



Suicide Prevention Resources

Crisis Resources

East Falls
Einstein Crisis Response Center
5501 Old York Road
Philadelphia, PA 19144
(215) 951-8300

Philadelphia Police: 911

Center City
Jefferson Hospital
132 South 10th Street
Philadelphia, PA 19107
(215) 955-6840

Philadelphia Police: 911

National

National Suicide Prevention Lifeline

<http://www.suicidepreventionlifeline.org/>

1-800-273-TALK (8255), TTY: 1-800-799-4889, Spanish: 1-888-628-9454, online chat
This free and confidential national crisis line is for anyone who needs emotional support, and is available by phone 24 hours a day, 7 days a week and via online chat from 2 p.m. to 2 a.m.

Crisis Text Line

<http://www.crisistextline.org/>

Text "HOME" to 741-741

**In PA text "PA" to 741-741

The Crisis Text Line provides free emotional support and information to teens in any type of crisis, including feeling suicidal. Trained specialists are available 24 hours a day, 7 days a week.

Trevor Project

<http://www.thetrevorproject.org/>

Trevor LifeLine: 24-hour toll-free suicide hotline at 1-866-488-7386

TrevorChat: online crisis chat six hours a day at www.thetrevorproject.org/chat

TrevorText: Fridays late afternoon to early evening. Text "Trevor" to 202-304-1200.



The Trevor Project provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth ages 13-24.

Trans Lifeline

<http://www.translifeline.org/>

1-877-565-8860

Trans Lifeline is a hotline primarily for transgender people experiencing a crisis. This includes people who may be struggling with their gender identity and are not sure that they are transgender.

Veterans Crisis Line

<https://www.veteranscrisisline.net/>

1-800-273-8255 and Press 1

Chat: <https://www.veteranscrisisline.net/get-help/chat>

Text: 838255

Local

If you or someone you know is experiencing an immediate life-threatening emergency call East Falls Public Safety 215-951-2999 and 911 immediately or at the Center City campus, call Jefferson Public Safety 215-955-8888 or 911.

University Student Counseling Center, Student Health Center & JOHN

215-955-HELP

Jefferson Public Safety

East Falls: 215-951-2999

Center City: 215-955-8888

Philadelphia Crisis Intervention Hotline

215-686-4420

Faculty & Staff Resources

FirstCall Employee Assistance Program (EAP)

(800) 382-2377

*Center City, East Falls, Northeast

Carebridge Employee Assistance Program (EAP)

(800) 437-0911

*Abington, Magee, NJ

Thomas Jefferson University Hospital Pastoral Care Hotline

(215) 955-3303

Jefferson Department of Psychiatry & Human Behavior

(215) 955-8962

Faculty Affairs Wellness Resources

<https://www.jefferson.edu/faculty-affairs/faculty-engagement/wellness.html>

Additional Resources

- Neuroflow

Free app for all Jefferson students that assist with emotional and mental wellness with opportunities to earn gift cards. Scan QR code below to register



- Free Mental Health Screenings

<https://screening.mentalhealthscreening.org/jefferson>

- Mental Health Mobile Applications

Jefferson does not endorse any specific resource

Stop, Breathe, Think

<https://www.stopbreathethink.com>

Develop and apply kindness & compassion in daily life

Headspace

<https://www.headspace.com>

Meditation & mindfulness techniques to manage stress & anxiety

Calm

<https://www.calm.com>

Learn to reduce anxiety, work on your sleep and increase mood

Warning Signs and Ways to Respond

Warning Signs
Talking about suicide; in person, text, or on social media
Expressing guilt or hopelessness
Withdrawal from everyday life
Asking about or actively seeking access to means (weapons, pills, etc.)
Giving away personal possessions

Changes in substance use
Change in eating and sleeping
Change in appearance
A recent increase in agitation or irritability
Ways to Respond if You Notice Any Warning Signs
Ask if they are ok or if they are having thoughts of suicide
Express your concern about what you are seeing in their behavior
Listen and be non-judgmental
Reflect on what they share and let them know you hear them
Tell them they are not alone
Let them know there are treatments and resources available that can help
If you or they are concerned, get help immediately