

# Resources for Identifying and Reducing Suicide Risk in Older Ohioans

This list compiles the resources referenced throughout the Identifying and Reducing Suicide Risk in Older Ohioans toolkit. It includes additional support to help individuals, families, caregivers, professionals, and community members access information and assistance. Resources are organized into the following categories: crisis support, suicide prevention and training, mental health service navigation, aging and long-term care, caregiver support, grief and bereavement, firearm safety, transportation and access, resources for Veterans, and addressing stigma.

## Crisis & Immediate Emotional Support

### [988 Suicide & Crisis Lifeline](#)

Call, text, or chat for free, confidential support available 24/7.

### [Crisis Text Line](#)

Text "HOME" to 741741 to connect with a trained crisis counselor. Free, confidential support is available 24/7.

### [Alzheimer's Association Helpline](#)

Call 800-272-3900 for free, confidential support available 24/7 that includes information, emotional support, crisis assistance, and local care referrals for people living with dementia, caregivers, and families.

### [BRIDGES for Older Adults](#)

Behavioral Health Resources for Integrated Development, Growth, Engagement, and Support (BRIDGES) for Older Adults empowers organizations and individuals to effectively recognize, respond to, and refer older adults with behavioral health concerns to community and evidence-based self-management programming. Explore a training and resource hub that is geared towards both professionals and caregivers.

## Suicide Prevention Education & Screening Tools

### [National Institute of Mental Health - Ask Suicide-Screening Questions \(ASQ\)](#)

Four screening questions that take twenty seconds to administer and help identify individuals who may need further assessment for mental health and suicide safety.

### [QPR: Question. Persuade. Refer via Ohio Suicide Prevention Foundation](#)

QPR is an emergency intervention that teaches individuals to recognize warning signs, engage in conversations, and connect someone in crisis to professionals. Call 614-429-1528 to learn more.

### [Ohio Suicide Prevention Foundation](#)

Access suicide prevention tools, training information, and educational materials.

### [Ohio Center of Excellence – Stronger Connection for Older Adults](#)

Access customizable social media kits, prevention-focused podcasts, blog posts, and more in this online resource library.

## Mental Health & Community Resource Navigation

### [Substance Abuse and Mental Health Services Administration \(SAMHSA\) - Behavioral Health Treatment Locator](#)

Visit [findtreatment.gov](http://findtreatment.gov) to search for mental health and substance use treatment providers by ZIP code.

### [2-1-1](#)

Dial 2-1-1 to connect with free, confidential referrals to local health and community services.

### [Community Cultural Organizations](#)

Organizations such as [National Alliance on Mental Illness – Ohio \(NAMI\)](#), [Ohio Suicide Prevention Foundation](#), and the [Refugee and Immigrant Mental Health Coalition of Ohio](#) can provide access to culturally relevant resources, including statewide partnerships and local coalitions that serve diverse communities.

*A list of resources for Professionals, Caregivers, and Communities.*

## Aging & Long-Term Care Services

### [Ohio Department of Aging](#)

Call 866-243-5678 to connect with your local Area Agency on Aging and learn more about services available in your community, including in-home support, referrals, caregiver training, and advocacy guardrails.

### [Area Agencies on Aging](#)

Ohio's 12 regional agencies aid with in-home care, home-delivered meals, caregiver support, benefits counseling, and long-term care planning tailored to local needs.

### [PASSPORT Program](#)

For Medicaid-eligible adults, access to long-term services and support to remain safe in their homes or other community-based settings.

### [John A. Hartford Foundation - Age-Friendly Care: It's About What Matters to You](#)

Find age-friendly care, explore resources for family caregivers, and access a health checklist designed to help older adults get the most out of medical appointments.

## Caregiver Support & Education

### [Caregiver Action Network](#)

Explore resources and access peer support, education, and tools to help caregivers navigate challenges and practice self-care.

### [Family Caregiver Alliance](#)

Browse caregiver education, peer support, and resources to help caregivers address emotional well-being and navigate complex responsibilities.

### [Alzheimer's Association](#)

Access caregiver resources, emotional support, and guidance on caring for individuals with Alzheimer's and other dementias.

## Grief & Bereavement Support

### [Grief Support Groups via OhioHealth](#)

Participate in online and in-person support groups for individuals coping with loss.

### [Pathways of Hope via Ohio's Hospice](#)

Learn more about grief counseling services for patients, families, and friends of Ohio's Hospice.

## Firearm Safety & Lethal Means Safety

### [Life Side Ohio](#)

Learn more about safe firearm storage and its importance.

### [Firearms Legacy Planning](#)

Explore worksheets and guidance on firearm succession planning.

## Transportation & Access to Care

### [County Job & Family Services](#)

Contact your local office to arrange Medicaid transportation services for healthcare appointments.

### [Hocking, Athens, Perry Community Action – GoBus](#)

Access GoBus transportation services to connect rural residents with healthcare appointments and services.

### [Ohio Aging and Disability Transportation Coalition](#)

Learn more about transportation options and access to mobility managers for Ohio residents through the Ohio Aging and Disability Transportation Coalition.

## Support for Veterans

### [Caregiver Support](#)

Access caregiver-specific resources, including a caregiver support line (855-260-3274).

### [Suicide Prevention](#)

Review prevention, coping, and support resources for suicide prevention from the VA.

### [Healthcare](#)

Learn more about healthcare resources available through the VA, including help for Veterans who are homeless or at risk of becoming homeless.

### [Housing Assistance](#)

Find benefits and services to assist with building and improving homes, as well as housing assistance grants.

**This guide was created with support from the Older Adult Suicide Prevention Steering Committee, a collaborative group of organizations and community partners dedicated to supporting the mental health and well-being of older Ohioans.**

## Stigma Reduction

### [WISE: Initiative for Stigma Elimination](#)

Gain access to courses, research, podcasts, resources, and more to help counteract the harmful impacts of stigma.

### [The Impact of Stigma - Ohio Suicide Prevention Foundation](#)

Better understand stigma, why it's a problem, and what can be done to combat it via this shareable one-pager.

### [How to Talk to Someone About Suicide – Ohio Suicide Prevention Foundation](#)

This shareable one-pager covers six steps to move from having a regular conversation to asking about suicide.

### [Communication Best Practices – Reframing Aging Initiative](#)

Better understand how using communication best practices like age-inclusive and bias-free language is crucial to improving people's understanding of what aging means.

- ADAMHS Board of Tuscarawas and Carroll Counties
- Area Agency on Aging
- Direction Home Akron Canton
- Jerry Williams Memorial Fund
- LifeCare Alliance
- Mental Health & Recovery Board of Mahoning County
- Montgomery County Alcohol, Drug, & Mental Health Services Board
- Ohio Department of Aging
- Ohio Department of Behavioral Health
- Ohio Department of Health
- Ohio Suicide Prevention Foundation
- The Ohio State University Wexner Medical Center
- U.S. Department of Veterans Affairs
- UMADAOP of Dayton
- You Thrive Training and Consulting