



Survivors of Suicide: Voices of Hope and Recovery

988 Lifeline: What to do after an attempt?



SAMSHA: A Journey towards Health and Hope

Handbook



Palouse Mindfulness: Database of resources for personal study of concepts to manage life



With Help comes hope: Survivor Stories



“To succeed in life, you need three things: a wishbone, a backbone, and a funny bone.”—Reba McEntire

National Park Photo Gallery



Youtube stories of recovery after suicide



150+ funny short stories



Clean Dad Jokes



Songs of hope:

“All star’-Smashmouth
Be OK-Ingred Michaelson
I hope you dance-LeeAnn
Womack

Firework-Katy Perry

The climb-Miley Cyrus

I can see clearly now-Lee
Towers

Life is a Highway-Rascal
Flatts

The Rainbow
Connection-Kermit the
Frog

Go the Distance-
Hercules soundtrack

Shake it Off-Taylor Swift

Tomorrow-Theme song
from Annie

Roar-Katy Perry

Brave-Sara Bareilles

Staying Alive App

for the phone
Supportive activities,
messages and Safety
planning



Crisis Line

988

Funny Quotes

“Those people who think they know everything are a great annoyance to those of us who do.”---Isaac Asimov

“Before you criticize someone, walk a mile in their shoes. That way, you'll be a mile from them, and you'll have their shoes.” — Jack Handy

“Age is something that doesn't matter, unless you are cheese.” – Luis Buneuel

“I'm sick of following my dreams, man. I'm just going to ask where they're going and hook up with 'em later.” — Mitch Hedberg

“Sometimes you lie in bed at night and you don't have a single thing to worry about. That always worries me!”—Charlie Brown

“I love deadlines. I love the whooshing noise they make as they go by.” ---Douglass Adams.

Family Health Services

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