

## What can I do to help?

- **The Church of Jesus Christ of Latter-day Saints:** <https://www.churchofjesuschrist.org/get-help/suicide?lang=eng>
- **Live On Utah:** <https://liveonutah.org/>
- **NAMI:** <https://www.namiut.org/>
- **American Foundation for Suicide Prevention:** [https://afsp.org/?\\_ga=2.155579963.1034099059.1679245053-780896980.1679245053](https://afsp.org/?_ga=2.155579963.1034099059.1679245053-780896980.1679245053)
- A National Day of Hope, Saturday April 22, 2023 at Veterans Memorial Park in West Jordan  
<https://namiut.org/news-events/nami-walks>
- Out of the Darkness community walk, Saturday September 9, 2023 at Veterans Memorial Park in West Jordan  
<https://supporting.afsp.org/index.cfm?fuseaction=donorDrive.event&eventID=9002>
- **NIMH:** <https://www.nimh.nih.gov/health/publications/5-action-steps-for-helping-someone-in-emotional-pain>
- **National Action Alliance for Suicide Prevention:** <https://www.bethe1to.com/bethe1to-steps-evidence/>  
<https://theactionalliance.org/>
  - Information for faith communities <https://theactionalliance.org/communities/faith-communities>
- **Suicide Prevention Resource Center:** <https://sprc.org/>

## Gatekeeper Training

- **QPR Institute:** <https://qprinstitute.com/about-qpr>
- **Mental Health First Aid:** <https://www.mentalhealthfirstaid.org/>
- **SafeTalk:** <https://www.livingworks.net/safetalk>
- Take 5 to save lives <https://www.take5tosavelives.org/take-5-steps>

## Apps and other online resources

- Create a safety plan <https://www.mysafetyplan.org/>
- Virtual Hope Box
- SafeUT
- The Trevor Project <https://www.thetrevorproject.org/>
- myStrength app