Resource List

- **National Suicide Lifeline**
  - Information for people thinking about suicide, people trying to help someone who is suicidal, and for professionals who treat people who may experience crisis [https://suicidepreventionlifeline.org/](https://suicidepreventionlifeline.org/).
  - For someone in crisis, call 1-800-273-8255. If anyone is in immediate danger, call 911.

- **Missouri Department of Mental Health**
  - For locations of substance treatment facilities in Missouri [http://dmh.mo.gov/ada/help.html](http://dmh.mo.gov/ada/help.html) or call 1-800-575-7480.
  - For locations of mental health treatment facilities in Missouri [http://dmh.mo.gov/mentalillness/helpinfo/](http://dmh.mo.gov/mentalillness/helpinfo/) or call 1-800-364-9687.
  - For information on coping with disasters and other traumatic incidents [http://dmh.mo.gov/disaster/](http://dmh.mo.gov/disaster/) or call 1-800-985-5990.

- **Substance Abuse and Mental Health Administration**
  - For help finding a treatment facility anywhere in the United States [https://findtreatment.samhsa.gov/](https://findtreatment.samhsa.gov/) or call 1-800-662-4357.
  - For information on what to do after a crisis [https://store.samhsa.gov/shin/content/SMA08-4357/SMA08-4357.pdf](https://store.samhsa.gov/shin/content/SMA08-4357/SMA08-4357.pdf).

- **U.S. Department of Veterans Affairs**
  - For the Veterans Crisis Line, call 1-800-273-8255 and Press 1 or send a text message to 838255.

- **Suicide Prevention Resource Center**
  - Recommendations for Suicide Prevention Programs on Preventing Suicide among Men in the Middle Years [http://www.sprc.org/resources-programs/preventing-suicide-men-middle-years](http://www.sprc.org/resources-programs/preventing-suicide-men-middle-years).

- **National Institute of Mental Health**