



## THINKING AHEAD ABOUT... **MENTAL HEALTH**

Alpha Delta Phi Fraternity's is dedicated to ensuring our members who are struggling with mental health issues seek and receive the care they need. Mental health issues affect around 18% of Americans with suicide being a top 3 leading cause of death among young people aged 15-24.

### **SUICIDE PREVENTION RESOURCES**

#### **AMERICAN ASSOCIATION OF SUICIDOLOGY**

[www.suicidology.org](http://www.suicidology.org) or call 1-202-237-2280

#### **AMERICAN FOUNDATION FOR SUICIDE PREVENTION**

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

#### **JASON FOUNDATION**

<http://www.jasonfoundation.com>

#### **NATIONAL INSTITUTE OF MENTAL HEALTH (NIMH)**

[www.nimh.nih.gov](http://www.nimh.nih.gov)

#### **NATIONAL STRATEGY FOR SUICIDE PREVENTION**

[www.mentalhealth.org/suicideprevention](http://www.mentalhealth.org/suicideprevention)

#### **NATIONAL SUICIDE PREVENTION STRATEGY**

[www.sg.gov/library/calltoaction](http://www.sg.gov/library/calltoaction)

#### **SUBSTANCE ABUSE AND MENTAL HEALTH ADMINISTRATION (SAMHSA)**

[www.samhsa.gov](http://www.samhsa.gov)



**NATIONAL**  
**SUICIDE**  
**PREVENTION**  
**LIFELINE™**  
**I-800-273-TALK**  
**I-800-273-8255**  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Substance Abuse and Mental Health Services Administration  
[www.samhsa.gov](http://www.samhsa.gov)



(800) 736-4327

[HOLMESMURPHYFRATERNAL.COM](http://HOLMESMURPHYFRATERNAL.COM)