

SUICIDE PREVENTION RESOURCES:

24/7 SUICIDE PREVENTION LINE

(800) 273-TALK (8255) <http://www.suicidepreventionlifeline.org>

Individuals: <http://www.moasklistenrefer.org/main> (Suicide Prevention Program)

Schools: <http://www.asklistenrefer.org/> (Suicide Prevention Program)

24/7 YOUTH CONNECTION HELPLINE

Crisis line for families and adolescents for ongoing support and resource development.

19 & under STL County: 314 628 2929 or Youth Connection Helpline: 1 (877) 928-2929

Text 4HLP to 31658

18 & under for St. Charles County: 636 642 0642

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

All ages for STL City and Eastern Region: 314 469 6644

SUICIDE PREVENTION APPS FOR YOUR PHONE

<http://www.mimhtraining.com/suicide-lifeguard/>

<http://t2health.dcoe.mil/apps/virtual-hope-box>

FACEBOOK LINK for SUICIDE PREVENTION

http://www.huffingtonpost.com/2015/02/25/facebook-suicide-prevention_n_6754106.html?ncid=fbklnkushpimg00000063

SUICIDE PREVENTION RESOURCE CENTER (SPRC):

SPRC works with the National Action Alliance for Suicide Prevention provides a public health approach to suicide prevention.

Phone: (877) GET-SPRC (438-7772) **Web:** <http://www.sprc.org>

SUBSTANCE ABUSE & MENTAL HEALTH SERVICES ADMINISTRATION

(SAMHSA) Service locator on the SAMHSA website: <https://findtreatment.samhsa.gov>

Allows you to search for providers anywhere in the U.S. by city or zip code.

CHADS COALITION FOR MENTAL HEALTH (CHADS)

Communities Healing Adolescent Suicide & Depression

314 952 8274 www.chadscoalition.org

MERCY HOSPITAL WALK-IN EMERGENCY CLINIC:

For mental health crisis: 314 251-4921

STL REGIONAL RESOURCES

<http://www.stlouisco.com/csf/Resources/>

The following resources are in alphabetical order:

1 2 3 MAGIC PARENTING

The 1-2-3 Magic program continues to offer parents, pediatricians, mental health professionals, a gentle-but-firm approach to managing the behavior of 2 to 12-year-olds

<http://www.123magic.com/>

ACTIVE MINDS (Support for College Students):

Active Minds is the leading nonprofit organization that empowers students to speak openly about mental health in order to educate others and encourage help-seeking.

Phone: (202) 332- 9595

Web: <http://activeminds.org/>

ALATEEN for SUBSTANCE ABUSE

<http://www.al-anon.alateen.org/for-alateen>

<http://www.al-anon.org/>

AMERICAN ACADEMY OF CHILD & ADOLESCENT PSYCHIATRY:

The mission of AACAP is to promote the healthy development of children, adolescents, and families through research, training, prevention, comprehensive diagnosis and treatment.

Phone: (202) 966-7300

Web: <http://www.aacap.org/>

AMERICAN ASSOCIATION OF SUICIDOLOGY:

AAS is a membership organization for all those involved in suicide prevention and intervention, or touched by suicide. **Phone:** (202) 237-2280 **Web:** <http://www.suicidology.org/home>

AMERICAN FOUNDATION FOR SUICIDE PREVENTION:

AFSP is the leading national not-for-profit organization exclusively dedicated to understanding and preventing suicide through research, education and advocacy, and to reaching out to people with mental disorders and those impacted by suicide.

Toll Free Phone: 1 (888) 333-AFSP (2377)

Web: <http://www.afsp.org/>

ANXIETY DISORDERS ASSOCIATION OF AMERICA:

ADAA is a national nonprofit organization dedicated to the prevention, treatment, and cure of anxiety, OCD, PTSD, depression, and related disorders and to improving the lives of all people who suffer from them.

Phone: (240) 485-1001

Web: <http://www.adaa.org/>

ASK LISTEN REFER:

MO ALR was designed to help Missouri residents prevent suicide by teaching how to identify people at risk for suicide, recognize the risks, protective factors, and warning signs of suicide.

National Suicide Prevention Line: 1 (800) 273-8255

Individuals:<http://www.moasklistenrefer.org/main> **Schools:** <http://www.asklistenrefer.org/>

ADOLESCENT TOOL BOX: COPING WITH DEPRESSION: The “cope” page includes tips and tricks for managing depression. Different than treatment, these are safe and easy things that we can all do to improve the status of our mental health.

