



This resource guide is created by the Northwest Missouri Suicide Prevention Coalition. Our mission is to promote a unified approach to enriching lives in Northwest Missouri by promoting mental health awareness, reducing stigma, and preventing suicides.

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Warm Lines – Talk Support

Compassionate Ear	1-866-927-6327
NAMI Warm Line	1-800-950-6264
TLC Warm Line Talk-to Listen	1-877-626-0638
NAMI Missouri	1-800-374-2138
The Friendship Line	1-866-525-1442



WHATEVER TIME: Day. Night. Weekends. Holidays.

WHATEVER THE REASON:

Mental health distress. Substance use crisis. Thoughts of suicide.

The 988 Suicide & Crisis Lifeline is here for you.



Text 988



Call 988



Chat 988lifeline.org

Simply calling or texting 988 or chatting 988lifeline.org will connect a person in crisis to compassionate care and support for any mental health or substance use-related distress. Anyone—a person in crisis, or someone supporting a person in crisis—can reach 988 in the United States through any land line, cell phone, and voice-over internet device.

With rising levels of anxiety, depression, emotional distress, and overdose deaths, it is crucial that people have somewhere to turn when they're in crisis. Suicide is a leading cause of death in the United States. The number of people with a substance use disorder continues to increase. The 988 Lifeline is a direct connection to immediate and free support and resources for anyone in crisis.

And it works. About 98 percent of people who call, chat, or text the 988 Lifeline get the crisis support they need and do not require additional services in that moment. The 988 Lifeline is a key part of a broader vision for reimagined crisis care in the United States. Through federal, state, local, and community partnerships, SAMHSA is working towards a vision where everyone has:

Someone to talk to. Someone to respond. A safe place for help.



Hotlines

National Center for Missing and Exploited Children	1-800-THE-LOST (800-843-5678)
Missouri Child Abuse and Neglect Hotline	800-392-3738
Deafline Missouri	800-380-DEAF (3323) or Text HAND to 839863
Missouri Elder Abuse Hotline	800-392-0210
Courage2Report Missouri	866-748-7047 or text "C2R" to 738477
National Domestic Violence Hotline	800-799-7233
National Sexual Violence Hotline	800-656-HOPE (4673)
988 Suicide and Crisis Lifeline	988 (Available 24/7)
Veterans Crisis Line	Call 988 & press 1

Crisis Lines

National Suicide and Crisis Lifeline	provides 24/7 free support	988
Missouri Crisis Text Line	free 24/7 support with crisis counselor	text HOME to 741741
Trans Lifeline	crisis line that provides peer support for transgender individuals	877-565-8860
The Trevor Project Lifeline	24/7 crisis intervention and suicide prevention service for LGBTQ young people under 25	866-488-7386
Kids Under Twenty-One (KUTO)	Youth-staffed hotline 4p – 10p Sun-Thurs 4p – Midnight Fri-Sat	888-644-5886

Northwest Missouri Resources

United Way 211	Free and confidential service helping people find the local resources they need 24/7	Call 211 or visit 211.org
Senior Life Solutions – affiliated with Harrison County Community Hospital	Medicare funded program for Seniors – mental health, group and individual therapy	660-425-0350
Preferred Family Healthcare	Adult and youth mental health services, school-based prevention; Substance use programs	660-359-4600 www.pfh.org
North Central Missouri Mental Health Center	provides comprehensive psychiatric & medication services, children & youth services, adult community psychiatric rehabilitation services, counseling services,	660-359-4487 – Trenton Office for intake or to inquire about services www.ncmmh.org located at 4114 Miller St. Bethany, MO 64424
Infinity Health-located in Harrison County Community Hospital	Provides counseling and medication management services	641-446-2383 Call for intake or to inquire about services www.chcsi.org
Harrison County Health Department	Has an extensive list of community resources listed on their website.	http://harrisoncountyhealthdept.org
North Central Missouri Children's Advocacy Center	Helps to reduce the traumatic long-term effects of child abuse on children, their families and communities through coordinated, child-focused services, education and advocacy.	660-359-2874 Located at: 906 Main Street Trenton, MO 64683 http://www.ncmochildren.org

