

SPEAK UP! Toolkit – Resources to Respond to Issues Presented in the Play

The following are general resources for persons affected by the issues presented in SPEAK UP! Participants in Project SPEAK UP! are encouraged to source mental health professionals and agencies in your communities to advise on setting up wellness services and crisis response protocols for students in your school.

Suicide Prevention

American Association of Suicidology (AAS): <https://suicidology.org>

National Suicide Prevention Hotline: **1-800-273-TALK (8255)**

<https://suicidepreventionlifeline.org/>

National Hotline: **1-800-Suicide (1-800-784-2433)**
(calls answered by trained counselors who give local referral numbers.)

Crisis Text Line: **Text HELLO to 741741**

Know the Signs: <https://www.suicideispreventable.org>

Didi Hirsch Suicide Prevention Hotline: **1-877-727-4747**

Jeb Foundation: <https://www.jedfoundation.org/what-we-do/highschools/>

Jason Foundation: <http://jasonfoundation.com/>

Sexual Assault and Abuse

National Sexual Assault Hotline: **1-800.656.HOPE (4673)**
(callers are connected with a trained staff member from a sexual assault service provider in your area.)

California Coalition Against Sexual Assault: <http://www.calcasa.org>

Sexual Identity

The Trevor Project: <https://www.thetrevorproject.org/>

24/7 Hotline: **1-866-488-7386**

Cyberbullying

<https://www.stopbullying.gov>

www.CyberSafetyCop.com

Mental Health

National Alliance on Mental Illness (NAMI) <https://www.nami.org>

NAMI OC Warm Line: **714-991-6412**

National Institute of Mental Health:

<https://www.nimh.nih.gov/health/topics/anxiety-disorders/index.shtml>

Anxiety and Depression Association of America: <https://adaa.org/>

U.S. National Library of Medicine:

<https://medlineplus.gov/teenmentalhealth.html>

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STATISTICS highlighted in SPEAK UP!

One in six women in America has been a victim of attempted or completed rape. ONE IN SIX

One in three adolescents in America is a victim of physical, sexual, emotional or verbal abuse from a dating partner. ONE IN THREE.

Only one in five people that witness bullying actually report it. ONE IN FIVE.

One in three suicide attempts that result in death are due to a crisis in sexual identity or orientation. ONE IN THREE