**Resources Southwest Florida**

**NAMI Helpline**

You are not alone. If you are struggling with your mental health, the NAMI HelpLine is here for you. Connect with a NAMI HelpLine volunteer today.

Available Monday Through Friday, 10 A.M. – 10 P.M. ET.

Call 1-800-950-NAMI (6264), text “HelpLine” to 62640 or email us at [helpline@nami.org](mailto:helpline@nami.org)

**Hotline & Referral/Project Help, Inc.**

P.O. Box 7804, Naples, FL 34101

Administrative Contact: Telephone: 941-649-5660 Fax: 941-649-5520

projecthelp@juno.com

800.262.7227 toll free

**Mental Health Facilities: SalusCare (Lee County)**

2789 Ortiz Ave., Fort Myers, FL 33905

239-275-3222

[www.rccbhc.org](http://www.rccbhc.org)

**Park Royal Psychiatric Hospital**

9241 Park Royal Drive, Fort Myers, FL 33908

888-919-1236

[www.parkroyalhospital.com](http://www.parkroyalhospital.com)

**American Tinnitus Association Conversations in Tinnitus Podcasts** <https://www.ata.org/about-tinnitus/conversations-in-tinnitus-podcasts/>

Episode 12: Meet Dr. Gans - Building Skills in Mindfulness to Manage Tinnitus

Episode 11: Meet Dr. Bruce Hubbard - Habituation to Tinnitus Using Cognitive Behavioral Therapy

Episode 7: Meet Dr. Susan Shore - Breakthrough Using Multisensory Stimulation to Reduce Tinnitus

Start a Support Group: [tinnitus@ata.org](mailto:tinnitus@ata.org)

**Need Immediate Help in A Crisis?**

**988 Suicide & Crisis Lifeline**

Dial or text 988 if you or someone you know is having thoughts of suicide or experiencing a mental health crisis and get connected to a trained crisis counselor 24 hours a day, 7 days a week. Crisis counselors listen empathetically and without judgment. Your crisis counselor will work to ensure that you feel safe and help identify options and information about mental health services in your area.

988 is the new, shorter phone number that will make it easier for people to access mental health crisis services.

Crisis Text Line – Text HOME or TALK to 741-741

Connect with a trained crisis counselor to receive free, 24/7 crisis support via text message.

**For Deaf, Hard of Hearing or Tinnitus Distraction go to:** [**www.988lifeline.org**](http://www.988lifeline.org)

**Click “CHAT” on the right-hand side of the screen**

**National Suicide Prevention Lifeline**

800-273-8255 (TALK); 24 hours a day, 7 days a week

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

**What to do when someone is at risk**

If you think someone is thinking about suicide, assume you are the only one who will reach out. Here’s how to talk to someone who may be struggling with their mental health.

**Have an honest conversation**

1. Talk to them in private

2. Listen to their story

3. Tell them you care about them

4. Ask directly if they are thinking about suicide calmly and without judgement

5. Encourage them to seek treatment or contact their doctor or therapist

6. Avoid debating the value of life, minimizing their problems or giving advice

**Assume you're the only one who will reach out**

If You’re Concerned About Someone:

Show understanding and take their concerns seriously. Let them know their life matters to you. That one conversation could save a life.

**If a Person Says They Are Thinking About Suicide:**

1. Take the Person Seriously
2. Stay with them
3. Help them remove lethal means
4. Call the 988 Suicide and Crisis Lifeline: 988
5. Text TALK to 741741 to text with a trained crisis counselor from the Crisis Text Line for free 24/7
6. Escort them to mental health services or an emergency room

Someone considering suicide is experiencing a life-threatening health crisis and may not believe they can be helped. Work with them to keep them safely away from lethal means like firearms and drugs and remind them that their suffering is temporary.

Be sure to follow up with them after the crisis to see how they’re doing.

**If You’re Struggling**

Don’t Wait for Someone to Reach Out

Seek mental health treatment or tell your clinician about your suicidal thinking.

Treat yourself like you would treat someone else who needs your help.