/?banners</a>	800-273-8255
**Washington Department of Health - Crisis Intervention - List of Crisis Lines by County	<a href="https://www.doh.wa.gov/YouandYourFamily/InjuryandViolencePrevention/SuicidePreventio">https://www.doh.wa.gov/YouandYourFamily/InjuryandViolencePrevention/SuicidePreventio</a>	
Washington Poison Center	<a href="http://www.wapc.org/">www.wapc.org/</a>	800-222-1222
**Washington Recovery Help Line - Substance Abuse, Problem	<a href="http://www.warecoveryhelpline.org">www.warecoveryhelpline.org</a>	866-789-1511

## Domestic Abuse Resources (shared by I.U.O.E. #302)

Resource Organization	Website
Crystal Judson Resource Center - Domestic Violence Victims	<a href="http://www.aplaceofhelp.org">www.aplaceofhelp.org</a>
D.A.W.N. -Protects Women & Children	<a href="http://dawnrising.org">http://dawnrising.org</a>
Ellensburg Emergency Shelter	<a href="http://www.domesticshelters.org">www.domesticshelters.org</a>
National Domestic Violence 24-Hour Hotline	<a href="http://www.thehotline.org">www.thehotline.org</a>
Tacoma Rescue Mission - For Hurting & Homeless people	<a href="http://www.trm.org">www.trm.org</a>
Vine Maple - Family crisis assistance	<a href="http://www.vinemapleplace.org">www.vinemapleplace.org</a>
YWCA Pierce County	<a href="http://www.ywcapiercecounty.org">www.ywcapiercecounty.org</a>

# Mental Health Resources

Resource Organization	Website	Phone #
Crisis Text Line	<a href="http://www.crisistextline.org">www.crisistextline.org</a>	Text: 741741
Lines for Life - Preventing Substance Abuse and Suicide (based in Portland, OR, but also covers SW Washington State)	<a href="http://www.linesforlife.com">www.linesforlife.com</a> <a href="mailto:info@LinesForLife.org">info@LinesForLife.org</a>	503-244-5211 or 800-282-7035
**National Alliance on Mental Illness (Contact: Cassidy Gates)	<a href="http://www.namiwa.org">www.namiwa.org</a>	800-950-6264
National Institute of Mental Health	<a href="https://www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml">https://www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml</a>	800-662-4537
Partnership for Workplace Mental Health	<a href="http://workplacemantalhealth.org/Our-Mission">http://workplacemantalhealth.org/Our-Mission</a> <a href="http://workplacemantalhealth.org/Employer-Resources">http://workplacemantalhealth.org/Employer-Resources</a>	703-907-8503
Screening for Mental Health, Inc. (Online Screening tools)	<a href="https://helpyourselfhelpothers.org">https://helpyourselfhelpothers.org</a>	781-239-0071
Substance Abuse & Mental Health Services Administration	<a href="https://www.samhsa.gov/">https://www.samhsa.gov/</a>	877-726-4727
**Washington Recovery Help Line - Substance Abuse, Problem Gambling, & Mental Health (Contact: Robyn Smith)	<a href="http://www.warecoveryhelpline.org">www.warecoveryhelpline.org</a>	866-789-1511
Whatcom Alliance for Health Advancement - Mental Health Resources in Whatcom County	<a href="http://whatcomalliance.org/mental-health/">http://whatcomalliance.org/mental-health/</a> <a href="http://whatcomalliance.org/wp-content/uploads/2017/06/Mental-Health-Resources-Updated-Feb-17.pdf">http://whatcomalliance.org/wp-content/uploads/2017/06/Mental-Health-Resources-Updated-Feb-17.pdf</a>	360-788-6594

# Suicide Prevention Resources

Resource Organization	Website	Phone #
**American Foundation for Suicide Prevention - WA Chapter (Contact: Justine McClure)	<a href="https://afsp.org/">https://afsp.org/</a>	800-273-8255
Centers for Disease Control & Prevention - Suicide Prevention	<a href="https://www.cdc.gov/ViolencePrevention/suicide/index.html">https://www.cdc.gov/ViolencePrevention/suicide/index.html</a>	800-232-4636
Crisis Clinic (King County Crisis Hotline)	<a href="https://crisisclinic.org">https://crisisclinic.org</a>	866-427-4747
Crisis Clinic of the Peninsulas (24/7 crisis service in Olympic Pen)	<a href="https://crisisclinicofthepeninsulas.org/">https://crisisclinicofthepeninsulas.org/</a>	800-843-4793
Crisis Text Line	<a href="http://www.crisistextline.org">www.crisistextline.org</a>	Text: 741741
**Forefront Suicide Prevention	<a href="http://intheforefront.org/">http://intheforefront.org/</a>	206.543.1016
Lines for Life - Preventing Substance Abuse and Suicide (based in Portland, OR, but also covers SW Washington State)	<a href="http://www.linesforlife.com">www.linesforlife.com</a> <a href="mailto:info@LinesForLife.org">info@LinesForLife.org</a>	503-244-5211 or 800-282-7035
National Action Alliance for Suicide Prevention	<a href="http://actionallianceforsuicideprevention.org/home">http://actionallianceforsuicideprevention.org/home</a>	202-572-3737
**National Alliance on Mental Illness (Contact: Cassidy Gates)	<a href="http://www.nami.org">www.nami.org</a>	800-950-6264
National Suicide Prevention Lifeline (Crisis Hotline)	<a href="http://www.suicidepreventionlifeline.org">www.suicidepreventionlifeline.org</a>	800-273-8255
Now Matters Now	<a href="http://www.nowmattersnow.org">www.nowmattersnow.org</a>	
Safer Homes - Suicide Aware	<a href="http://depts.washington.edu/safehome/">http://depts.washington.edu/safehome/</a>	206-543-1016
Suicide Prevention Resource Center	<a href="http://www.sprc.org">www.sprc.org</a>	877-438-7772
Thurston County Crisis Hotline	<a href="http://crisis-clinic.org/">http://crisis-clinic.org/</a>	360-586-2800

