

Resources

National Suicide & Crisis Lifeline: Call or text 988

LGBTQ+ Helpline: 1-866-488-7386 or text START to 678-678

Veteran's Suicide & Crisis Lifeline: Call or text 988 and press 1

Crisis Text Line: Text MOSAFE to 741-741

Ask Listen Refer: asklistenrefer.org

The JED Foundation: jedfoundation.org

Black Emotional and Mental Health Collective: beam.community

The Shine App: shineapp.ca



ask



listen



refer

Ask Listen Refer is an online suicide prevention training program that is available to ALL Missourians who want to learn more about warning signs, sample conversations and local resources.

To learn more, visit asklistenrefer.org

Sponsored by the Missouri Department of Mental Health