

Suicide Prevention Resources

Missouri Suicide Prevention
Network



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www.mospn.org

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INTRODUCTION

This collection of suicide prevention resources is to assist Missourians with finding appropriate resources that meets their need. There are national, state, and regional resources that provide supports that may be helpful to you or your loved ones. Most of the resources are not intended for people in distress or crisis. **If you need immediate assistance, call 1-800-273-8255 or visit <https://suicidepreventionlifeline.org/>**

The resources listed come in several formats: hotlines, online, webinars and in person. Several of the items listed are offered at no cost but some do have a fee. MSPN does not provide any funding for resources, this is at your own expense.

The guide is for your convenience in connecting to resources. MSPN and its project partners neither endorse nor take responsibility for the website content or services of the resources listed in this guide.

Please submit any comments or questions about this guide to admin@mospn.org.

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PREVENTION RESOURCES

Communities Healing Adolescent Depression and Suicide (CHADS)

CHADS offers programs in the areas of school outreach, community awareness and family support.

note: CHADS primarily serves St Louis County area

www.chadscoalition.org

Now Matters Now

Video testimonials to help people learn coping skills.

www.nowmattersnow.org

CRISIS INTERVENTION RESOURCES

Suicide Prevention Lifeline 1-800-273-8255 (Veterans press 1)

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

www.suicidepreventionlifeline.org

Crisis Text Line

Text with a trained crisis counselor from the Crisis Text Line. The texts are free and available 24/7. text MOTALK to 741741

Behavioral Health Crisis Line

The Behavioral Health Crisis Hotline (sometimes referred to as Access Crisis Intervention (ACI) line) is staffed by mental health professionals who can respond to your crisis 24 hours per day and 7 days per week. They will talk with you about your crisis and help you determine what further help is needed, for example, a telephone conversation to provide understanding and support, a face-to-face intervention, an appointment the next day with a mental health professional, or perhaps an alternative service that best meets your needs. They may give you other resources or services within your community to provide you with ongoing care following your crisis. All calls are strictly confidential.

To find the number for your area visit www.dmh.mo.gov/mentalillness/progs/acimap.html

COPLINE 1-800-267-5463

COPLINE is the first national law enforcement officers hotline in the country that is manned by retired law enforcement officers. Retired law enforcement officers are trained in active listening and bring the knowledge and understanding of the many psychosocial stressors that officers go through both on and off the job. Active officers and or their families can call 24 hours and day 7 days a week.

www.copline.org

Kids Under Twenty One (KUTO)

Serving the St Louis area, KUTO offers youth-staffed helplines. The KUTO Crisis Helpline is a confidential telephone hotline available to any youth who may be in need of assistance, referral information or crisis services. The KUTO Helpline is one of a handful of hotlines staffed exclusively by youth volunteers.

Call 1-888-644-KUTO (5886)

The Trevor Helpline 1-866-4U-TREVOR (1-866-488-7386)

The Trevor Project offers a national 24-hour, toll-free suicide prevention hotline aimed at gay and questioning youth and young adults.

www.thetrevorproject.org

TREATMENT RESOURCES

Community Providers Serving the Military-Connected Community

For your convenience in finding behavioral health resources, there is a map with community and Veterans Affairs providers.

www.dmh.mo.gov/veterans

MO Department of Mental Health

Mental Health services for the Division of Behavioral Health (DBH) are accessed through 25 service areas, with each service area serving particular counties of the state. Community Mental Health Centers and/or Affiliates are responsible for providing these services. These agencies determine a person's eligibility for services and provide those services.

<https://dmh.mo.gov/mentalillness/helpinfo/adminagents.html>

RECOVERY RESOURCES

A Journey Toward Health & Hope

This booklet is a guide to help you take the first steps toward recovery after your suicide attempt. The tools and stories it contains come from the experiences of others, some named, some anonymous, who have survived a suicide attempt.

<http://www.suicidology.org/Portals/14/docs/Resources/HandbookForRecoveryAfterAttemptSAMHSA.pdf>

After an attempt: The emotional impact of suicide attempt on families (for family members and caregivers of a suicide attempt survivor)

This booklet includes information on: important do's and don'ts; dealing with a traumatic event; what to say to the attempter; ways the family can communicate their feelings; how an attempt affects spouses, siblings and parents; and additional resources.

www.sprc.org/resources-programs/after-attempt-emotional-impact-suicide-attempt-families

Clinicians as Survivors: After a Suicide Loss

This website has information and resources for therapists that have lost a patient and/or family members to suicide.

<http://pages.iu.edu/~jmcintos/basicinfo.htm>

Survivor Outreach Program (by the American Foundation for Suicide Prevention)

AFSP offers resources to help loss survivors cope, connect, and heal in time. Our trained peer support volunteers are all suicide loss survivors who know firsthand how difficult it can be to find your way in the aftermath of a suicide. Upon request, they are available to speak with you by phone, by video call (Google Hangout, Skype, Facetime) or even in person (limited availability).

<https://afsp.org/find-support/ive-lost-someone/survivor-outreach-program/>

ADDITIONAL RESOURCES

Faith. Hope. Life.

Faith.Hope.Life. is a campaign aimed at involving every faith community in the United States, regardless of creed, in suicide prevention. Offers materials and training resources.

<https://theactionalliance.org/faith-hope-life/resources-materials>

Mobile Apps

A Friend Asks (by The Jason Foundation)

A Friend Asks is a free smart-phone app that helps provide the information, tools and resources to help a friend (or yourself) who may be struggling with thoughts of suicide. The app contains the following information:

- warning signs of suicidal ideation
- how to help a friend
- how to get help now
- what to do and what not to do
- the B1 Program

(Available for Android and iPhone)

My3app (by MHA of NYC)

Mobile app that allows users to create their own support systems, build a safety plan, access resources and access to the National Suicide Prevention Lifeline.

(Available for Android and iPhone)

Suicide Safe (by SAMHSA)

For individuals at risk of suicide, primary and behavioral health care settings provide unique opportunities to connect with the health care system and access effective treatment. Suicide Safe is a free mobile app that helps providers integrate suicide prevention strategies into their practice and address suicide risk among their patients. The Suicide Safe app is based on SAMHSA's Suicide Assessment Five-Step Evaluation and Triage (SAFE-T) card.

(Available for Android and iPhone)

Suicide Lifeguard (UMSL MIMH)

Suicide Lifeguard is a FREE app intended for anyone concerned that someone they know may be thinking of suicide. It provides information on:

- how to recognize warning signs of suicide
- how to ask about suicidal thoughts and/or intentions
- how to respond and
- where to refer

(Available for Android)