

## Suicide Prevention Resources

### *Crisis Resources*

#### **East Falls**

Jefferson Health - Crisis Response Center  
Center 5501 Old York Road  
Philadelphia, PA 19144  
(215) 951-8300

Philadelphia Police: 911

#### **Center City**

Thomas Jefferson University Hospital - Main Building  
132 South 10<sup>th</sup> Street  
Philadelphia, PA 19107  
(215) 955-6840

Philadelphia Police: 911

### *National*

#### **988 Suicide & Crisis Lifeline**

<https://988lifeline.org>

988, TTY: Dial 711 then 988, Spanish: 988 & press 2, 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. Text 988, Spanish: text 988 "AYUDA".

#### **Crisis Text Line**

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

Text "HOME" 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: [www.thetrevorproject.org/webchat](http://www.thetrevorproject.org/webchat)

TrevorText: Text "START" to 678-678.

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://translifeline.org/>

877-565-8860, Choose 2 for Spanish

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/>

988 and Press 1

Chat: <https://www.veteranscrisisline.net/get-help-now/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**

215-685-6440

### **Suicide and Crisis Intervention Line**

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, Einstein & Health Partners Plans Employees

### **Thomas Jefferson University Hospital Pastoral Care**

Hotline (215) 955-3303

### **Jefferson Department of Psychiatry & Human Behavior**

(215) 955-8962

## **Additional Resources**

### **Neuroflow**

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



**Free Mental Health Screenings**  
<https://screening.hfihub.org/jefferson>

**Mental Health Mobile Applications**  
\*Jefferson does not endorse any specific resource\*

**The JED Foundation**  
<https://jedfoundation.org>  
Variety of mental health resources

**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**

<b>Warning Signs</b>
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

<b>Ways to Respond if You Notice Any Warning Signs</b>
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