



American Indian Suicide Prevention Resource Guide

NEW MEXICO SUICIDE PREVENTION
COALITION: AMERICAN INDIAN WORKGROUP

ALBUQUERQUE AREA INDIAN HEALTH BOARD

National Resources

Title	Description	Link	Phone
National Advisory Committee on Rural Health and Human Services	A 21-page policy brief published in late 2017 by the Health Resources and Services Administration National Advisory Committee on Rural Health and Human Services. It addresses the impact of suicide in rural areas and state- and federal-level prevention strategies.	https://www.hrsa.gov/sites/default/files/hrsa/advisory-committees/rural/publications/2017-impact-of-suicide.pdf	(301) 443-0835
Suicide Prevention and Care Program	Information is offered on the Indian Health Service website. On-line content includes topics such as how to talk about suicide with Native American populations, warning signs and risk factors, and resources for the general population, Native American Youth, and Native American veterans, including those living with PTSD.	https://www.ihs.gov/suicideprevention/	(301) 443-8028
Suicide Prevention Strategies for American Indian and Alaska Native Communities	Provides information about how American Indian and Alaska Native communities can gather information about suicide in a culturally appropriate way to inform both prevention and evaluation efforts in local tribal communities.	https://www.sprc.org/sites/default/files/resource-program/TribalSurveill%20final%20and%20508%20compliant.pdf	1-(800)273-TALK
The American Indian/Alaska Native National Suicide Prevention Strategic Plan 2011 -2015	This document provides information about the U.S. Indian Health Service mission and six goals with specified objectives to address suicide in American Indian/Alaska Native populations/	https://www.ihs.gov/sites/suicideprevention/themes/responsive2017/display_objects/documents/AIAN_NationalSPStrategicPlan.pdf	(301)443-2038
Suicide Prevention Resources	These resources are sponsored by the Substance Abuse and Mental Health Services Administration and lists a variety of resources focused on Native-specific suicide prevention and resiliency among Native Americans.	https://www.samhsa.gov/suicide/at-risk#american-indians	1-877-726-4727
2012 Revised National Strategy for Suicide Prevention	This emphasizes the role individuals can play in helping friends, family members, and colleagues to not die by suicide. Gives guidance for schools, businesses, health systems, clinicians, and other sectors while considering newer research and advancements in the field since the previous document was published.	https://www.ncbi.nlm.nih.gov/books/NBK109917/pdf/Bookshelf_NBK109917.pdf	N/A

National Resources

Title	Description	Link	Phone Number
Suicidal Behavior in American Indian and Alaska Native Communities: A Health Equity Issue	The CDC presents statistical data regarding suicide among American Indian and Alaska Native youth and social determinants of populations at higher risk. They also provide potential methods of early treatment, interventions, and support.	https://www.cdc.gov/injury/tribal/index.html	N/A
Injury Prevention in American Indian and Alaska Native Communities	The Injury Center partners with and supports native communities, federally recognized tribes, Tribal Epidemiology Centers external icon, tribal organizations, and Indian Health Service external icon to improve health and wellness.	Injury Prevention in American Indian and Alaska Native Communities (cdc.gov)	800-232-4636
Office of Juvenile Justice and Delinquency Prevention Tribal Youth Resource Center	The site is designed as a clearing house of relevant resources across a broad range of topic areas in pursuit of Tribal Law and Policy Institute's vision to empower Native communities to create and control their own institutions for the benefit of all community members, now, and for future generations. It provides technical assistance, training, and consultant services.	Home - Tribal Youth (tribalyouthprogram.org)	(323)-650-5467
Native Hope	The Native HOPE training/program focuses on strengthening adult – youth partnership and community action planning.	https://www.nativehope.org	(888) 999-2108
One Sky Center: A guide to suicide prevention	The intent of this guidebook is to serve as a first of its kind broad-based resource for Native people at all community levels. Its purpose is to help us learn more about suicide and create a response plan for our communities. The guidebook is meant for tribal and community leaders, schools, religious institutions, mental health agencies, law enforcement, and any other organizations or individuals that desire to address this painful and critical problem	http://www.oneskycenter.org/wp-content/uploads/2014/03/AGuideToSuicidePreventionDRAFT.pdf	503-970-7895

