

Resources to Support You and Your Student

As school releases for the summer, the Brunswick R-II 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.



Parenting is hard! Are you worried about your child? This website provides education and therapeutic support to empower and give you hope as you support your child's mental health. Parent guidance.org offers a library of courses, developed by leading mental health experts, offer hope, answers, and compassionate help



Mission Statement: The Jason Foundation, Inc. (JFI) is dedicated to the prevention of the "Silent Epidemic" of youth suicide through educational and awareness programs that equip young people, educators/youth workers and parents with the tools and resources to help identify and assist at-risk youth. Call 1(800)-273-TALK (8255), or text "Jason" to 741741

If you or someone you know is currently in a crisis, PLEASE call one of the numbers below or dial 911

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.

998 Suicide & Crisis Lifeline Missouri

24/7 crisis hotline for Missouri residents

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

Burrell Crisis Line (Out of Control Behavior, Suicide, Depression, Grief, Family Crisis, Stress)

Help available 24 hours a day 1 (800) 395-2132

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

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>

Safe Passage Domestic Violence and Intervention Center

24 Hour Crisis Hotline: 1(800)-616-3754 or (660) 269-8111

www.facebook.com/safe.passage.7

website: www.safepassagemoberly.org