<http://www.erikasighthouse.org/the-toolbox>

AMERICAN ACADEMY OF CHILD PSYCHIATRY (AACP)

Information to promote understanding of mental illness

202 966-7300 <http://www.aacp.org>

AUTISM SPEAKS

Autism Speaks continues to fund research on effective methods for earlier diagnosis, as early intervention with proven behavioral therapies can improve outcomes.

<http://www.autismspeaks.org/what-autism> <http://nationalautismassociation.org>

BRAIN BALANCE CENTER in Chesterfield MO We understand the pain and frustration of watching your child struggle with learning or behavioral issues. Here, and at our centers around the country, we have helped thousands of kids overcome their challenges

http://www.brainbalancecenters.com/locations/chesterfield/?_vsrefdom=googleppc&gclid=CPzy7eWXg8QCFZE0aQodrZQAnw

BEHAVIOR INTERVENTION SERVICES (BHR)

BHR incorporates behavioral principles for reducing maladaptive behaviors and acquiring lifelong skills. There is stress and confusion with this diagnosis, our staff are here to help!

Phone: 1 800 273 TALK **Web:** <http://behaviorinterventionservices.com/>

BIPOLAR DISORDERS: NATIONAL INSTITUTE OF MENTAL HEALTH

What is bi-polar and what are the causes and treatments?

<http://www.nimh.nih.gov/health/topics/bipolar-disorder/index.shtml>

<http://www.webmd.com/bipolar-disorder/default.htm?names-dropdown>

BRIDGES TO SUCCESS

Adolescent Mental Health & Substance Abuse Treatment

Phone: 636.224.1355 <http://www.bridgewaybh.com/adolescent-substance-abuse-treatment/>

CARDINAL GLENNON KNIGHTS OF COLUMBUS DEVELOPMENTAL CENTER

A team of experts in developmental pediatrics, neurology, genetics, psychiatry, psychology, nurse practitioner, clinical nurses, speech-language pathology, occupational therapy, family resource specialist, education coordinator, our research team and support staff.

Phone: 314 577 5600

<http://www.cardinalglennon.com/MedicalSpecialties/Developmental%20Pediatrics/Pages/default.aspx>

CARE FOR YOUR MIND

Join the conversation! Your personal experience and ideas can help build a mental health care system that works.

<http://careforyourmind.org/learn-about-mental-health/>

CENTER FOR MENTAL HEALTH SERVICES:

The Center for Mental Health Services leads federal efforts to promote the prevention and treatment of mental disorders. **Phone:** (240) 276-1310

Web: <http://beta.samhsa.gov/about-us/who-we-are/offices-centers/cmhs>

CENTER FOR TRAUMA RECOVERY (UMSL)

A multi-disciplinary center of the University of Missouri-St. Louis whose purpose is to foster Research, Graduate and Undergraduate Education, and Service (by way of a specialized Trauma Clinic) in the areas of trauma and victimization. 314 516 6738

<http://www.umsl.edu/divisions/artscience/psychology/ctr/>

CENTERPOINTE HOSPITAL

Behavioral Health services for adolescents

800 345 5407 <http://centerpointehospital.com>

CHANGE DIRECTIONS: Join the Conversation

The Campaign to Change Direction is coalition of concerned citizens, non profit leaders, and leaders from the private sector who have come together *change the story* in America in mental health, illness, and wellness. <http://www.changedirection.org/buzz/>

CHILD ADVOCACY CENTER (UMLS)

Multidisciplinary center that provides high quality trauma-focused services to youth, families, and the community. Mission is to reduce the effects of trauma experienced by children and adolescents through trauma informed assessment and counseling

<http://www.stlouiscac.org/> 314 516 7330

CHESTNUT HEALTH CARE SYSTEMS

We offer a comprehensive scope of behavioral health and human services in Illinois.

Phone: 888-924-3786 Web: <http://www.chestnut.org/>

DEPRESSION AND BIPOLAR SUPPORT ALLIANCE:

DBSA provides hope, help, support, and education to improve the lives of people who have mood disorders. Local support groups are free.

