



## Mental Health Resources

Updated 3/27/2020

### Emergency Care:

In the event of an emergency requiring an ambulance or police assistance, dial 9-1-1.

### Crisis Hotlines:

- The U.S. Substance Abuse and Mental Health Administration's Disaster Distress Hotline is available at 1-800-985-5990 or text TalkWithUs to 66746.
- Access the National Suicide Prevention Hotline at 800-273-8255 or <http://suicidepreventionlifeline.org> For assistance in Spanish, call 800-784-2432. Callers will be connected to a skilled, trained counselor at a local crisis center. The National Suicide Prevention Hotline is available 24-hours a day.
- A text crisis line is available by texting 741741 and at [www.crisistextline.org](http://www.crisistextline.org) 24-hours a day.
- The Burrell Behavioral Health 24-Hour Crisis Line is available 417-761-5555 or 800-494-7355. Services for Christian, Dallas, Greene, Polk, Stone, Taney and Webster counties.
- A LGBTQ+ Hotline is available at 888-843-4564 or [www.glbthotline.org](http://www.glbthotline.org)
- The Trevor Project is available to LGBTQ+ individuals at (866) 488-7386 or [www.thetrevorproject.org](http://www.thetrevorproject.org)
- The Trans Lifeline is available at 877-565-8860

### NAMI of Southwest Missouri:

The NAMI Southwest Missouri Warm Line is available at 877-535-4357 or [www.namiswmo.com](http://www.namiswmo.com)

The Peer Support Warm Line is available Monday through Friday 9:30 A.M. – 10:00 P.M., Saturday 9:00 A.M. – 3:30 P.M. and Sunday 10:00 A.M. – 4:00 P.M.

NAMI is also hosting regular Zoom meetings to provide group support to individuals struggling with a variety of mental health conditions, available on their website. Zoom meeting listings are available on the NAMI of Southwest Missouri Facebook page at <https://www.facebook.com/NamiSwmo/>

### Self-care:

Social isolation, fear and worry can cause mental health challenges for many. Remember to connect with family and friends using phone calls, video chats, social media and text messaging. Self-care is especially critical in times of high stress and anxiety.



*Working Together to Build Strong Communities*

The CDC offers suggestions on coping directly with the stress of COVID-19 at <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html> and suggestions for caring for your emotional health at <https://emergency.cdc.gov/coping/selfcare.asp>