**National and Missouri-based Suicide Prevention and Intervention Resources**

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***National Resources from the NASP website***

* National Suicide Prevention Lifeline : 1-800-273-TALK

Lifeline connects you to a trained counselor at a crisis center which is available nationally 24/7. They also offer online help on their website including instant chat services with a professional. Everything is free and confidential. In addition to suicide prevention and intervention services, they also offer services for all emotional distress such as veterans, young adults, bullying, substance abuse and domestic violence. Lifeline also will send free informational pamphlets as requested. If preferred they have e-cards, videos and graphics to share electronically or on social media. You can follow Lifeline and access their services on Facebook, twitter, YouTube and tumblr.

* The Trevor Project : 1-888-488-7386

The Trevor Project is a national organization that provides crisis intervention and suicide prevention services for LGBTQ young people ages 13-24. Trevor was based on a character created in an Academy award winning short film. The website offers free online learning and videos to view along with curriculum and teacher resources for middle and high school students. They provide a get help link, phone number with texting services and online chatting. You can also follow and retrieve information on social media sites such as Facebook, twitter, tumblr and YouTube.

* The American Foundation for Suicide Prevention

The American Foundation for Suicide Prevention provides resources for those seeking help but also those affected by suicide (survivors of suicide loss). They fund research for interventions, training professionals and awareness such as changing the culture in schools, workplaces and communities to make mental health a priority. Their goal is to bring hope to those affected, loss and healing help as well as opportunities to help others. They train and accept advocates to volunteer. Although there is no hotline or immediate crisis help, they do offer links to crisis hotlines with phone numbers such as the National Suicide Prevention Lifeline 1-800-273-TALK.

***NASP Educational Training Resource***

* PREPaRE School Safety and Crisis Preparedness

PREPaRE is a training program for school professionals that improves and strengthens school safety and crisis management systems. **PREPaRE** training involves a specific model that includes **p**revention and preparation for psychological trauma, **r**eaffirmation of physical health and perceptions of security and safety, **e**valuation of psychological risk, **p**roviding interventions, **r**espond to psychological needs and **e**xamine the effectiveness of crisis prevention and intervention. PREPaRE meets the needs of students, families, staff and even the community. They provide short and long term crisis preparedness, prevention, response and recovery.

***Missouri Resources***

* Missouri Department of Mental Health/MSPP: Missouri Suicide Prevention Project

The Missouri Department of Mental Health provides a link to the Missouri Suicide Prevention Project (MSPP). The MSPP provides events, donations, volunteer and training information along with additional resources and statistics. They provide hotlines to search for by region in Missouri and also Nationally (Lifeline). If requested, they will provide free posters and pamphlets. In addition to suicide, they also offer services and resources for veterans and families. Unlike any other site, MSPP offers resources for Gun retailers and Lifeguards on what signs to look for in suicidal or at risk individuals. All of their information can be found on social media sites such as twitter, Facebook, LinkedIn and Google+.

* Missouri Campuses Care

The Missouri Campuses Care offers suicide prevention resources and information for college students and professionals. They provide training in which they teach at risk and warning signs for suicidal individuals as well as the process for finding help. The website lists many colleges in Missouri that you can search for. Under each college they provide information for counseling services and crisis phone numbers to get help at that school.

* CHADS Coalition: 314-952-2046

CHADS Coalition is a program that was put in place by two parents whose son committed suicide. They provide his story and express their frustrations with the healthcare system being unequipped and often unwilling to help those with mental illness. They came up with the program in order to raise awareness and prevention of depression and suicide in adolescents. CHADS has two locations in the St. Louis area and offer outside resources as well. They have school outreach, community awareness and family support programs. In addition to these outside resources, CHADS offers immediate call or text options for those in crisis. They also provide links and other resources for teens, college, parents, educators, community and research. You can find their information on social media sites such as Facebook, twitter, Pinterest and Instagram.

* Provident Life Crisis: 314-647-HELP

Provident is a 24/7 crisis prevention and intervention hotline. They also provide information regarding warning signs, hope after, support groups, volunteers and other resources.

* Burrell Behavioral Health: 1-417-761-5000

Burrell is located in Southwest and Central Missouri with facilities and clinics. They provide 24/7 crisis hotlines for suicidal, depression, grief, family crisis, stress and behaviors. It is a non for profit organization that provides a wide range of mental health services for individuals, families, businesses, schools and communities. They offer services for child and adolescents and adults with chronic mental illness, addictions and developmental disabilities. In addition to their on-site and phone services, Burrell also offers links on social media such as Facebook, twitter and LinkedIn.

* Behavioral Health Response: 314-469-6644 & 1-800-811-4760

Behavioral Health Response is a confidential telephone counseling service to people in a mental health crisis 24/7, including suicide intervention. The staff is all certified professionals. They also offer resources and training as well as a mobile outreach program and youth specific help.

* Youth Suicide Awareness and Prevention in Missouri

According to the Missouri Institute of Mental Health, suicide is the second leading cause of death among 10-24 year old youth. Missouri youth suicide rates are higher than the national rates. The State of Missouri has responded to the concern about youth suicide with new legislation about Youth Suicide Awareness and Prevention (Section 170.047). Beginning in the 2017-18 school year, this Missouri bill allows any licensed educator to annually complete up to two hours of training or professional development in youth suicide awareness and prevention as part of the professional development hours required for State Board of Education certification.

The bill requires the Department of Elementary and Secondary Education (DESE) to develop guidelines suitable for this training. By July 1, 2018, each district must adopt a policy, which must address strategies that can help identify students who are at possible risk of suicide.

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| **Resource** | **24/7 hotline offered** | **Texting Available** | **Online Chat Available** | **Social Media Access** | **Volunteer Training Program** | **Educational Program** | **Missouri**  **On site location** |
| National Suicide Prevention Lifeline |  |  |  |  |  |  | - |
| The Trevor Project for LGBTQ |  |  |  |  |  |  | - |
| American Foundation for Suicide Prevention |  |  |  |  |  |  | - |
| PREPaRE |  |  |  |  | With a fee $ |  | - |
| MSPP: Missouri Suicide Prevention Project |  |  |  |  |  |  |  |
| Missouri Campuses Care |  |  |  |  |  |  |  |
| CHADS Coalition |  |  |  |  |  |  |  |
| Provident Life Crisis |  |  |  |  |  |  |  |
| Burrell Behavioral Health |  |  |  |  |  |  |  |
| Behavioral Health Response |  |  |  |  |  |  |  |

References

<https://afsp.org/>

<http://bhrstl.org/>

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

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

<http://dmh.mo.gov/mentalillness/suicide>

<http://www.maspweb.org/practitioners>

<https://www.nasponline.org/professional-development/prepare-training-curriculum>

<http://www.nasponline.org/resources-and-publications/resources/school-safety-and-crisis/preventing-youth-suicide>

<http://www.providentstl.org/Services/LifeCrisis.aspx>

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

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

<http://wellness.missouri.edu/Suicide/>