LGBTQ2S+ Resources

Title	Description	Link	Phone Number
We R Native	They are a comprehensive health resource for Native youth, by Native youth, providing content and stories about the topics that matter most to them. They strive to promote holistic health and positive growth in their local communities and nation at large.	https://www.wernative.org/my-mind	native@npaih.org
New Mexico Resource and Referral Guide for LGBTQ Students	This resource was developed with the New Mexico Youth Education on Sexual Health (YESH) Advisory Council to serve as a resource for teachers and school staff to help refer middle and high school students to services in New Mexico. It was published in 2017. PDF access can be obtained by contacting Anne Marlow-Geter at Anne.MarlowGeter@state.nm.us .	https://webnew.ped.state.nm.us/wp-content/uploads/2017/12/SHB_NM_LGBTQ_Student_Services_Directory.pdf	N/A
Suicide Prevention and Two-Spirited People	The guide provides information on suicide prevention for two-spirited, gay, lesbian, bisexual, or transgendered American Indians/ Alaska Natives. This information includes suicide risks and understanding these risks, mental health, sources of strength and support, how the community can help, and more.	https://ruor.uottawa.ca/bitstream/10393/30544/1/Suicide_Prevention_2Spirited_People_Guide_2012.pdf	613-237-9462
NativeOUT	NativeOUT is a national unincorporated nonprofit education and media organization that is actively involved in the Two Spirit Movement. Its Facebook account provides news, events and other information to create social change in rural and urban communities that benefit indigenous lesbian, gay, bisexual, transgender, queer, and two-spirit people.	https://www.sprc.org/aian/resources	marlonfix@yahoo.com

Faith Based Communities

Title	Description	Link	Phone Number
Faith.Hope.Life	Faith.Hope.Life is a website and campaign, developed by the National Alliance for Suicide Prevention's Faith Communities Task Force, provides resources for faith communities, regardless of creed, to use in support of suicide prevention with Native American, Buddhist, Christian, Hindu, Jewish, Muslim, and Interfaith groups.	https://theactionalliance.org/communities/american-indian-alaska-native	faith-hope-life@edc.org

Primary Care Clinics and Health Facilities Resources

Title	Description	Link	Phone Number
National American Indian and Alaska Native Mental Health Technology Transfer Center	Mental Health Technology Transfer Center works with organizations and treatment practitioners involved in the delivery of mental health services to American Indian and Alaska Native individuals, families, and tribal and urban Indian communities to strengthen their capacity to deliver effective evidence-based and experience-based practices.	https://mhttcnetwork.org/centers/national-american-indian-and-alaska-native-mhffc/home	319-541-2565
Collaborative Assessment and Management of Suicidality Native American Suicide Prevention Training	Collaborative Assessment and Management of Suicidality trains clinicians to understand the suicidal struggle through their patient's eyes. works closely with sovereign nations and tribe behavioral health organizations when delivering a Collaborative Assessment and Management of Suicidality training to ensure that training addresses the unique factors of the community being served and provides a model that is effective in increasing the skills and confidence of providers in treating suicidal risk.	https://cams-care.com/about-cams/organizations/sovereign-nations-tribes/	N/A
The American Indian Addendum to the Suicide Prevention Toolkit for Primary Care Providers	The addendum is designed as a companion publication to the Suicide Prevention Toolkit for Primary Care Providers: A Guide for Primary Care Providers and Medical Practice Managers and contains information and tools to provide, when used with the original Toolkit, culturally sensitive and responsive state-of-the-art suicide prevention practices for American Indian clients.	https://www.wiche.edu/wp-content/uploads/2020/10/SPToolkitAI_Addendum.pdf	Itupa@wiche.edu

Data, Statistics and Technical Assistance

Title	Description	Link	Phone Number
The American Indian/Alaska Native Settings website	Sponsored by the Substance Abuse and Mental Health Services Administration. The site provides data, lists of resources, and culturally relevant links addressing historical trauma and trauma-informed resources	https://www.sprc.org/settings/aian	1-800-273-TALK (8255)
Substance Abuse and Mental Health Services Administration Tribal Training and Technical Assistance Center	Substance Abuse and Mental Health Services Administration provides technical assistance, resources, information, culturally appropriate guides, and fact sheets to those interested in strengthening suicide prevention efforts in American Indian populations.	https://www.samhsa.gov/tribal-ttac	1-877-726-4727

Youth

Title	Description	Link	Phone Number
Native American Youth 101	This resource provides information on the historical context and current status of Indian country and Native American youth. The Center for Native American Youth was developed to improve the health, safety, and overall well-being of Native American youth through communication, policy development, and advocacy.	https://www.aspeninstitute.org/wp-content/uploads/files/content/uploads/Native%20American%20Youth%20101higres.pdf	N/A
Ensuring the Seventh Generation: A Youth Suicide Prevention Toolkit For Tribal Child Welfare Programs	The tragedy of suicide is dreaded by everyone. Tribal child welfare workers are no exception. Fortunately, they are in a position to do something about it. The purpose of this toolkit is to help tribal child welfare workers and care providers play an effective role in the prevention of suicide among the children and youth they serve.	http://www.icctc.org/August2013/PMM%20Handouts/Youth%20Suicide%20Prevention%20Toolkit.pdf	(503) 222-4044