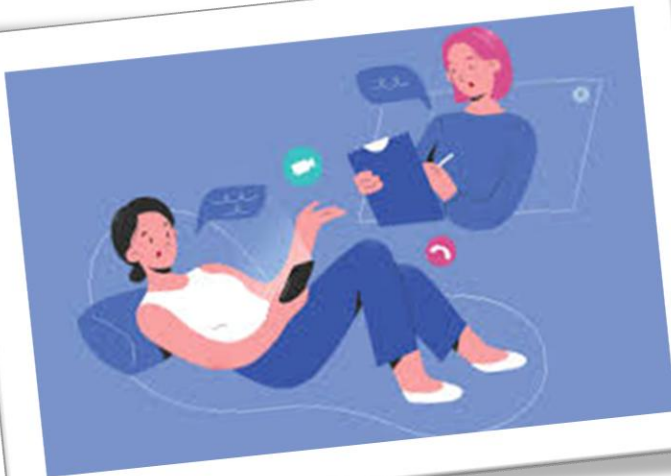
Grief Resources

<p>Harrison County Hospice</p>	<p>Grief support – meets every Monday at 11 a.m. at the Bethany Senior Center.</p>	<p>660-425-6324 www.harrisoncountyhealthdept.org</p>
<p>American Foundation for Suicide Prevention</p>	<p>Support group locator</p>	<p>https://afsp.org/find-a-support-group</p>
<p>AFSP Healing Conversations</p>	<p>Healing Conversations gives survivors of suicide loss the opportunity to speak with volunteers, who are themselves loss survivors.</p>	<p>https://afsp.org/healing-conversations</p>
<p>AFSP Books for Loss Survivors</p>	<p>A listing of books loss survivors may find helpful as they navigate their healing journey.</p>	<p>https://afsp.org/books-for-loss-survivors</p>
<p>EveryStep Care & Support Services</p>	<p>Offers a variety of grief support opportunities provided at no cost for anyone in the community.</p>	<p>https://www.everystep.org/services/grief-loss</p>



Telehealth Therapy

Talkspace	Online counseling for adults. Offered through video chat, text, and audio messages	Try.talkspace.com No insurance accepted
Betterhelp	Online counseling for adults. Offered through video chat, live text chat, and phone.	Betterhelp.com No insurance accepted
ReGain	Therapy for couples	Regain.us No insurance accepted
Teen Counseling	Counseling for teens ages 13-19. Offered through text, live chat, phone call or video chat.	Teencounseling.com No insurance accepted
Pride Counseling	Counseling for LGBTQ population via text, live chat, phone call, or video chat.	Pridecounseling.com No insurance accepted.
7 Cups	Online chat with peer listener or can pay for therapist	7cups.com No insurance accepted
Grow Therapy	They believe everyone should have access to personalized therapy.	Growtherapy.com Insurance accepted.











Substance Use Resources

Alcohol Anonymous Meeting Locator	AA Missouri is a state-wide recovery resource devoted to supporting the men and women of Missouri.	https://www.aa.org/fin-d-aa
Narcotics Anonymous Meeting Locator	NA is a nationwide directory devoted to supporting those seeking recovery	https://na.org/Meeting Search/
Missouri Al-Anon and Alateen	Offers meetings for family and friends of alcoholics.	https://www.missouri-al-anon.org/meetings.htm !
Cocaine Anonymous	It doesn't matter if you drink or what kind of drugs you use. If you have a desire to stop you are welcome here.	https://camissouri.org/
Substance Abuse and Mental Health Treatment Services	Resource for persons seeking treatment for mental and substance use disorders.	https://findtreatment.g ov/
In the Rooms	Online Recovery Community Meeting	https://www.intheroo ms.com/livemeetings/li st
Smart Recovery	Evidence informed approach to overcoming addictive behaviors and leading a balanced life.	https://smartrecovery. org/
Celebrate Recovery	A safe place to find freedom from your hurts, hang-ups, and habits.	https://celebraterecov ery.com/
North Central Missouri Mental Health	Provides comprehensive psychiatric and medication services for adult and youth	https://www.ncmmh.or g/locations.htm



