



These gathered resources for those who have experienced the loss of a loved one through suicide or who are experiencing the pain of contemplating an end. If you are at risk for suicide please reach out to your therapist or physician. The clergy of University United Methodist Church prayerfully seek to walk with you and your family through this difficult time. Please contact Sharon Smith ssmith@universityumc.church to set up a conversation with Pastors Justin, Creighton, Tobi, Daniel or Charlie. Grace and peace of God be with you.

National Suicide Prevention Hotline: 1-800-273-TALK

Crisis Text Line: Text HOME to 741741

Trevor Project (for LGBTQ+): Call 1-866-488-7386 or text START to 678-678.

Veterans Crisis Line: 1-800-273-TALK and Press 1. Text 838255.

Crisis line for Orange, Person, and Chatham: 1-800-233-6834

UNC Students 24-hour support: 919-966-3658

Virtual support group for residents of Orange, Person, or Chatham: <https://5wo3g2m1grf2oaf173h3yf61-wpengine.netdna-ssl.com/wp-content/uploads/sites/62/2020/08/Video-Conference-Connection-Recovery-Support-Group-Instructions.pdf>

Peer-to-Peer free 8-week educational group for adults living with mental illness in Orange County: <https://namiorangenc.org/individuals-living-mental-illness/peer-to-peer-classes/>

Support groups for loved ones:

<https://www.trianglesos.org/>

Orange and Durham: <https://namiorangenc.org/family/family-support-group/>

Virtual group info here: <https://5wo3g2m1grf2oaf173h3yf61-wpengine.netdna-ssl.com/wp-content/uploads/sites/62/2020/08/Video-conference-Family-Support-Group-Instructions.pdf>

Educational group for loved ones:

Family-to-Family free 11-week educational program for family members, loved ones, and caregivers of someone living with mental illness: <https://namiorangenc.org/family/family-to-family/>

On Suicide from Psychology Today
<https://www.psychologytoday.com/us/basics/suicide>

Talking to your kids about suicide
<https://www.today.com/parents/experts-explain-how-talk-about-suicide-kids-age-t130589>