Families

Title	Description	Link	Phone Number
Project Trust	In an effort to address the disparities in mental health among Native Americans, a model is being developed for culturally-appropriate services for Native American youth and their families. This effort is a partnership with researchers at the University of New Mexico and a group of concerned community members, organizers, health providers, and public health advocates.	https://www.projecttrust.org/who-we-are	(703) 310-1138
Family Advocacy Center – Tséhootsoí Medical Center	The Family Advocacy Center is the only program of its kind on the Navajo Nation with the purpose of serving children, adolescents and adults who have suffered the trauma of sexual abuse or assault. Follow-up care is also available.	https://www.fdihb.org/familyadvocacy	928-729-3705 For after hours or on the weekend (928) 729-8000

School and University Settings

Title	Description	Link	Phone Number
Preventing Suicide: A Toolkit for High Schools	This toolkit was published in 2012 and provides information about suicide awareness, prevention, intervention, and postvention strategies and activities. It includes a comprehensive set of tools, protocols, sample notification letters, and materials that can be used by school personnel, parents, and high school students. Developed by the Substance Abuse and Mental Health Services Administration under the US Department of Health.	https://store.samhsa.gov/sites/default/files/d7/priv/sma12-4669.pdf	1-877-726-4727
K-12 Toolkit for Mental Health Promotion and Suicide Prevention	This document was developed for use by California schools as a guide for school communities to 1) promote mental health and wellness in schools, 2) intervene in a suicidal crisis, and 3) to implement an effective postvention response to suicide. The 293-page kit includes information about: child and adolescent development; self-care activities (such as mindfulness activities); parent, student, and professionals' handouts related to mental wellness; responsible use of social media; suicide risk assessment tools (low, moderate to high, extremely high); sample protocols and policies for intervention and referral; student personal safety plans; suggestions for facilitating a student's return to school after an attempt; and information, tools, resources, and sample policies and procedures for postvention responses.	http://www.heardalliance.org/wp-content/uploads/HEARDToolkit2017.pdf	N/A
American Indian/Alaska Native Adolescent Suicide: Risk Factors, Protective Factors, and Prevention Opportunities in Education Settings	This document provides abstracts from a sample of studies that examine risk and/or protective factors or suicide prevention programs for American Indian/Alaska Native youth in academic settings.	https://files.eric.ed.gov/fulltext/ED585881.pdf	N/A

Suicide Crisis and Support Lines

Title	Description	Link	Phone Number
Native American Support through the National Suicide Prevention Lifeline	Free, 24-hour hotline available to anyone in suicidal crisis or emotional distress. Calls are routed to the crisis center closest to the caller. Online Chat services are available at https://www.suicidepreventionlifeline.org . Texting services are available by texting HOME to 741741.	https://suicidepreventionlifeline.org/help-yourself/native-americans/	1-800-273-TALK (8255)
New Mexico Peer to Peer Warmline	Call 3:30pm – 11:30pm or text 6pm – 11pm every day (Effective 5/31 the Warmline will be available to call and talk to a peer from 7:00am – 11:30pm MT)	https://nmcrisisline.com/2015/11/09/nm-warmline-faq/	1-855-4NM-7100 (466-7100) 711 for relay
New Mexico Crisis and Access Line	24 hours a day, 7 days a week, 365 days a year	https://nmcrisisline.com	1-855-NMCRISIS (662-7474)
Disaster Distress Help Line	The Disaster Distress Helpline, is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster.	https://www.samhsa.gov/find-help/disaster-distress-helpline	1-800-985-5990 Call or Text
Veteran's National Suicide Prevention Lifeline	This free support is confidential, available every day, 24/7. Serves all veterans, all service member, national guard and reserve and their family members and friends.	https://www.veteranscrisisline.net	Call 1-800-273-8255 then press 1 Text 838255
Agora Crisis Center Statewide	As trained crisis hotline specialists, our volunteers are ready to provide compassionate, non-judgmental help for anyone in need of emotional support. Anyone is welcome to use our service, and you do not need to be "in crisis" to call or chat with us.	http://www.agoracares.org	1-866-435-7166
Mental Health Information Line	Answered 24/7/365, it provides empowering emotional support, information on appropriate referral options and a wide range of support relating to mental health concerns.	https://crisiscentre.bc.ca/fnha/	310-6789 No area code needed
Native Youth Crisis Hotline	Answered by staff 24/7. Available throughout Canada and US.	https://crisiscentre.bc.ca/fnha/	1-877-209-1266
The Trevor Line for LGBTQ Youth	Our trained counselors are here to support you 24/7. If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk, call the TrevorLifeline now.	https://www.thetrevorproject.org	1-866-488-7386