Toll Free Phone: (800) 826-3632 **Web:** <http://www.dbsalliance.org>

EASTER SEALS

Easter Seals Midwest's St. Louis locations offer a wide array of autism services for children, adults and families who are impacted by autism

<http://www.eastersealsmidwest.org/WhoWeAre/ContactUs/Stl>

EFFECTIVE RESPONSE

Training to enhance professional and personal lives of police officers, firefighters, medical professionals, educators, clergy, military service members and those who work for and work with their communities

<http://www.effectiveresponse.net/>

EXECUTIVE DYSFUNCTION

Executive functions are the cognitive abilities that control and regulate most of what we do in day-to-day life. <http://www.smartkidswithld.org/first-steps/what-are-learning-disabilities/executive-function-overview-2/?gclid=COT115GQg8QCFQiHaQodOhYApQ>

FAMILIES FOR DEPRESSION AWARENESS

Families for Depression Awareness helps families recognize and cope with depression and bipolar disorder to get people well and prevent suicides. <http://familyaware.org/>

FAMILY RESOURCE CENTER

Family Resource Center's mission is to give kids a chance for a better life by preventing and treating all forms of child abuse and neglect and by strengthening families through family-centered therapeutic, educational, and support services <https://www.frcmo.org/>

FEELING KINDA BLUE

Feelingkindablue.com is a social network that serves those who manage depression and other mood disorders. The mission is to reduce social isolation by making connections through experience sharing. <http://feelingkindablue.ning.com/>

FREEDOM FROM FEAR:

The mission of FFF is to impact, in a positive way, those affected by anxiety, depressive and related disorders through advocacy, education, research and community support.

Phone: (718) 351-1717 ext. 20. <http://www.freedomfromfear.org/>

HALF OF US:

Half of Us aims to initiate a public dialogue to raise awareness about the prevalence of mental health issues and connect students to the appropriate resources to get help.

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

HANDBOOK FOR SURVIVORS OF SUICIDE (PDF Document):

A PDF Document produced by the American Association of Suicidology designed to help family or friends whom have experience the loss of someone in their life from suicide.

http://www.suicidology.org/c/document_library/get_file?folderId=229&name=DLFE-73.pdf

HARRIS HOUSE TREATMENT CENTER:

Addiction programs that empower clients to take control of their treatment and recovery process.

(314) 631-4299 <http://www.harrishousestl.org/>

HEALTHY MINDS RESEARCH

Multidisciplinary scholarship

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

HYLAND CENTER AT ST. ANTHONY'S HOSPITAL

Adolescent Behavioral Health Treatment Center

314 525 4400 <http://www.stanthonysmedcenter.com>

KUTO (Kids Under Twenty One)

Non-profit in St. Charles County to prevent suicide and foster the emotional well being of youth throughout the St. Louis region.

(888-644-5886) www.kuto.org

LEARNING WORKS FOR KIDS

Designing mental health technologies for tweens and teens

<http://learningworksforkids.com/2015/01/designing-mental-health-technologies-tweens-teens/>

LIFE WORK DBT CENTER

provide counseling, psychotherapy, and educational services to assist in improving your life

http://www.lifeworkstl.com/lifework_counseling_services

MAKING MEANINGFUL CONNECTIONS: Parent Guide

Guide for parents, caregivers, and their children to prevent child maltreatment and promote social and emotional well-being

<https://www.childwelfare.gov/pubPDFs/guide.pdf#page=48>

McCALLUM PLACE EATING DISORDER CENTER

Comprehensive eating disorder treatment center for adolescent males and females

800 828 8158 or 844 311 9144 <http://www.mccallumplace.com>

MENTAL HEALTH MATTERS

Information regarding adolescent mental health

<http://mental-health-matters.com/>

MERCY CLINIC: CHILD & ADOLESCENT PSYCHIATRY

The psychiatrists at Mercy Clinic Child Psychiatry in St. Louis, MO, is committed to promoting and restoring the mental health of kids and their families. 314-251-4921

<http://www.mercy.net/practice/mercy-clinic-child-and-adolescent-psychiatry-medical-tower-a-suite-693a>

MINDING YOUR MIND:

Minding Your Mind's educational programs are free of charge to the school and students. Issues that are addressed range from mood disorders, suicide ideation and eating disorders, to addictive behavior and bullying. (610) 642-3879 <http://mindingyourmind.org/>

MISSOURI DEPARTMENT OF MENTAL HEALTH:

MDMH is responsible for prevention, evaluation, treatment, and rehabilitation services are available for individuals and families that need mental health services in the State of Missouri.

<http://dmh.mo.gov/mentalillness/helpinfo/facts.htm>

NATIONAL ALLIANCE ON MENTAL ILLNESS:

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for those affected by mental illness.

