



If you or someone you know is having thoughts of suicide:

STEP 1: CONNECT WITH A TREATMENT PROVIDER

If you feel you or your loved one *is safe*, now would be the time to connect with appropriate support.

Ask these questions:

- *Are you currently receiving counseling?* If so, can you call your provider or follow your safety plan?
- *Have you received counseling in the past?* If so, can you reconnect with that provider or seek a new referral?
- *Not sure where to start?* A list of organizations for help before and after a suicide are listed below and on the next page.

If you feel you or your loved one is *NOT* safe, proceed to STEP 2

- **This would be the time to connect with a crisis hotline which is available 24/7**

STEP 2: CONNECT WITH CRISIS INTERVENTION

If you feel you/your loved one is NOT safe and/or needs to speak to someone at any time, you can call any of the following:

Missouri Suicide and Crisis Intervention Lifeline: 988

Call, Text, Chat, or Videophone

Veterans Press 1, Spanish-speaking Press 2, LGBTQ+ Press 3, Deaf/Hard of Hearing, go to asnow.com

Behavioral Health Response (BHR) –
314.469.6644

Crisis Text Line – Text 741741

Youth Connection Helpline – 314.819.8802
Text BHEARD to 31658

Trevor LGBTQ Crisis Hotline – 1.866.488.7386

If you feel you or your loved one *needs immediate help*, proceed to STEP 3

STEP 3: IMMEDIATE HELP

When a suicide crisis escalates to the need for immediate help (suicide attempt in progress),

Call 988 to get immediate assistance to de-escalate the crisis

Call 911 and transport loved one to nearest emergency room. Do not leave them alone

Remove access to means (firearms, knives, medication, etc.)

***Hospitals are *not* intended to replace treatment providers and are available in situations where imminent risk is present.**

ONGOING SUPPORT

These are steps to take **before** a crisis happens. Familiarize yourself with community supports.

Behavioral Health Response (BHR) – 314.469.6644	Suicide Prevention Resource Center – https://sprc.org
Kids Under Twenty One (KUTO) – 314/888.644.5886	SAMHSA’s Behavioral Health Locator Home - FindTreatment.gov
St. Louis Queer+ Support – 314.380.7774 www.thesqsh.org	Trans Lifeline – 1.877.565.8860
Veterans Suicide Prevention Program Coordinator – 314.439.1486	United Way – Dial 2-1-1

These services are not 24/7 crisis hotlines, please refer to step 2 for immediate crisis support

SUPPORT AFTER A SUICIDE

Surviving a Suicide Loss	Suicide Attempt Survivors
Survivors of Suicide Group - https://afsp.org/find-a-support-group/	Peer Support - https://www.nowmattersnow.org/
Healing Conversations - https://afsp.org/healing-conversations/	Share Your Story - https://afsp.org/sharingyourstory/
Grief Share - https://www.griefshare.org/	Online Support - https://feelingkindablue.org/

These services are not 24/7 crisis hotlines, please refer to step 2 for immediate crisis support

LOCAL TRAININGS

Training Name	Audience	Agency	More Information
Assessing & Managing Suicide Risk (AMSR)	Mental Health Professionals	KUTO	info.programs@kuto.org
Applied Suicide Intervention Skills Training (ASIST)	Any/All Community Members	BHR KUTO Provident	csandwell@bhrworldwide.com info.programs@kuto.org https://www.providentstl.org/community-outreach/trainings/
Counseling on Access to Lethal Means (CALM)	Mental Health Professionals/Hospital Staff	KUTO CHADS	info.programs@kuto.org https://www.chadscoalition.org/schedule-presentation
Conversations for Suicide Safer Homes (CSSH)	Organizational staff/community Members	KUTO MIMH	info.programs@kuto.org CSSH Training (saferhomescollaborative.org)
Mental Health First Aid	Adult gatekeepers for any population	AFSP KUTO	https://afsp.org/chapter/missouri info.programs@kuto.org
Question Persuade Refer (QPR)	Hospital Staff/Community members	KUTO	info.programs@kuto.org
Signs of Suicide (SOS)	6 th grade – 12 th grade students	CHADS KUTO PreventEd	https://www.chadscoalition.org/schedule-presentation info.programs@kuto.org https://prevented.org/resources/signs-of-suicide-resource/
SOS Trusted Adult Training	Gatekeepers for youth	CHADS KUTO	https://www.chadscoalition.org/schedule-presentation info.programs@kuto.org
Youth Mental Health First Aid	Adults gatekeepers for youth	AFSP KUTO PreventEd	https://afsp.org/chapter/missouri info.programs@kuto.org https://prevented.org/resources/youth-mental-health-first-aid-ymhfa-resource/

TOOLKITS: BEFORE AND AFTER A SUICIDE

Toolkits to prevent suicide and provide guidance and support after a suicide are listed on the Missouri Suicide Prevention Network website (mospn.org). These include toolkits for communities, schools, the media, primary care providers, older adults, law enforcement, and health care systems.



mospn.org

ADDITIONAL RESOURCES

American Association of Suicidology	https://suicidology.org/
American Foundation for Suicide Prevention	https://afsp.org/
National Action Alliance for Suicide Prevention	https://theactionalliance.org/
Suicide Prevention Resource Center	https://sprc.org/
Missouri Suicide Prevention Network	https://www.mospn.org/
Missouri's Governor's Challenge to Prevent Suicide among Service Members, Veterans, and their Families	Missouri Governor's Challenge Team to Prevent Suicide among Service Members, Veterans and their Families (mogovchallenge.com)