NM Tribal

Title	Description	Link	Phone Number
Bolstering the Behavioral Health Workforce: Supporting Suicide Prevention and Postvention in Indigenous Communities	This paper aims to address suicide prevention and postvention programming in the state of New Mexico through on the ground efforts in Tribal communities. The focus on behavioral health workforce development provides an opportunity to shed light on issues surrounding recruitment, retention, and internet connectedness from the perspective of Indigenous groups. Research and interviews with directors, specialists, and community leaders from Albuquerque First Nations Community Healthsource, Pueblo of Acoma's Behavioral Health Department, and Zuni Nation Teen Health & Family Wellness Clinic.	https://www.iad.state.nm.us/wp-content/uploads/2020/09/IA-D-Suicide-Prevention-BH-Workforce-Dev_Final-Report_4.12.20.pdf	617-495-9918
Zuni Teen Health and Family Wellness Center	This facility provides a safe place for youth to gather, interact with each other, and form a sense of community with the Tribe. They also focus strongly on prevention and intervention services. These services include training for teens in Mental Health First Aid and also practices the prevention education at the annual summer youth camp.	https://huitt-zollars.com/projects/native-american/zuni-teen-health-and-family-wellness-center	(505) 782-5719
Pueblo of Acoma Behavioral Health Department	The department has worked extensively to build a series of culturally-based programs for the community including services that work to prevent suicide among the Indigenous youth. Some of these include basket-making workshops, tradition language classes, and healing nature walks. They also operate the Seeds of Resilience program which involves community planting that later translates to traditional cooking with the produce. Their Crisis Line is 505-552-6661	Acoma Behavioral Health Services Poahhs (poahhsd.org)	505-552-6661
Isleta Behavioral Health- Prevention Program	The program aims to reduce risk factors and increase protective factors in at-risk Native American youth ages 10-17 in order to prevent, reduce or delay the onset of alcohol and other substance use and abuse. Through experiential education, prevention staff engages with youth in direct experience and focused reflection to increase knowledge base, develop skills and traditional values. Services are provided in-school, after-school, on weekends and during school breaks.	https://islclinic.com/departments#c56e474b-883b-473f-9e89-15b82b947eb8	N/A

NM Tribal

Title	Description	Link	Phone Number
Santo Domingo Health Center-Behavioral Health Services	The health center's goal is to promote and strengthen resilience within the communities and families served by the Santo Domingo Health Center. They provide services for individuals, children and teens, families, and other services for mental health education, psychiatric medication evaluations and more.	http://www.kp-hc.org/behavioral-health.htm	505-465-3060
Taos Behavioral Health	Taos Behavioral Health focuses on filling the absent or lack of suicide prevention services in the community. Their staff is trained in Cognitive-Behavioral Therapy for Suicide Prevention.	Suicide prevention for Taos County youth – Nonviolence Works (taosbehavioralhealth.org)	575-758-4297
Tribal Youth: The Pueblo of Tesuque Youth Coalition	The Pueblo of Tesuque Youth Coalition has organized an on-site Yellow Ribbon Ask 4 Help! Youth Suicide Prevention Training program. Yellow Ribbon objectives include increased knowledge of help-seeking behaviors, resources, warning signs, risk and protective factors of suicide, and how to ask for help for themselves and others.	https://www.tribalyouthprogram.org/blog/strengthening-the-community-to-address-suicide-prevention-the-pueblo-of-tesuque-youth-coalition/	(323) 650-5467
Pueblo of Sandia: Behavioral Health	The Health Center provides Child Protective Services and Family Preservation Services, Substance Abuse counseling, and mental health counseling for community members.	https://sandiapueblo.nsn.us/behavioral-health/	(505) 867-4696
Pueblo of San Felipe	They provide the members of the Pueblo of San Felipe a broad array of health services that will serve to raise the physical, mental, social, and spiritual health of the community members to the highest level, in a manner that is culturally sensitive and appropriate for the individuals and consistent with the goals and objectives of the Pueblo of San Felipe Tribal Council and Government.	https://sfpueblo.com/departments/health-wellness	(505) 867-3381
Pueblo of Jemez: Behavioral Health Program	The program provides culturally sensitive services such as mental health and substance-use therapies, outreach, emergency response, and prevention resources while always prioritizing their clients and Jemez Pueblo community.	https://www.jemezueblo.org/health/clinical-services/behavior-health/	575-834-7359
Nambe Pueblo: Tewa Roots Society	The program offers ecology-based education, outdoor behavioral health, and clinical services. Services are geared toward strengthening and healing through reconnecting the mind, body, and spirit through program curricula.	http://www.nambepueblo.org/suicide-prevention-program/	505-423-2401

