

Resources to Support You and Your Student

As school releases for the summer, the Brookfield R-III School District wanted to share information about resources that are available to parents and students. If there are concerns about a student's emotional or mental health, a referral should be made to an appropriate mental health professional for assessment, diagnosis, and possible treatment. A list of mental health resources is also available by calling the district's Central Office at 660-258-7443. The Central Office is typically open Monday through Friday, 8-4 p.m., if you have any questions.

If you or someone you know is currently in a crisis, PLEASE call one of the numbers below or dial 911. Do NOT hesitate to call.

Crisis Lines

A crisis line is a service that provides free, confidential support and resources for people in emotional distress. The service is provided by a trained crisis counselor on the phone and in some cases by text and/or chat. You can call or text for help with someone you are worried about or for yourself. In addition to the resources listed below, some states have their own crisis lines with phone, text, and/or chat services.

North Central MO Crisis Line 888-279-8188 (24 hours)

National Suicide Prevention Lifeline Call 800-273-TALK (8255) Chat service and other information: Go to www.suicidepreventionlifeline.org

Crisis Text Line Text HOME to 741741 Other information: Go to www.crisistextline.org

Trevor Project Offers a national 24-hour, toll-free suicide prevention hotline aimed at gay and questioning youth and young adults. Trevor Lifeline: Call 866-488-7386

TrevorText: Text TREVOR to 202-304-1200

TrevorChat and other information and resources: Go to www.trevorproject.org

You Matter www.youmatter.suicidepreventionlifeline.org

Information and referrals regarding treatment for mental and substance use disorders are available at **SAMHSA's National Helpline** 800-662- HELP (4357) This is a free, confidential service open 24/7.

Youth America Hotline YAH is the first and only toll free, national peer to peer hotline network linking callers to local community based peer counseling hotlines. 877-968-8454

Poison Control Center 800-222-1222

Below is a link to the Missouri Department of Mental Health that provides an even more comprehensive list of mental health and suicide prevention resources

<https://dmh.mo.gov/mentalillness/suicide/prevention.html>