Phone Applications for Anxiety & Depression

<p>Youper</p> 	<p>AI Mental Health-Designed to help you feel better through conversations and exercises to reduce stress, feel calmer, boost your mood, and build healthier relationships.</p>
<p>Clarity: CBT Self Help Journal</p> 	<p>Provides resources to help manage anxiety, including healthier thinking, a chill out zone, and taking action.</p>
<p>Suicide Safety Plan</p> 	<p>Offers a range of self-help methods for people who are serious about learning to manage their anxiety.</p>
<p>A Friend Asks</p> 	<p>Access to the warning signs, do's and don't, and the National Suicide Prevention Lifeline.</p>
<p>Happify</p> 	<p>This app has science-based activities and games can help you overcome negative thoughts, stress, and life's challenges</p>
<p>Anemone Crisis App</p> 	<p>A crisis plan management app for mental health emergencies: with built in crisis plan tools, emergency resources, coping skills, and a virtual grounding box.</p>
<p>Colorfy</p> 	<p>A free art and coloring game designed to help you kill time, relax your mind, and have fun.</p>
<p>Calm</p> 	<p>Subscription- Sleep better, relieve stress, lower anxiety, and refocus your attention.</p>
<p>Daylio</p> 	<p>An app that helps you keep track of your daily mood and keep a private journal without typing a single line.</p>
<p>Insight Timer</p> 	<p>App to help calm the mind, reduce anxiety, manage stress, sleep deeply and improve happiness.</p>
<p>Headspace</p> 	<p>Subscription- One-on-one mental health coaching, and mood boosting mindfulness exercises for support with stress, everyday anxiety, and more.</p>

Trainings & Education

Missouri Ask-Listen-Refer	Online training to identify individuals at risk and how to provide help	www.moasklistenrefer.org
Society for the Prevention of Teen Suicide	Self-paced training modules to build competent school communities	https://sptsuniversity.org/
Sources of Strength	Universal classroom curriculum with focus on mental health and prevention	https://sourcesofstrength.org/
Mental Health First Aid	Teaches participants about mental health and substance-use challenges. In-person or virtually.	https://mhfamissouri.org
National Alliance on Mental Illness (NAMI)	Provides education, support, and advocacy for individuals and families affected by mental illness.	https://www.nami.org/support-education/
Question. Persuade. Refer	Three steps anyone can learn to help prevent suicide. In-person or virtually.	https://qprinstitute.com/
Suicide Prevention Resource Center (SPRC)	Offers a suite of free, self-paced, evidence-based online courses.	https://sprc.org/online-courses/

General Resources & Websites

American Foundation for Suicide Prevention	AFSP funds research educates the public about mental health and suicide prevention, and supports survivors or suicide loss and those affected by suicide	https://afsp.org
CHADS Coalition for Mental health	Offers signs of suicide, family support, and social emotional well-being programs	www.chadscoalition.org
American Association of Suicidology	Resources for students, school mental health professionals, teachers, and administration on how to address suicide in schools	www.suicidology.org/school-resources
Missouri Behavior Health Council	Actively leads the development and implementation of programs, systems, and resources that unify and support the statewide providers which improve access to appropriate behavioral healthcare for all Missourians.	www.mobhc.org
Missouri Department of Mental Health	Services available are prevention, education, evaluation, intervention, treatment, and rehabilitation.	https://dmh.mo.gov/
Missouri Suicide Prevention Network	MSPN's goal is to coordinate and develop implementation of the Missouri Suicide Prevention Plan, based on the National Strategy for Suicide Prevention.	https://www.mospn.org/
National Alliance on Mental Illness	NAMI is the nation's largest mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.	nami.org

Continued General Resources & Websites

National Council for Behavioral Health	Mental health and substance use resources	https://www.thenationalcouncil.org/
National Institute of Mental Health	NIMH is the lead federal agency for research on mental disorders	https://www.nimh.nih.gov/
Seize the Awkward	Includes conversation guides to help you help those in need.	https://seizetheawkward.org/
Substance Abuse and Mental Health Services Administration	SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities	https://www.samhsa.gov/
Suicide Prevention Resources Ctr	Archive for resources, training resources, and data	www.sprc.org
The Jed Foundation	Teen mental health resources	www.jedfoundation.org
The Jason Foundation	Youth suicide prevention resources	https://jasonfoundation.com/
To Write Love on Her Arms (TWLOHA)	aims to present hope for people struggling with mental health while also investing in treatment and recovery	https://twloha.com/
Veterans' Behavioral Health Alliance	A group of service providers dedicated to serving the needs of veterans and their families.	https://veteransbenefits.mo.gov