NM Tribal Resources

Title	Description	Link	Phone Number
Navajo Suicide Surveillance System	The Navajo Suicide Surveillance System aids in identifying contributing factors related to suicidal behaviors on the Navajo Nation. This project is a collaborative effort between federal, state, and tribal programs and health care providers.	https://www.nec.navajonnsn.gov/Projects/Suicide-Prevention	(928) 871-6539
Traditional Navajo Approach to Meth and Suicide Prevention	The Tsehootsoi Medical Center Methamphetamine and Suicide Prevention Initiative (MSPI) uses culture to teach coping skills, build community connectedness, and instill hope and resiliency in those they serve.	https://www.nihb.org/behavioral_health/mspi_program_navajo_msp.php	202-507-4070
Navajo Nation Division of Behavioral and Mental Health Services	The Navajo Nation Department of Behavioral and Mental Health Services (DBMHS) coordinates and develops quality, culturally-responsive behavioral treatment services across the Navajo Nation. They specialize in comprehensive alcohol and substance use prevention, education, treatment, and after-care services.	https://www.nndbmhs.org	(928) 871-6240 Ext.6235
Gallup Indian Medical Center's Behavioral Health	Gallup Indian Medical Center (GIMC) is a 99-bed hospital in Gallup, New Mexico, on the border of the Navajo Reservation. Clinical specialties at GIMC include Internal Medicine, Cardiology, Anesthesia, OB/GYN, General Surgery, Orthopedics, Ophthalmology, ENT, Radiology, Pathology, Pediatrics, Psychiatry, Emergency Medicine, and Urology.	https://www.ihs.gov/navajo/healthcarefacilities/gallup/	505-722-1000
Ramah Navajo Behavioral Health Services	Listing of Behavioral Health Services counselors, therapists, coordinators and administrative assistant.	http://rnsb.k12.nm.us/behavioral-health-services/	(505) 775-3353 Ext. 3550
Zuni Comprehensive Health Center	The Zuni Comprehensive Community Health Center offers/provides a wide variety of inpatient, outpatient and community health services. General medical services include mental health.	https://www.ihs.gov/albuquerque/healthcarefacilities/zuniramah/	505-782-4431
Hozho Center for Personal Enhancement	Our mission is to serve the community by providing treatment, information, opportunity and support. The process of developing and building personal skills that can build on the strength of the interaction. TheHozho Center provides the delivery of culturally competent services.	https://www.hozhocenterforpersonalenhancement.com	(505) 870-1483

NM State Resources

Title	Description	Link	Phone Number
Opioid Overdose Prevention Program Database	To provide the public and providers with current information about the public health issue of drug overdose deaths, including deaths from prescription opioids, heroin, and fentanyl), the Opioid Overdose Prevention Program created an easy-to-use, substance use data dashboard for the public, policy makers, providers, and community partners to use in decision making	https://www.nmhealth.org/about/erd/ibeb/sap/dod/	505-660-8891
Honoring Native Life: Creating Conversations Around Suicide Prevention and Response	The Albuquerque Area Indian Health Service and the University of New Mexico School of Medicine collaborated to compile resources regarding the Community Readiness Model for suicide prevention activities, Fathering of Native Americans model methods for youth, and strategies for larger institutions in the state of New Mexico to aid communities and their priorities.	https://www.nihb.org/docs/08092018/Friday/Honoring%20Native%20Life_Creating%20Conversations%20Around%20Suicide%20Prevention%20and%20Response.pdf	cbonham@salud.unm.edu
First Nations Community Healthsource	The center provides culturally competent health delivery that addresses the physical, social, emotional, and spiritual needs. They have also partnered with five Albuquerque public schools in order to directly serve the youth. They currently run a traditional wellness program, in which traditional values and ceremonies are incorporated into Western counseling models.	https://www.fnch.org/	505-262-2481
The University of New Mexico School of Medicine: Honoring Native Life	The University of New Mexico School of Medicine provides a list of New Mexico behavioral health Tribal centers based on geographical area. The list provides the names of resources as well as phone numbers.	https://hsc.unm.edu/medicine/departments/psychiatry/cbh/hnl/tribal-centers.html	(505) 272-6238