



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.

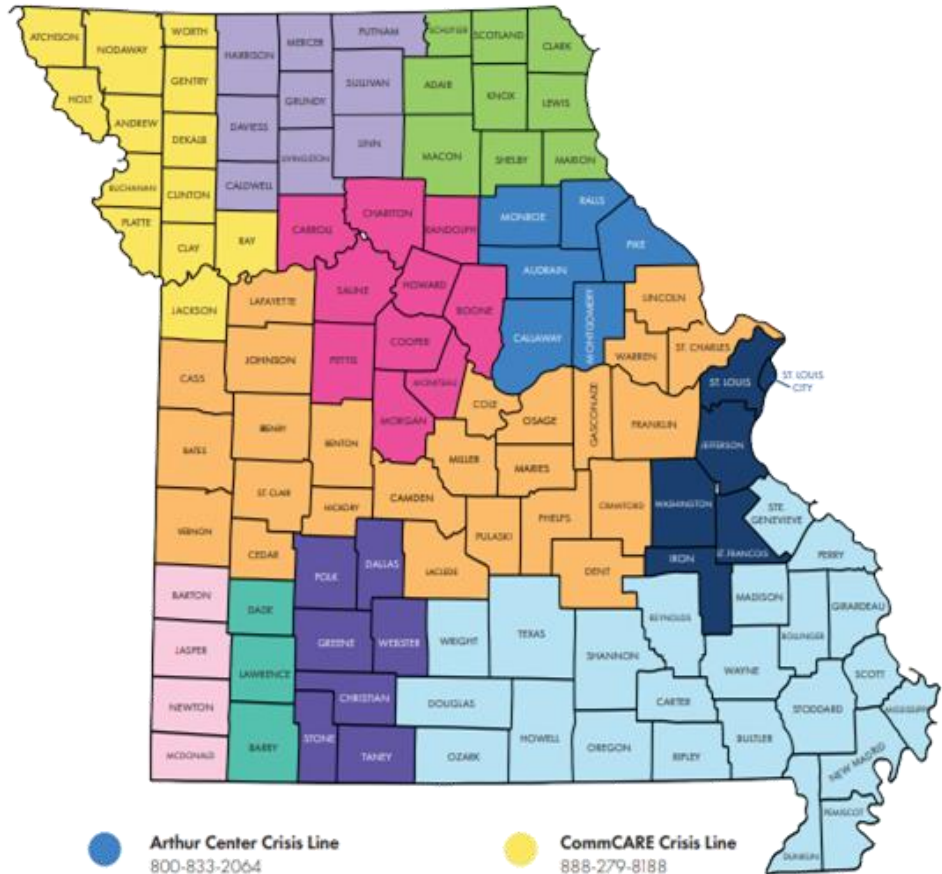
Table of Contents

Crisis Intervention	
Warm Lines	2
Crisis Lines	3
Emergency Assistance	3
Hotlines	3
Northwest Missouri Resources	5
Grief Resources	6
Telehealth Options	7
Substance Use Resources	8
Apps for Anxiety & Depression	9
Education/Training	10
General Resources/Websites	10-12

Warm Lines – Talk Support

Compassionate Ear	1-866-WARMEAR
NAMI Warm Line	1-877-535-4357
TLC Warm Line Talk-to Listen	1-877-626-0638
NAMI Missouri	1-800-374-2138
The Friendship Line	1-866-525-1442

STATE-WIDE 24-HOUR **CRISIS LINE**



- **Arthur Center Crisis Line**
800-833-2064
- **Behavioral Health Response**
800-811-4760
- **Burrell Southwest MO Crisis Line**
800-494-7355
- **Burrell Central MO Crisis Line**
800-395-2132
- **Clark Center Crisis Line**
800-801-4405
- **CommCARE North Central Crisis Line**
888-279-8188
Preferred Family Healthcare Crisis Line
844-341-2390
- **CommCARE Crisis Line**
888-279-8188
- **Compass Health Crisis Line**
888-237-4567
- **MOCARS Crisis Line**
800-356-5395
- **MOCARS | Mark Twain Behavioral Health Crisis Line**
Preferred Family Healthcare Crisis Line
844-341-2390
- **Ozark Center Crisis Line**
800-247-0661

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
National Domestic Violence Hotline	800-799-7233
National Sexual Violence Hotline	800-656-HOPE (4673)

Crisis Lines

National Suicide Prevention Lifeline	provides 24/7 free support	800-273-TALK (8255) Press *1 for Veteran's Crisis Line
Missouri Crisis Text Line	free 24/7 support with crisis counselor	text MOSAFE 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 support, 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 and medication services, children and youth services, adult community psychiatric rehabilitation services, counseling services,	660-359-4487 – Trenton office to schedule intake or inquire about services www.ncmmh.org located at 4114 Miller St Bethany, MO 64424
Community Health Centers of Southern Iowa-located in Harrison County community Hospital	Provides counseling and medication management services	641-446-2383 Cal for intake or to inquire about services www.chcsi.org
Harrison County Health Department	Has an extensive list of community resources (emergency assistance, financial assistance, transportation, etc.) available on their website.	http://harrisoncountyhealthdept.org

