

Suicide Prevention Month Resource Sheet



CARE

- [Self-Care Strategies for Resilience](#) (AFSP)
- [Healing Conversations – Personal Support for Suicide Loss](#) (AFSP)
- [Taking Care of Your Mental Health During Uncertain Times](#) (AFSP)
- [Quarantine is a Mood](#) (AFSP)
- [Taking Care of Your Mental Health in the Face of Uncertainty](#) (AFSP)
- [Supporting Your Mental Health While Navigating Change](#) (AFSP)
- [Reaching Out for Help: A #RealConvo Guide from AFSP](#)
- [Help if You're Having Thoughts of Suicide](#) (AFSP)
- Past Wellness Wednesdays Episodes

INITIATE

- [Have a #RealConvo](#) (AFSP)
- [How to Start \(and Continue!\) a Conversation about Mental Health: A #RealConvo Guide from AFSP](#)
- [If Someone Tells You They're Thinking about Suicide: A #RealConvo Guide from AFSP](#)
- [What to do When Someone is at Risk](#) (AFSP)

EDUCATE

- [Project 2025](#) (AFSP)
- [Mental Health Conditions and Suicide](#) (AFSP)
- [Warning Signs and Symptoms](#) (NAMI)
- [Mental Health Disorders](#) (NAMI)
- [Support and Education](#) (NAMI)
- [Tigers Together Advocacy Training](#) – request one for your department/group
- [Mental Health](#) (Clemson)

SHARE

- [Get Help](#) (Clemson)
- [Clemson Resources - Students](#)
- [Employee Assistance Program](#) – Faculty & Staff
- [Clemson COVID-19 Resources](#) – both students and faculty/staff
- [Suicide Prevention Resources](#) – Emergency resources, Crisis services, Finding mental health care, additional resources by mental health condition (AFSP)
- [Share Your Story](#) (NAMI)
- [Treatments](#) (NAMI)
- [NAMI Helpline](#)
 - [NAMI Helpline FAQs](#)
 - [Top NAMI Helpline Resources](#)
- [COVID-19 Information and Resources](#) (NAMI)
- [Support Groups](#) (NAMI)

ADVOCATE

- [Advocate for Suicide Prevention](#) (AFSP)
- [Find a Local Chapter](#) (AFSP)
- [Advocacy](#) (NAMI)