

Suicide Prevention Resources for Schools

Schools play a unique and critical role in addressing the pandemic’s potential mental health effects and preventing suicide. To assist schools with meeting the health needs of students, the Missouri Suicide Prevention Network (MSPN) has put together this list of resources.



Crisis Lines

National Suicide Prevention Lifeline Provides 24/7, free and confidential support for people in distress, prevention and crisis resources.	(800) 273-8255
Crisis Text Line Free 24/7 support with a crisis counselor.	text MOSAFE to 741741
Trans Lifeline A crisis line that provides peer support service run by trans people.	(877) 565-8860
The Trevor Project Lifeline Offers 24/7 crisis intervention and suicide prevention service for LGBTQ young people under 25.	(866) 488-7386
KUTO, Kids Under Twenty One Peer focused telephone hotline supporting the greater St. Louis area.	(888) 644-5886

Suicide Prevention Tools and Resources		Adult/Parent	Adult/School	Training/ Education	Youth	
Statewide	MO Ask Listen Refer	X	X	X	X	Free short online training to identify people at risk and how to provide help. www.moasklistenrefer.org
	MO Dept. of Elementary & Secondary Education	X	X		X	Model policy and resources for youth suicide awareness and prevention. www.dese.mo.gov/sites/default/files/dese-youth-suicide-awareness-and-prevention-model-policy_03_18.pdf
Regional	CHADS Coalition for Mental Health	X	X	X	X	Offers Signs of Suicide®, family support and social emotional well-being programs. www.chadscoalition.org
	Community Partnerships of the Ozarks	X	X	X	X	Awareness videos and information about services available in the Ozarks region. www.cpoarks.org
	KUTO, Kids Under Twenty One	X	X	X	X	Providing youth focused crisis prevention, suicide intervention and postvention support in the greater St. Louis area. www.kuto.org

National resources on the next page



Suicide Prevention Tools and Resources

	Adult/Parent	Adult/School	Training/ Education	Youth		
National	American Association of Suicidology	X	X	X	X	Resources for students, school mental health professionals, teachers, and administration on how to address suicide in schools. www.suicidology.org/school-resources
	American Foundation for Suicide Prevention	X	X	X	X	Video supported education for high school and college. www.afsp.org/bring-suicide-prevention-to-your-school
	American School Counselor Association		X			The School Counselor and Suicide Prevention/Awareness position statement (adopted 2018) www.schoolcounselor.org/asca/media/asca/PositionStatements/PS_Suicide.pdf
	National Association of School Psychologists		X			Comprehensive school suicide prevention tools for distance learning. https://www.nasponline.org/resources-and-publications/resources-and-podcasts/covid-19-resource-center/crisis-and-mental-health-resources/comprehensive-school-suicide-prevention-in-a-time-of-distance-learning
	National Council for Behavioral Health	X	X	X	X	Information on helping with children’s mental health. www.thenationalcouncil.org/topics/childrens-mental-health
	National Institute of Mental Health	X	X		X	General suicide prevention information. www.nimh.nih.gov/health/topics/suicide-prevention
	Now Matters Now	X	X	X	X	Personal stories and skills that encourage self-help and support. www.nowmattersnow.org
	Suicide Prevention Resource Center		X	X		Archive for resources, training options and data. www.sprc.org/populations/adolescents
	Suicide Awareness Voices of Education		X			Suicide prevention print resources for purchase. www.save.org/what-we-do/products-and-resources
	Society for the Prevention of Teen Suicide	X	X	X		Self-paced training modules to build 'competent school communities'. www.sptsuniversity.org
	Sources of Strength		X	X	X	Universal classroom curriculum with focus on mental health and prevention. www.sourcesofstrength.org/homebased
	The Jed Foundation	X	X		X	Teen mental health resources. www.jedfoundation.org
	The Jason Foundation	X	X		X	Youth suicide prevention resources. www.jasonfoundation.com/youth-suicide
	GLAAD	X	X		X	Comprehensive roster of LGBTQIA resources.
	Pandemic Crisis Services Response Coalition	X	X		X	Up-to-date list of resources available to people during COVID pandemic. www.covidmentalhealthsupport.org
The Trevor Project	X	X		X	Resources specific to LGBTQ youth. www.thetrevorproject.org/resources	

To learn more about MSPN visit us at www.mospn.org

Information listed is current as of November 2020. This list is for your convenience in connecting to resources. MSPN and its members neither endorse nor take responsibility for the website content or services of other organizations.