








American Association of Suicidology	<a href="http://www.suicidology.org">www.suicidology.org</a>	5221 Wisconsin Avenue, NW Washington, DC 20015	(202) 237-2280	To promote the understanding and prevention of suicide and support those who have been affected by it.
American Foundation for Suicide Prevention	<a href="http://www.afsp.org">www.afsp.org</a>	120 Wall Street, 29th Floor, New York, NY 10005	(888) 333-2377	To save lives and bring hope to those affected by suicide and to reduce suicide rates 20% by 2025.
ASIST (Applied Suicide Intervention Skills Training)	National: <a href="http://www.livingworks.net/programs/assist/">www.livingworks.net/programs/assist/</a> Ohio: <a href="http://AFSP.org/Ohio">AFSP.org/Ohio</a>	Ohio ASIST Contact: Bill Hesse, <a href="mailto:whesse@afsp.org">whesse@afsp.org</a>	(614) 542-9867	To provide suicide first aid training to everyone 16 or older.
Center for Disease Control: Suicide	<a href="http://www.cdc.gov/ViolencePrevention/suicide/index.html">www.cdc.gov/ViolencePrevention/suicide/index.html</a>	1600 Clifton Road Atlanta, GA 30329-4027	(800) 232-4636	To stop violence (including suicide) before it begins.
Families of Addicts	<a href="http://www.foafamilies.org">www.foafamilies.org</a>	<a href="mailto:info@foafamilies.org">info@foafamilies.org</a>	(937) 307-5479	To educate, empower, and embrace families, friends, and individuals struggling with addiction by providing support and promoting recovery.
Daybreak	<a href="http://www.daybreak.org">www.daybreak.org</a>	605 S Patterson Ave, Dayton, OH 45402	(937) 461-1000	To provide shelter, food, clothing, counseling, safety, and stability to homeless or "couch-hopping" youth ages 10-24.
Forever Hope	<a href="http://www.oakwoodumcdayton.org/forever-hope">www.oakwoodumcdayton.org/forever-hope</a>	206 East Hadley Dr. Oakwood, OH 45419	(937) 293-7279	To offer a safe space to help conversations happen about things that scare us and no one wants to talk about in regards to mental health and suicide.
The Jason Foundation	<a href="http://www.jasonfoundation.com">www.jasonfoundation.com</a>	18 Volunteer Drive Hendersonville, TN 37075	(888) 881-2323	To prevent youth suicide through educational and awareness programs.
Kettering Behavioral Health Network	<a href="http://www.ketteringhealth.org/mentalhealth">www.ketteringhealth.org/mentalhealth</a>	5350 Lamme Road Dayton, OH 45439	(937) 534-4600	To treat most mental health disorders with a comprehensive staff of psychologists and psychiatrists.
LGBTQ Health Alliance	<a href="http://www.phdmc.org">www.phdmc.org</a>	117 South Main Street Dayton, OH 45422	(937) 224-3727	To provide access to healthcare, HIV/AIDS, and violence & substance abuse prevention to LGBTQ population of Dayton.
LivingWorks	<a href="http://www.livingworks.net">www.livingworks.net</a>	<a href="mailto:info@livingworks.net">info@livingworks.net</a>	(888) 733-5484	To help individuals and communities become safer from suicide through programs that provide knowledge and skills that help save lives.
Montgomery County Alcohol, Drug Addiction, & Mental Health Services	<a href="http://www.mcadamhs.org">www.mcadamhs.org</a>	409 E Monument Ave, #102 Dayton, OH 45402	(937) 443-0416	To oversee the planning, development, funding, and evaluation of alcohol/drug treatment and behavioral health services delivered by a network of community based organizations
NAMI (National Alliance on Mental Illness)	<a href="http://www.nami.org">www.nami.org</a>	3803 N. Fairfax Drive, #100 Arlington, VA 22203	(888) 999-6264	To build better lives for the millions of Americans affected by mental illness.
National Council for Suicide Prevention	<a href="http://www.ncsp.org">www.ncsp.org</a>	22 Kent Road Cornwall Bridge, CT 06754	(860) 672-3005	To further effective suicide prevention through collaborative activities and information sharing in order to save lives.
Keeping Our Light Support Group Dayton	<a href="mailto:cgriesie1@gmail.com">cgriesie1@gmail.com</a> <a href="mailto:ehenders1977@gmail.com">ehenders1977@gmail.com</a>	Carol Griersdon Eric Henderson	(937) 416-2011 (937) 475-6110	To provide support for those who have lost someone to suicide in monthly support group open to all.
Samaritan Crisis Care	<a href="http://www.sbhihelp.org/html/crisis_care.htm">www.sbhihelp.org/html/crisis_care.htm</a>	Elizabeth Place, NW Bldg., 601 Edwin C. Moses Blvd., Dayton, OH 45417	(937) 224-4646	To stop overdose deaths.
Samaritans USA	<a href="http://www.samaritansusa.org">www.samaritansusa.org</a>	141 Tremont Ave., 7th Floor, Boston, MA 02111	(617) 536-2460	To provide needed services to those at risk for suicide, educate lay and professional caregivers and health providers, and provide solace to those who have lost a loved one to suicide.

