We provide everyone who participates in this study with the same list of resources. If you are currently in a crisis and are at risk of self-harm or imminent life-threatening behavior, please go to the nearest emergency room, call 911, contact your general physician, contact the **National Suicide Prevention Lifeline by dialing 988 (or 1-800-273-8255)**, or call one of the crisis lines listed below. Similarly, if at any point during the study you feel that someone close to you may not be able to control their suicidal thoughts or urges, or is injured in a way that may be dangerous to their safety, please encourage them to do the same or consider calling on their behalf.

**Books:**

*The Borderline Personality Disorder Survival Guide: Everything you need to know about living with BPD*
By Alexander L. Chapman and Kim L. Gratz (New Harbinger Publications)

*Loving Someone with Borderline Personality Disorder: How to Keep Out-Of-Control Emotions from Destroying Your Relationship*
By Shari Y. Manning (Guilford Press)

*High-Conflict Couple: A Dialectical Behaviour Therapy Guide to Finding Peace, Intimacy, and Validation*
By Alan E. Fruzzetti (New Harbinger Publications)

**National suicide and crisis help lines:**
Regardless of the state you are in, you can call this crisis line 24/7 to receive immediate support:

- **National Suicide Prevention Lifeline: 988 or 1-800-273-8255**
- **National Crisis Text Line:** Text “HELLO” to 741-741

**National domestic violence help lines:**
Regardless of the state you are in, you can call or text this crisis line 24/7 to receive immediate support:

- **National Domestic Violence Hotline: 1-800-799-SAFE (7233) or text “START” to 88788**
  - Website: [www.theadvocate.org](http://www.theadvocate.org)

**National hotline for trans peer support**
Trans Lifeline
Hotline: **(877) 565-8860**
Website: [www.thelife.org](http://www.thelife.org)

**State suicide and crisis help lines:**

**Alabama:**
Central Alabama (Blount, Chilton, Jefferson, St. Clair, Shelby, and Walker Counties)
**Crisis Centre**
Crisis Line (24 hours): 205-323-7777

**East Alabama**
**East Alabama Mental Health Centre**
Outreach and Emergency Services (24 hours): 334-742-2877 or toll free 800-815-0630

North Alabama
Crisis Services of North Alabama
Crisis Counselling (24 hours): Call HELPline or 256-716-1000

Alaska (Statewide):
Careline Crisis Intervention
Crisis Hotline (24 hours): 1-877-266-4357
Texting hotline (3-11pm Tuesday-Saturday): Text 4help to 839863

Arizona (Statewide):
EMPACT Suicide Prevention Centre
Crisis Hotline (24 hours): 480-784-1500 or toll free 1-866-205-5229

Arkansas (Statewide):
Arkansas Crisis Centre
Crisis Hotline (24 hours): 1-888-274-7472

California:
Alameda County
Crisis Support Services of Alameda County
Crisis Hotline (24 hours): 1-800-309-2131

Butte County
Butte County Department of Behavioural Health
Crisis Hotline (24 hours): 530-891-2810 or 1-800-334-6622

Calaveras County
Calaveras County Mental Health Department
Crisis Hotline (24 hours): Call 211 or 800-833-2900
Texting Hotline (24 hours): Text HOPE to 20121

Contra Costa County
Contra Costa Crisis Center
Crisis hotline (24 hours): 1-800-833-2900
For resources: 1-888-678-7277

El Dorado County
El Dorado County Department of Mental Health
Placerville Crisis Hotline (24 hours): 530-622-3345
Lake Tahoe Crisis Hotline (24 hours): 530-544-2219

Imperial County
Imperial Valley Crisis Hotline
Crisis Hotline (24 hours): 760-482-4000 or 1-800-817-5292

Kem County
Kem County Mental Health Systems of Care
Crisis Hotline (24 hours): 1-800-991-5272
Lassen County
Lassen County Mental Health
Crisis Hotline (24 hours): 1-888-539-8688

Los Angeles County
Los Angeles County Department of Mental Health
Crisis Hotline (24 hours): 1-800-854-7771

Nevada County
Behavioral Health Department Nevada County Human Services Agency
Crisis Hotline (24 hours): 530-265-5811 or 1-888-801-1437

Riverside County
Riverside County Department of Mental Health, Western Region
Crisis Hotline: 951-686-4357

Colorado (Statewide):
Colorado Crisis Services
Crisis Hotline (24 hours): 1-844-492-8255

Connecticut (Statewide):
Nuvance Health
Behavioural and mental crisis hotline (24 hours): 888-447-3339

Delaware (Statewide):
Contact LifeLine
Crisis Hotline (24 hours): 302-761-9100 or 1-800-262-9800

Florida (Statewide):
National Alliance on Mental Illness (NAMI) Florida
Crisis Text line (24 hours): Text NAMI to 741-741
NAMI Information Line (10am – 6pm, Monday-Friday): 800-950-6264
Mobile Response Teams: To find a mobile response team in your area, visit this webpage - https://namiflorida.org/crisis-info/
Centerstone
Crisis Hotline (24 hours): 941-782-4617