## Veterans Resources

Resource Organization	Website	Phone #
Cover Me Veterans (Contact: Heidi Schaetz Sigmund)	<a href="http://www.covermeveterans.org/">http://www.covermeveterans.org/</a> <a href="mailto:Admin@CoverMeVeterans.org">Admin@CoverMeVeterans.org</a>	608-772-7875
Daniel Overton - Traumatic Brain Injury Specialist	WA Department of Veterans Affairs	Wk: 360-725-2273 or Cell: 360-789-9304
Give an Hour	<a href="https://giveanhour.org/">https://giveanhour.org/</a>	
King County - Veterans Program	<a href="http://www.kingcounty.gov/depts/community">http://www.kingcounty.gov/depts/community</a>	206-477-8282
Lines for Life - <i>Selected from over 160 crisis centers across the US to be the sole backup for the national Veterans Crisis Line.</i>	<a href="http://www.linesforlife.com">www.linesforlife.com</a> <a href="mailto:info@LinesForLife.org">info@LinesForLife.org</a>	888-457-4838 or text MIL1 to 839863
Snohomish County Veterans Assistance	<a href="https://snohomishcountywa.gov/598/Veterans-Assistance-Program">https://snohomishcountywa.gov/598/Veterans-Assistance-Program</a>	425-388-7255
The Soldiers Project - Healing the Hidden Wounds of War	<a href="https://www.thesoldiersproject.org/">https://www.thesoldiersproject.org/</a>	877-576-5343
Twenty 2-2 Many	<a href="https://www.twenty22many-olympia.org/">https://www.twenty22many-olympia.org/</a>	360-545-7849
Veterans App	<a href="http://www.vapp.com/resourcepages">http://www.vapp.com/resourcepages</a>	
Veterans Crisis Line	<a href="https://www.veteranscrisisline.net/?banners">https://www.veteranscrisisline.net/?banners</a>	800-273-8255
**Washington State Department of Veteran Affairs - PTSD	<a href="http://www.dva.wa.gov/benefits/ptsd">http://www.dva.wa.gov/benefits/ptsd</a>	800-562-2308
Wounded Warrior Project	<a href="https://www.woundedwarriorproject.org/">https://www.woundedwarriorproject.org/</a>	877-832-6997

## Website Resources

Resource Organization	Website	Phone #
Corporate Chaplains of America	<a href="http://chaplain.org/">http://chaplain.org/</a>	919-570-0700
King County Community Resources (Online comprehensive database of organizations & various social services)	<a href="https://crisisclinic.org/education/2-1-1-community-resources/">https://crisisclinic.org/education/2-1-1-community-resources/</a>	800-621-4636 (M-F; 10 - 4pm)
Man Therapy (Uses humor to address mental health)	See "20 Item Head Inspection" <a href="http://www.mantherapy.org">www.mantherapy.org</a>	800-273-8255
QPR Institute - Online Gatekeeper Training (Question-Persuade-Refer)	<a href="http://www.qprinstitute.com">www.qprinstitute.com</a>	800-273-8255
Statewide Washington 211	<a href="https://win211.org/">https://win211.org/</a>	211
**Washington Department of Health (Contact: Neetha Mony - Statewide Suicide Prevention Plan Program Manager)	<a href="https://www.doh.wa.gov/YouandYourFamily/InjuryandViolencePrevention/SuicidePrevention/Workplace">https://www.doh.wa.gov/YouandYourFamily/InjuryandViolencePrevention/SuicidePrevention/Workplace</a>	360-236-2836

## Selected Speaker Resources

Name & Organization & Home State	Website/Email	Phone #
**American Foundation for Suicide Prevention - WA Chapter (Contact: Justine McClure - )WA	<a href="https://afsp.org/">https://afsp.org/</a>	800-273-8255
Bob Swanson - Survivor of Adult Son's Suicide/Retired Construction Exec. - Home State - MN	<a href="mailto:swannybob1@gmail.com">swannybob1@gmail.com</a>	612-910-9841
Dennis Gillan- Mental Health Advocate & Motivational Speaker - Home State - SC	<a href="http://dennis.gillan.com/">http://dennis.gillan.com/</a>	803-727-4301
Dr. Jeff Sung - Clinical Researcher/Subject Matter Expert - Home State - WA	<a href="mailto:drjcsung@yahoo.com">drjcsung@yahoo.com</a>	
## Dr. Jenn Stuber - Forefront Suicide Prevention - Home State - WA	<a href="http://www.intheforefront.org">www.intheforefront.org</a>	206-543-1016
Kevin Hines - Motivational Speaker - Home State - GA	<a href="http://www.kevinhinesstory.com/">http://www.kevinhinesstory.com/</a>	415-377-4093
**National Alliance on Mental Illness (Contact: Cassidy Gates) WA	<a href="http://www.nami.org">www.nami.org</a>	800-950-6264
## Sally Spencer-Thomas - Dr. Sally Speaks - Home State - CO	<a href="https://www.sallyspencerthomas.com/">https://www.sallyspencerthomas.com/</a>	720-244-6535
## Ursula Whiteside - Now Matters Now - Home State - WA	<a href="http://www.nowmattersnow.org">www.nowmattersnow.org</a>	206-679-6349

\*\* Organizations that exhibited at the Summit on 10/24/17

## Speakers who presented at the Summit on 10/24/17