St. Louis Area Phone: (314) 962-4670

Email: info@namistl.org

Toll Free Phone: 1 (877) 724-2977

Web: <http://www.nami.org/>

NATIONAL ASSOCIATION OF SCHOOL PSYCHOLOGISTS:

NASP is a website which provides resources free of charge to the public in order to promote the ability of children and youth to cope with traumatic or unsettling events.

Toll Free Phone: (866) 331-NASP

Fax: (301) 657-0275

http://www.nasponline.org/resources/crisis_safety/#suicide

NATIONAL COUNCIL ON ALCOHOLISM AND DRUG ABUSE- St. Louis

NCADA provides information and education, counseling and referral, and prevention services.

(314) 962-3456

<http://www.ncada-stl.org/>

PATHWAYS TO PURPOSE AND HOPE:

Pathways to Purpose and Hope is an online guide to creating a sustainable suicide bereavement support program that offers a variety of services to meet the complicated needs of survivors.

<http://www.sprc.org/bpr/section-III/pathways-purpose-and-hope>

PREFERRED FAMILY HEALTHCARE (PFH)

Substance abuse assessment and treatment at no charge

<http://www.pfh.org/locations/> 314- 729 7050

PS KIDS

Our mission is to provide quality therapeutic services and developmental programs to children, while empowering their caregivers through education, hands-on training and emotional support.

<http://www.ps-kids.com/index.html>

QPR INSTITUTE FOR SUICIDE PREVENTION:

The QPR Institute offers comprehensive suicide prevention training programs, educational and clinical materials for the general public, professionals, and institutions.

888 726-7926

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

RECOVERY INTERNATIONAL:

The mission of Recovery International is to use the cognitive-behavioral, peer-to-peer, self-help training system, to help individuals gain skills to lead more peaceful and productive lives.

866 221-0302 or 312 726-4446 <http://www.lowselfhelpsystems.org/index.asp>

S.A.F.E. ALTERNATIVES:

S.A.F.E. Alternatives is a nationally recognized treatment approach, professional network, and educational resource base which is committed to achieving an end to self-injurious behavior.

Phone: (800)-366-8288

Fax: (888)-296-7988

Email: info@selfinjury.com

Web: <http://www.selfinjury.com>

ST. LOUIS COUNTY YOUTH CONNECTIONS HOT LINE

To improve the lives of children, youth, and families in St. Louis County by strategically investing in the creation and maintenance of an integrated system of care that delivers effective and quality mental health and substance abuse services.

<http://www.keepingkidsfirst.org/> 314 628 2929

SCREENING FOR MENTAL HEALTH:

SFMH's Mission is to provide innovative mental health and substance abuse resources, linking those in need to quality treatment options. **Phone:** (781) 239-0071

Email: smhinfo@mentalhealthscreening.org

Web: <http://www.mentalhealthscreening.org>

SOCIETY FOR THE PREVENTION OF TEEN SUICIDE (SPTSUSA)

To reduce the number of youth suicides and attempted suicides by encouraging public awareness through the development and promotion of educational training programs

Web: www.sptsusa.org

SUICIDE PREVENTION, AWARENESS, AND SUPPORT

Web: <http://www.suicide.org/index.html>

Suicide Prevention, Awareness, and Support: Great Resources and Articles!

TEEN HELPLINE (STL Children's Hospital)

Teen Helpline (314-454-TEEN) Telephone information for mental health issues

<http://www.stlouischildrens.org/our-services/psychology-services/teen-helpline-454teen>

THE BALANCED MIND PARENT NETWORK:

A website presented in combination with the Depression and Bipolar Support Alliance to help improve the mental health of those living with mood disorders from childhood to adulthood.

Web: <http://www.thebalancedmind.org/>

THE SAMARITANS

We bring a new technology to an old problem. Our specialists practice active listening to help texters in crisis move from a hot moment to a cool calm – all through a medium they know and trust: text. Crisis Text Line is free, 24/7 emotional support for those in crisis.

<http://www.crisistextline.org/textline/?gclid=CKue3oqx6sMCFYc8aQodQVoAVw>

TAPPING: MIND BODY WORK

discover the vital secret for emotional wholeness and physical relief. - See more at:

<http://www.thetappingsolution.com/what-is-eft-tapping/#sthash.EVFalULv.dpuf>

<http://www.eft-alive.com/> <http://www.thetappingsolution.com/thank-you/>

THE TREVOR PROJECT:

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24.

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

ZERO SUICIDE

The foundational belief of Zero Suicide is that suicide deaths for individuals under care within health and behavioral health systems are preventable. - See more at:

<http://zerosuicide.sprc.org/>