



Resources: Employee Mental Wellness & Suicide Prevention – For Employee & Family

Resources for Employees and Families

Crisis Text Line (Free; Confidential; 24-7/365 days)

USA: Text HOME to 741741
Canada: Text HOME to 686868
UK: Text HOME to 85258

National Suicide Prevention Lifeline (Free; Confidential; 24-7/365 days)

800-273-TALK (8255) – Press 1 for Veterans Crisis Line or Text to 838255
Spanish: 888-628-9454
Deaf/Hard of Hearing: TTY – Dial 800-799-4889
Lifeline Chat: <https://suicidepreventionlifeline.org/chat/>

Disaster Distress Line; Substance Abuse and Mental Health Services Administration (SMHSA)

<https://www.samhsa.gov/find-help/disaster-distress-helpline>

Phone: English: 800-985-5990
Spanish: 1-800-985-5990 and press "2"
Text: English: TalkWithUs to 66746
Spanish: Hablanos to 66746

Alcoholics Anonymous:

English (<https://www.aa.org/>)

Spanish: Alcohólicos Anónimos (https://www.aa.org/pages/es_ES/what-is-aa)

Alcoholics Anonymous is an international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about his or her drinking problem.

Al-Anon Family Groups:

English: (<https://al-anon.org/>)
Spanish: (<https://al-anon.org/es>)

For family members concerned about a family member's drinking.

FAQs: <https://al-anon.org/newcomers/faq/>



Now Matters Now (www.nowmattersnow.org)

“Lived experience” videos and resources to provide skills and support for coping with suicide thoughts.

Shatterproof: (<https://www.shatterproof.org/>)

A national nonprofit organization dedicated to reversing the addiction crisis in the United States.

12 Questions to ask Your Doctor Before Taking Opioids:

<https://www.shatterproof.org/sites/default/files/2018-06/12-Questions-Before-Taking-Opioids.pdf>

Prescription Medication Disposal Locations

**Controlled Substance Public Disposal Locations
(US Department of Justice; Drug Enforcement Administration)**

Search by Location:

<https://apps2.deadiversion.usdoj.gov/pubdispsearch/spring/main?execution=e1s3>

Selected Walgreens Pharmacies Nationally

Search by Location:

<https://www.walgreens.com/storelocator/find.jsp?RxDisposal=true>

Teen Line Online: (<https://teenlineonline.org/>)

Open from 6pm to 10 pm Pacific Time, every night.

Phone: (800) TLC-TEEN (852-8336) (U.S. & Canada only)

Text TEEN to 839863

The JED Foundation: (<https://www.jedfoundation.org>)

A nonprofit that protects emotional health and prevents suicide for our nation’s teens and young adults. JED Foundation partners with high schools and colleges to strengthen their mental health, substance misuse, and suicide prevention programs and systems.

Mental Health Resource Center:

<https://www.jedfoundation.org/mental-health-resource-center/>