Suicide Awareness Voices of Education (SAVE)	<a href="http://www.save.org">www.save.org</a>	8120 Penn Ave. S., Suite 470, Bloomington, MN 55431	(952) 946-7998	To prevent suicide through public awareness & education, reduce stigma, and serve as a resource to those touched by suicide.
SAVE US Dayton (Suicide Awareness, Voices for Education, Understanding, & Support)	<a href="https://www.facebook.com/SAVEUSDayton/">https://www.facebook.com/SAVEUSDayton/</a>	c/o The Dayton Foundation 1401 S Main St., Suite 100 Dayton, OH 45409	(937) 294-3816	To provide awareness and education programs aimed at preventing suicide in the Dayton area.
The Suicide Prevention Action Network (SPAN)	<a href="http://www.spanusa.org">www.spanusa.org</a>	1025 Vermont Ave., NW, Suite 1066 Washington DC 20005	(202) 449-3600	To educate state and local leaders and communities about suicide, help to shape laws and policies, and change the way others think and talk about suicide and mental illness.
The Trevor Project	<a href="http://www.thetrevorproject.org">www.thetrevorproject.org</a>	PO Box 69232, West Hollywood, CA 90069	(310) 271-8845	To provide crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24.
Wright State Physicians Psychiatry	<a href="http://wrightstatephysicians.org/psychiatry/">http://wrightstatephysicians.org/psychiatry/</a>	627 S. Edwin C. Moses Blvd. Dayton, Ohio 45417	(937) 223-8840	To provide provide quality, cost-effective evidence-based treatments for those experiencing non-life threatening anxiety, depression, relationship issues, or personality disorders, and for those who have had a traumatic life event.
Yellow Ribbon Suicide Prevention Program	<a href="http://www.yellowribbon.org">www.yellowribbon.org</a>	P.O. Box 644 Westminster, CO 80036	(303) 429-3530	To prevent suicide by making suicide prevention accessible to everyone; by empowering individuals and communities through leadership, awareness, and education; and by collaborating with support networks to reduce stigma and help save lives.

### FREE APPS

<b>CBT-i</b>	Enhancement of sleep quality and duration	US Dept of Veterans Affairs	
<b>Get Help Now</b>	24/7 treatment for addiction and mental health services	ADAMHS, Montgomery County, Ohio	
<b>Moving Forward</b>	Problem solving skills for stress	US Dept of Veterans Affairs	
<b>My3</b>	Safety plan and support during crisis	Mental Health Association of NY	
<b>PTSD Coach</b>	Monitoring and management of PTSD-related symptoms	US Dept of Veterans Affairs	
<b>Tactical Breather</b>	Control for physical and emotional stress	Nat'l Ctr for Telehealth & Technology	
<b>Virtual Hope Box</b>	Coping, relaxation, and positive thinking	Nat'l Ctr for Telehealth & Technology	

### CRISIS LINES

**The National Suicide Prevention Lifeline** (800) 273-TALK (8255), or TEXT 741741  
**Veterans Crisis Line** (800) 273-TALK (8255), Press 1, or TEXT 838255  
**Samaritan Crisis Care Hotline for Greene County** (937) 376-8701  
**Samaritan Crisis Care Hotline for Montgomery County** (937) 224-4646