

ADDITIONAL RESOURCES

Additional Resources

Books:

Anxious, Amy Simpson (IVP)

Birthing Hope, Rachael Marie Stone (IVP)

Grace for the Afflicted, Matthew Stanford (IVP)

Grieving a Suicide, Al Hsu (IVP)

Still Life, Gillian Marchenko (IVP)

Support Organizations:

National Alliance on Mental Illness: www.nami.org
Support groups, free resources, educational workshops.
National and regional support.

Co-Dependents Anonymous: www.coda.org
Support groups, educational workshops.
National and regional support.

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

Suicide Crisis Text Line: Text HOME to 741-741

Know the Signs: www.suicideispreventable.org

Dealing with Depression Resource guide:
<https://www.columbusrecoverycenter.com/depression-resource-guide/>

5 Action Steps for talking with someone who may be suicidal:

1. Ask
2. Keep them Safe
3. Be There
4. Help Them Connect
5. Follow Up

Learn more at: www.bethe1to.com