Georgia (Statewide):
Georgia Department of Behavioural Health and Developmental Disabilities
Crisis and Access Line (24 hours): 1-800-715-4225

Hawaii (Statewide):
Hawaii State Department of Health, Adult Mental Health Division
On Oahu: Hawaii CARES Hotline (24 hours): 832-3100
On other islands: Hawaii CARES Hotline (24 hours): 1-800-753-6879

Idaho (Statewide):
The Crisis Hotline
Crisis Hotline (24 hours): 208-578-4114
For Bilingual Support (24 hours): 208-578-4114

**Idaho Suicide Prevention Hotline**
Text (24 hours): 208-398-4357

**Statewide Crisis Centers**
To find in-person statewide crisis centers in your area, visit this website:
https://healthandwelfare.idaho.gov/services-programs/behavioral-health/statewide-crisis-centers

**Illinois (Statewide):**
**National Alliance on Mental Illness (NAMI) Florida**
NAMI Information Line to find resources near you (10am – 6pm, Monday-Friday): 800-950-6264

**Illinois Department of Human Services**
Illinois Warm Line (this is not a crisis hotline, but a source of support): 866-359-7953

**Indiana (Statewide):**
**Aspire**
Crisis Hotline (24 hours): 317-574-1252 or 1-800-560-4038

**Iowa (Statewide):**
**Foundations 2 Crisis Services**
Crisis Hotline (24 hours): 319-362-2174 or 1-800-332-4224
Crisis Chat (9am – 3pm Monday-Friday):
Crisis Text (9am – 3pm Monday-Friday): 800-332-4224

**Kansas:**
**Southeast Kansas**
**Southeast Kansas Mental Health Center**
Crisis Hotline (24 hours): 1-866-973-2241

**Tri-County (Clay, Platte & Ray counties)**
**Tri-County Mental Health Services, Crisis Services**
Crisis Hotline (24 hours): 1-816-468-0400 or 1-888-279-8188

**Wyandot County, Kansas, Surrounding Areas**
**Wyandot Center**
Crisis Hotline (24 hours): 913-788-4200

**Kentucky (Statewide):**
**Pathways**
Crisis Hotline (24 hours): 606-324-1141 or 800-562-8909

**Louisiana (Statewide):**
**Louisiana Statewide Network (2-1-1)**
Crisis Hotline (24 hours): Dial 211
Text (24 hours): Text your zip code to 898-211

**Maine (Statewide):**
**Crisis and Counselling Centers, Crisis Response Center**
Crisis Hotline: 1-888-568-1112

**Maryland (Statewide):**
**Maryland Crisis Hotline**
Crisis Hotline (24 hours): 1-800-422-0009
To find a mobile crisis team near you, visit this website:
https://maryland.optum.com/content/ops-maryland/maryland/en/participants-families/crisis-resources.html

**Massachusetts (Statewide):**
**Samaritans**
Crisis & Texting Hotline (24 hours): 1-877-870-4673

**Michigan (Statewide):**
**University of Michigan Department of Psychiatry**
Crisis Phone Service: 793-936-5900
To find other crisis lines specific to your county, visit this website:
https://www.michigan.gov/mdhhs/0,5885,7-339-71548_54879_54882_91271_91689---,00.html

**Minnesota (Statewide):**
**Common Ground**
Crisis Hotline (24 hours): 1-800-231-1127
To find other crisis lines specific to your county, visit this website:

**Mississippi (Statewide):**
**The Mississippi Department of Mental Health**
Crisis Hotline (24 hours): 1-877-210-8513
To find mobile crisis response teams in your region, visit this website:
http://www.dmh.ms.gov

**Missouri (Statewide):**
**Arthur Center Community Health**
Crisis Hotline (24 hours): 1-800-833-2064
For additional statewide crisis hotlines, visit this website: https://www.mospn.org/crisis-lines

**Montana (Statewide):**
**Montana Crisis Recovery**
Crisis Hotline (10am – 10pm, Monday-Sunday): 1-877-503-0833
Text (10am – 10pm, Monday-Sunday): Text “MT” to 741741

**Nebraska (Statewide):**
**Nebraska Family Helpline**
Helpline (24 hours): 888-866-8660
*Note: This is not a crisis line. Trained Helpline operators can assess immediate safety needs, identify the level of the behavioural crisis, make recommendations or referrals to appropriate recourses and help callers connect to emergency resources or providers.
**Nevada (Statewide):**
Crisis Support Services of Nevada
Crisis Hotline: 1-800-273-8255 Text: Text “CARE” to 839863

**New Hampshire (Statewide):**
New Hampshire Department of Health and Human Services Crisis Hotline (24 hours): Call 2-1-1 to be directed to help NAMI New Hampshire
Information and Resources Line: 800-242-6464

