



Mental Health Resources

Need help putting together a list of mental health resources specific to your Site?

The [Missouri Community Resource Guide](#) is a great place to start.

What activities and programs are available for teens in your area? Don't forget to include local or safe online self-care resources!



Have you planned for a crisis?

Just like we practice fire drills and tornado protocol, it's important to think about your Site's plan for a mental health crisis. You may already have a plan in place. If not, use these helpful resources as you plan.

[School crisis plan](#)

[SAMHSA High School Suicide Prevention Toolkit](#)

Free 988 Resources

Instructors can order free 988 Suicide & Crisis Lifeline Missouri swag for their upcoming courses on the [988 Missouri Storefront](#). Help spread the word about 988 with free magnets, pens, hand sanitizer and more. You must create an account and log in before you can order materials.

YMHFA update

DESE funding for Youth Mental Health First Aid courses will continue through 2026 for K-12 public schools in Missouri. If you still need to get 10% of your staff trained in YMHFA, sign up [here](#). If you are a YSO, email teen@mhfamissouri.org for ways to bring this course to your organization at no cost.

SAVE THE DATE - Upcoming cohort calls

Reminders:

- Only one person from your school or organization needs to attend
- You may attend either 7:30 am or 3:30 pm

April 11, 7:30 am or 3:30 pm
MH Resources, 988, and DESE update

May 9, 7:30 am or 3:30 pm
Next year/Scaling up

Use this Zoom link for each meeting:
<https://umsystem.zoom.us/j/98992636405>



Questions? Email us at teen@mhfamissouri.org

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