Barbara Franks Northwest Elder's ECHO June 11, 2024

## RESOURCES

## Websites:

- 1. A.S.I.S.T. and safeTALK, two intervention models provided by LivingWorks, at <a href="https://www.livingworks.com">www.livingworks.com</a>
- 2. AFSP, American Foundation for Suicide Prevention, <a href="https://www.afsp.org">www.afsp.org</a>, various documents for before, during and after the suicide, free downloadable information
- 3. CoGenerate, connecting people to help each other in the second part of their lives, <a href="www.cogenerate.org">www.cogenerate.org</a>
- 4. NODA, No one dies alone initiative, <a href="www.noda.jhu.edu">www.noda.jhu.edu</a>
- 5. QPR, another intervention model, <u>www.qprinstitute.com</u>,
- 6. SurvivorVoices, it is very specific how to safely share your story to your audience, provided by NAMI (National Alliance for Mental Illness/New Hampshire Chapter), <a href="mailto:edemello@naminh.org">edemello@naminh.org</a>
- 7. Washington Ombudsman, a lot of information to help our Elderly, especially with protocol <a href="https://www.waombudsman.org">www.waombudsman.org</a>

## Books:

- 1. When the body says No, by Gabor Mate'
- 2. The Suicide Index, by Joan Wickersham