

## **Mental Health Crisis and Suicide Prevention Community Resources**

Office of Ability Services at Heritage University

Yovana Cook, M.S.W. -Mental & Social Health Counselor / ADA Specialist Office: 509-865-8544 Email: [Cook\\_Y@heritage.edu](mailto:Cook_Y@heritage.edu)

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National Suicide Prevention Hotline – 1800-273-8255 or 1800-784-2433

Suicide Loss Helpline- 1800-646-7322

Crisis Open Line- 509-575-4200

Suicide Comprehensive Mental Health- 509-575-4084 (Yakima) or 509-837-2089 (Sunnyside)

The Northwest Employee Assistance Program (free confidential services for Heritage University students)- 509-575-4313 (Yakima) or 509-837-2089 (Sunnyside)

Yakama Nation Behavioral Health- 509-865-5121 Ext 6205

Yakima Valley Farm Workers Clinic- 509-453-1344 or 509-865-0934

National Alliance on Mental Illness- 509-453-8229

National Alliance on Mental Illness Support Group for Family, Friends, and Survivors- 509-453-8229

### **Online Resources**

Friends for Survival Email- [FFS@Truevine.net](mailto:FFS@Truevine.net)

Alliance of Hope for Suicide Survivors- <http://www.allianceofhope.org/>

American Association of Suicidology- <http://www.suicidology.org/resources/warning-signs>

Heartbeat: Grief Support Following a Suicide- <http://heartbeaturvivorsaftersuicide.org>

Suicide: Finding Hope <http://www.suicidefindinghope.com>