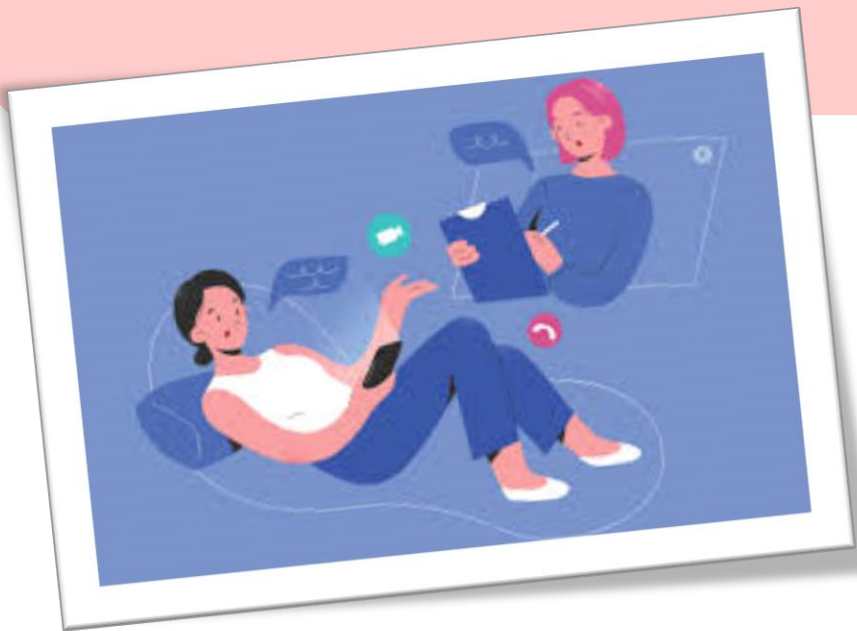
Grief Resources

<p>Harrison County Hospice</p>	<p>Grief support – meets on the second Tuesday of each month at the Harrison County Health Department</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	No insurance accepted
Betterhelp	Online counseling for adults. Offered through video chat, live text chat, and phone.	No insurance accepted
ReGain	Therapy for couples	No insurance accepted
Teen Counseling	Counseling for teens ages 13-19. Offered through text, live chat, phone call or video chat.	No insurance accepted
Pride Counseling	Counseling for LGBTQ population via text, live chat, phone call, or video chat.	No insurance accepted.
7 Cups	Online chat with peer listener or can pay for therapist	No 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://alcoholicsanonymous.com/aa-meetings/missouri/
Narcotics Anonymous Meeting Locator	Show Me Region of Narcotics Anonymous	https://missourina.org/index.php/meetings/
Missouri Al-Anon	A fellowship of relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems	https://www.missouri-al-anon.org/
MO-HOPE Project	Overdose prevention and harm reduction; assists professionals in locating and obtaining Naloxone	https://mohopeproject.org/
Substance Abuse and Mental Health Services Administration	Behavioral Health Treatment Services Locator	https://findtreatment.samhsa.gov/
North Central Missouri Mental Health	Medication Assisted Treatment available to qualifying individuals to aid in recovery.	https://ncmmh.org/index.html



Phone Applications for Anxiety & Depression

notOk	Free digital panic button to get you immediate support via text, phone call, or GPS location when you're struggling to reach out.
Mind Shift	Provides resources to help manage anxiety, including healthier thinking, a chill out zone, and taking action
Self-Help for Anxiety Management	Offers a range of self-help methods for people who are serious about learning to manage their anxiety
CBT Thought Record Diary	A journaling app that uses tools from Cognitive Behavioral Therapy and positive psychology to help consumers track and improve their moods and to reframe their thinking
Happify	This app has science-based activities and games can help you overcome negative thoughts, stress, and life's challenges
Pacifica	An app designed for daily use to help users reduce the symptoms of depression and anxiety
Colorfy	A free art and coloring game designed to help you kill time, relax your mind, and have fun
Woebot	AI-powered mental health chatbot guides users through managing distressing thoughts and feelings
Daylio	An app that helps you keep track of your daily mood and keep a private journal without typing a single line.
Insight Timer	Guided meditation app.
A Friend Asks	Helps provide the information, tools and resources to help a friend (or yourself) who may be struggling with thoughts of suicide.

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/

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

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Missouri Coalition of Behavioral Health Centers	The 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.mocoalition.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 of Missouri	Provides education, support and advocacy on behalf of people with serious mental illness and their families.	http://namimissouri.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	https://nami.org/Home

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/
Now Matters Now	Personal stories and skills that encourage self-help and support	www.nowmattershow.org
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.	http://dmh.mo.gov/veterans.htm

