

## **CRISIS HELPLINES:**

### **National Suicide Prevention Lifeline**

The Lifeline network is available 24/7 across the U.S. If you're thinking about suicide, are worried about a friend or loved one, or would like emotional support, you can call **1-800-273-TALK (8255)** or chat with a trained Crisis Counselor. Text "**HOME**" to **741741**.

Behavioral Health Response (**BHR**)  
**1-800-811-4760** or 314-469-6644  
[BHR | Missouri Mental Health Support](#)

Provident Crisis Services (**PCS**)  
**314-647-4357**  
[24/7 Crisis Hotline](#)

Kids Under Twenty One (**KUTO**)  
**1-888-644-5886**

Courage2Report (Bullying)  
1-866-748-7047  
[Home | Courage2ReportMO](#)

NCADA Hopeline (Alcohol & Drug)  
1-800-622-2255  
[Home | Prevent+Ed](#)

Safe Connections (Assault)  
314-531-2003  
[Safe Connections: Home](#)

### **Trevor Lifeline**

The TrevorLifeline is a crisis intervention and suicide prevention phone service for the LGBTQ community, available 24/7 at **1-866-488-7386**. TrevorText "**START**" to **678678**.

## ***About our Social and Emotional Well-Being Services:***

The mission of De Soto #73 School District is to ensure learning, growth, and success for all students in a safe environment which includes their social and emotional well-being.

Our district was awarded a grant through the Jefferson Foundation for a full-time Licensed Professional Counselor (LPC).

The LPC will provide onsite support to our students who are struggling with mental health related concerns through a referral process among grades 9-12. The LPC also provides prevention, crisis intervention, and postvention services throughout the entire district. Additionally, there are School Support Liaisons in place to provide services for grades K-8.

At De Soto, we have a comprehensive system of student support and we strive to reduce the stigma of mental illness through awareness and education. Our counselors, intervention specialists, school support liaisons, and LPC will work closely to provide a continuum of services for our students. Support can be reached through the counseling department in each building.

***See Something, Say Something, Do Something!***



If you see any comments, messages, posts, snaps, or live streaming of suicidal behavior on social media or receive any concerning texts, please call **911** and/or contact an administrator immediately.

# **De Soto #73 School District**

***"We are De Soto!"***

610 Vineland School Road  
De Soto, MO 63020  
(636) 586-1000

## ***Social and Emotional Well-Being Brochure***



Early Childhood Center  
(636) 586-1040

Athena Elementary School  
(636) 586-1020

Vineland Elementary School  
(636) 586-1010

De Soto Junior High School  
(636) 586-1030

De Soto Senior High School  
(636) 586-1085

Dragon Annex  
(636) 586-3939

## What are the Warning Signs of Suicide?

- Talking about wanting to die or to kill oneself.
- Looking for a way to kill oneself.
- Talking about feeling hopeless or having no purpose.
- Talking about feeling trapped or being in unbearable pain.
- Talking about being a burden to others.
- Increasing the use of alcohol or drugs.
- Acting anxious, agitated, or reckless.
- Sleeping too little or too much.
- Withdrawing or feeling isolated.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.

## Encourage Coping Skills:

- ★ Exercise (run, walk, jog, dance, play a sport).
- ★ Write (poetry, stories, journal, songs).
- ★ Scribble/doodle on paper, paint, color or draw.
- ★ Be with other people (supportive/trusted).
- ★ Watch a favorite TV show, movie or YouTube.
- ★ Listen to music or sing or read a book.
- ★ Hug a friend or family member.
- ★ Let yourself cry (talk to someone close to you).
- ★ Play with a pet or cuddle a stuffed animal.
- ★ Use your 5 senses (taste, sight, touch, smell, hear).

## Self-Care Tips:

- Reach out to supportive family and friends.
- Plan for and allow yourself to rest and relax.
- Acknowledge the need for help and accept it.
- Exercise, drink water, and eat healthy meals.
- Practice mindfulness and/or attend support groups.
- Keep a journal and write in it when/if you cannot sleep or feel worried.
- Get 6-8 hours of sleep.
- Establish boundaries and limit screen time.
- Practice good hygiene.
- Laugh and/or do something you enjoy everyday.

## What should I do if someone I know is considering suicide?

*Remember.... "Suicidal thoughts or actions are a sign of extreme distress and a sign that someone needs help. Any warning signs or symptom of suicide should not be ignored and should be taken seriously."*

- If someone is telling you that he or she is going to kill themselves, do not leave them alone. Do not allow them to isolate themselves.
- Remove or secure any dangerous weapons from the home; such as gun(s), knives, rope(s), or other objects that could be harmful.
- Remove or secure any medications that they could use to overdose along with any illegal/legal drugs or alcohol that you may have in the house.
- Anyone under the age of 18 should not be held responsible to administer their own medication. Place these items in a securable location.
- Do not promise anyone that you will keep their suicidal thoughts a secret. Make sure to reach out for help and tell a trusted adult.
- Monitor social media accounts; watch for concerning or triggering posts.
- Physical activity is very important to help increase endorphins. Encourage them to be active.
- Find a therapist that can provide professional support and/or possibly a psychiatrist/psychologist. If a medical course of treatment is deemed necessary, please consider an outpatient or inpatient program.
- If at immediate risk, please get help as soon as possible. Call **911** for emergency CIT services and/or take the person to the nearest hospital emergency room.
- Most importantly - remain calm, listen, and provide love and support.**

## School Liaison Support Services:

- ❖ CHADS Coalition **314-952-8274**
- ❖ Chestnut Health Systems **800-446-0972**
- ❖ Comtrea **636-220-5397** or **636-931-2700**
- ❖ Provident Counseling Services **314-657-7224**

## Inpatient/Outpatient Services:

- ❖ BJC Behavioral, 1430 Olive, Suite 500, St. Louis, MO 63103: **314-206-3700**  
South County, 11102 Lindbergh Bus. Court St. Louis, MO 63123: **314-206-3400**  
St. Francois County, 1085 Maple Street Farmington, MO 63640: **573-756-5353**
- ❖ Centerpointe Hospital, 4801 Weldon Spring Parkway, St. Charles, MO 63304: **800-345-5407**  
St. Charles Outpatient: **800-345-5407**  
West County Outpatient: **314-292-7323**  
South County Outpatient: **314-842-4463**
- ❖ Mercy Behavioral Health, 615 S New Ballas Rd, St. Louis, MO 63141: **314-251-4845**
- ❖ Mercy Clinic Child and Adolescent Psychiatry, Old Tesson Road, Suite 160, St. Louis, MO 63128: **314-251-6898**. Intake line: **314-251-6565**
- ❖ Mercy Hospital Jefferson IOP, 1420 US-61 South, Festus, MO 63028: **636-933-1231**
- ❖ Mercy Hospital South IOP Behavioral Health, 10004 Kennerly Road, Suite 280B, St. Louis, MO 63128: **314-525-7296**
- ❖ Mercy Hyland Behavioral Health Center, 10018 Kennerly Road, St. Louis, MO 63128: **314-525-7275**
- ❖ SSM Health Behavioral Health Urgent Care, 12355 DePaul Drive, Suite 150, St. Louis, MO 63044: **314-344-7200**