

Resource List for Students

Organizations and Websites

American Foundation for Suicide Prevention

120 Wall Street, 22nd Floor
New York, NY 10005
888-333-AFSP
<http://www.afsp.org>

- Facts about suicide and depression
- Suicide statistics
- Information about current research and educational projects, including the College Screening Project and the teen public service campaign “Suicide Shouldn’t Be a Secret”
- Support for survivors (family and friends who have lost someone to suicide): information, support group directory, healing conferences

American Association of Suicidology

4201 Connecticut Avenue, NW, Suite 408
Washington, DC 20008
(202) 237-2280
<http://www.suicidology.org>

- Facts about suicide and depression
- Support for survivors
- Annual Conference for researchers, clinicians, survivors, school personnel, volunteers, and other mental health professionals
- Directory of Suicide Prevention and Crisis Intervention Agencies in the U.S.

Jed Foundation

583 Broadway, Suite 8B
New York, NY 10012
(212) 343-0016
<http://www.jedfoundation.org>

- Facts about youth suicide
- Information on mental health for parents of college-bound students
- Ulifeline, an online mental health resource for students in participating schools. Students can locate their school’s counseling center, take a self-evaluation test and learn more about mental health and medications

Active Minds on Campus

4831 36th Street, NW, #309

Washington, DC 20008

(240) 401-3182

<http://www.activemindsoncampus.org>

- Fact sheets on mental illness
- Information about starting an Active Minds chapter and planning events at your school to create awareness about mental health

Campus Blues

<http://www.campusblues.com>

- Information about common problems in college, including mental disorders

Personal Accounts about Mental Illness

- Styron, William
Darkness Visible. Random House: 1990
- Jamison, Kay
An Unquiet Mind. Knopf: 1995

Books about Depression and Suicide

- DePaulo, J. Raymond
Understanding Depression. Wiley: 2002

Helps the reader understand depression and bipolar disorder while providing a picture of the biological and genetic factors that contribute to these disorders as well as a comprehensive picture of their treatment.

- Hendin, Herbert
Suicide in America. Norton: 1996

Discusses suicide among the young and among older people; the relation of violence and alcoholism to suicide; the methods and motives for suicide; the treatment of the suicidal patient; and assisted suicide and euthanasia.

- Jamison, Kay
Night Falls Fast. Knopf: 1996

Explains the psychology, psychopathology, neurobiology and genetics of suicide as well as what we can do to prevent it.