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)