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

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 locater 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 MERGENCYEY 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

**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  

**ALATEEN for SUBSTANCE ABUSE**
[http://www.al-anon.alateen.org/for-alateen](http://www.al-anon.alateen.org/for-alateen)  

**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  

**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](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)  

**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  

**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](http://www.moasklistenrefer.org/main)  
**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.erikaslighthouse.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.

**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=CPzy7eWXg8QCFZE0aQodrZQA

**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.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](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/](http://www.umsl.edu/divisions/artscience/psychology/ctr/)

CENTERPOINTE HOSPITAL
Behavioral Health services for adolescents
800 345 5407  [http://centerpointehospital.com](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/](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.

CHESTNUT HEALTH CARE SYSTEMS
We offer a comprehensive scope of behavioral health and human services in Illinois.

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](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](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
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.stanthonymsmedcenter.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

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

NATIONAL COUNCIL ON ALCOHOLISM AND DRUG ABUSE - St. Louis
NCADA provides information and education, counseling and referral, and prevention services.

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.

PREFERRED FAMILY HEALTHCARE (PFH)
Substance abuse assessment and treatment at no charge

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.

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/](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](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](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.
SCREENING FOR MENTAL HEALTH:
SFHM’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](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](http://www.sptsusa.org)

SUICIDE PREVENTION, AWARENESS, AND SUPPORT
**Web:** [http://www.suicide.org/index.html](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  

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/](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](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.EVFa1uLv.dpuf](http://www.thetappingsolution.com/what-is-eft-tapping/#sthash.EVFa1uLv.dpuf)  
[http://www.thetappingsolution.com/thank-you/](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.  

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/](http://zerosuicide.sprc.org/)