

MENTAL HEALTH AND SUICIDE PREVENTION RESOURCES

- **Ask Listen Refer**

<http://www.asklistenrefer.org/>

Ask Listen Refer is a statewide online suicide prevention training program created for campuses throughout Missouri. The Suicide Prevention Training Program was designed to help faculty, staff, and students prevent suicide by teaching you to:

- identify people at risk for suicide
- recognize the risk factors, protective factors, and warning signs of suicide
- respond to and get help for people at risk

- **Behavioral Health Response (BHR)**

<http://bhrstl.org/>

BHR provides confidential telephone counseling to people in mental health crises as well as mobile outreach services, community referral services, and critical incident stress management (CISM).

BHR 24 hour crisis hotline - **314-469-6644** or **1-800-811-4760**

- **CHADS COALITION**

<http://www.chadscoalition.org/>

CHADS saves young lives by advancing the awareness and prevention of depression and suicide. CHADS offers a variety of resources to help families and teens when a mental health issue is present.

- **Crider Health Center**

<http://www.cridercenter.org/>

Outpatient Behavioral Health Clinics provide professional psychiatric evaluation and treatment, crisis intervention, counseling and outpatient case management for adults and children. In addition, assessment, referrals psychiatric nursing services and brief counseling are provided.

Crider Health Center-Wentzville

1032 Crosswinds Court
Wentzville, MO 63385
636-332-6000

Crider Health Center-Warrenton

19515 Brune Parkway
Warrenton, MO 63383
636-456-1500

Crider Health Center-Troy

#5 Dandelion Drive
Troy, MO 63379
636-582-2070

Crider Health Center-St. Charles

102 Compass Point Drive
St. Charles, MO 63301
636-946-4000

- **Crisis Text Line**

<https://www.crisistextline.org/>

Text HOME to 741741 or message on Facebook.

- **Deafline Missouri**

A crisis hotline for deaf and hard of hearing individuals - 1-800-380-DEAF (3323) (Voice/TTY)

- **IMALIVE– Kristin Brooks Hope Center**

<http://www.hopeline.com/>

Suicide prevention, awareness and education. Provides help and hope through crisis hotlines, online crisis chat, a music outreach tour and college campus awareness events. 800-442-HOPE (4673)

- **KUTO – Kids Under Twenty One**

<http://www.kuto.org/>

KUTO youth-focused programming includes crisis prevention, suicide intervention and postvention support services.

- **Mental Health First Aid**

<http://www.mentalhealthfirstaid.org/cs/>

Mental Health First Aid is an in-person training that teaches you how to help people developing a mental illness or in a crisis.

- **Missouri Department of Mental Health**

<https://dmh.mo.gov/>

Manages programs and services for people who need help for a mental illness or alcohol and/or drug problem. Services available are prevention, education, evaluation, intervention, treatment and rehabilitation.

- **National Suicide Prevention Lifeline**

<http://www.suicidepreventionlifeline.org/>

1-800-273-TALK (8255). Option for deaf and hard of hearing: 1-800-799-4889.

- **QPR**

<http://www.qprinstitute.com/>

QPR stands for Question, Persuade, and Refer -- 3 simple steps that anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Each year thousands of Americans, like you, are saying "Yes" to saving the life of a friend, colleague, sibling, or neighbor.

- **Stop a Suicide Today**

<http://www.stopasuicide.org/>

Stop a Suicide Today is a screening program that empowers individuals to help themselves, colleagues, friends and loved ones who are concerned about or feel suicidal.

- **The Trevor Helpline**

<http://www.thetrevorproject.org/>

Offers a national 24-hour, toll-free suicide prevention hotline aimed at gay and questioning youth and young adults: 1-866-4U-TREVOR.

- **ULifeline**

<http://www.ulifeline.org/stchas/>

Online resource for college mental health.

- **Veterans Suicide Prevention Lifeline**

<https://www.veteranscrisisline.net/>

1-800-273-TALK (8255), press 1 or Text to 838255