**New Jersey (Statewide):**
NJ Hopeline
Crisis Hotline (24 hours): 1-855-654-6735
Online Crisis Chat (24 hours): [https://njhopeline.com/talk-to-us-by-chat/](https://njhopeline.com/talk-to-us-by-chat/)
State of New Jersey Department of Human Services
To find other hotlines in NJ that cater to specific problems, visit this website: [https://www.state.nj.us/humanservices/staff/hotlines/](https://www.state.nj.us/humanservices/staff/hotlines/)

**New Mexico (Statewide):**
New Mexico Crisis and Access Line
Crisis Hotline (24 hours): 1-855-662-7474
Peer to Peer Warmline (call 7:00am-11:30pm, text 6:00pm – 11:00pm): 1-855-466-7100
Healthcare Worker & First Responder Support Line: 1-855-507-5509

**New York (Statewide):**
Office of Mental Health
Crisis Hotline (24 hours): 1-800-273-8255
Crisis Text Line (24 hours): Text GOT5 to 741741
OASAS HOPEline (24 hours, for problem gambling and addiction): 1-877-8-HOPENY

New York City
NYC Health
Crisis Hotline (24 hours): 888-692-9355

**North Carolina (Statewide):**
North Carolina Department of Health and Human Services
Crisis Hotline (24 hours): 1-800=273-8255
To find a crisis hotline specific for your county, visit this website: [http://crisissolutionsnc.org/](http://crisissolutionsnc.org/)

**North Dakota (Statewide):**
North Dakota Behavioral Health Human Services
Crisis Hotline (24 hours): 2-1-1
To find a human service center in your region, visit this website: [http://www.nd.gov/dhs/locations/regionalhsc/](http://www.nd.gov/dhs/locations/regionalhsc/)
Ohio (Statewide):
Ohio CareLine
Crisis hotline (24 hours): 1-800-720-9616
To find a crisis hotline specific for your county, visit this website:
https://www.oregon.gov/oha/PH/PREVENTIONWELLNESS/SAFELIVING/SUICIDEPREVENTION/Pages/crisislines.aspx

Oklahoma (Statewide):
Oklahoma Department of Mental Health and Substance Abuse Services
Reach-Out Line (24 hours, crisis calls taken): 800-522-9054

Oregon (Statewide):
Oregon Health Authority
Crisis Hotline (24 hours): 1-800-273-8255

Pennsylvania (Statewide):
PA Department of Human Services
Support & Referral Helpline (24 hours): 1-855-284-2492
Support & Referral Helpline TTY (24 hours): 724-631-5600
Crisis Text Line (24 hours): Text “PA” to 741741

Rhode Island (Statewide):
National Alliance on Mental Illness (NAMI) Rhode Island
Crisis Hotline (24 hours): 800-273-8255
To find other hotlines in Rhode Island that cater to specific problems, visit this website:
https://namirhodeisland.org/resources/national-and-state/

South Carolina (Statewide):
South Carolina Department of Mental Health
Crisis Hotline (24 hours): 833-364-2274

South Dakota (Statewide):
Helpline Center
Crisis Hotline (24 hours): 1-800-273-8255

Tennessee (Statewide):
TN Department of Mental Health & Substance Abuse Services
Crisis Hotline (24 hours): 855-274-7471

Texas (Statewide):
Texas Health and Human Services
Crisis Hotline (24 hours): 800-273-8255
To find county specific hotlines, visit this website: https://www.hhs.texas.gov/services/mental-health-substance-use/mental-health-crisis-services

Utah (Statewide):
Cottonwood Heights
Crisis Hotline (24 hours): 801-587-3000

Vermont (Statewide):
Pathways Vermont
Crisis Warmline (24 hours): 833-888-2557
*Note: This is a warmline that provides confidential support during a crisis to help prevent a situation from escalating to an emergency. If this is an emergency, call the national line: 1-800-273-8255

Virginia (Statewide):
Mental Health America of Virginia
Crisis Text Services (24 hours): Text “MHA” to 741741
Crisis Warmline (9am – 9pm Monday-Friday; 5pm – 9pm Sat-Sun): 1-866-400-6428
*Note: This is a warmline that provides confidential support during a crisis to help prevent a situation from escalating to an emergency. If this is an emergency, call the national line: 1-800-273-8255

Washington (Statewide):
Washington Recovery Help Line
Crisis Hotline (24 hours): 1-866-789-1511

West Virginia (Statewide):
Help 304 – West Virginia’s Emotional StrengthLine
Crisis Hotline (24 hours): 1-877-435-7304
Online Chat (24 hours):

Wisconsin (Statewide):
Wisconsin Farm Center
Wellness Hotline (24 hours): 1-888-901-2558

Wyoming (Statewide):
Wyoming Department of Health
Crisis Hotline (24 hours): 1-800-273-8255
Text (24 hours): Text “WYO” to 741-741
To find other suicide prevention resources in your community, visit: