

MU Extension & Missouri Partners Mental Health Awareness Month Promotional Toolkit

May 2020



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Purpose

Rural Missouri is historically strong and resilient while dealing with long work hours, weather, disease and insects, government regulations, machinery breakdowns, crop uncertainty, livestock problems, and commodity prices. Worry, isolation, loneliness, stress, and anxiety are challenges everyone faces, especially during these unprecedented times. This reminds us of the importance to evaluate personal health and wellbeing during Mental Health Awareness Month.

According to the February 2020 “Growing Stress on the Farm, The Expanding Economic and Mental Health Disparities in Rural Missouri” [report](#), rural Missouri’s mental health crisis is more challenging than in urban areas. It may be especially severe in the agricultural community. Recent studies, media coverage and congressional action suggest that farmers and ranchers face a unique set of external challenges. These result in extremely adverse mental health outcomes in agricultural communities. Pervasive stigma and geographic barriers to accessing mental health care sometimes prevent those seeking behavioral health services for stress, anxiety and depression from receiving it in rural Missouri.

During previous Mental Health Awareness campaigns, messages about mental health awareness and suicide prevention have not specifically targeted rural, agricultural communities. In response to this growing concern, MU Extension and its collaborating partners will participate in the national Mental Health Awareness Month in May 2020.

Please join Missouri’s “[Together We Can](#)” movement and national efforts to raise awareness about mental health. This toolkit offers practical resources to help strengthen farmer resilience with coping mechanisms to maintain balance and protect their mental health.

Weekly themes

Mental Health Awareness	Week 1 (May 3 - May 9)
Referral Resources	Week 2 (May 10 – May 16)
Recognizing Signs & Symptoms	Week 3 (May 17 – May 23)
Managing Stress	Week 4 (May 24 – May 30)

How to Participate

Materials and resources in this promotional toolkit will help you start a conversation in your community about mental health. You can participate and show your support by:

- Sharing social media messages, infographics, and resources on Facebook, Twitter, Instagram, and other social media platforms. Like and share the “[Show-Me Strong Farm Families](#)” Facebook page.
- Sharing articles about mental health and wellbeing on your personal, professional, and organizational social media accounts.
- Creating a watch party on Facebook and hosting a live screening of a video over mental health and wellbeing.
- Tuning into or referring an individual to one of the webinars about mental health and wellbeing.
- Referring someone or register yourself for a “Taking Care of You” Zoom course.
- Downloading, listening, and sharing episodes of the “Ag State of Mind” podcast.
- Printing resources to share with farmers, ranchers, and their families.
- Coordinating with MU Extension specialists to schedule/host a MU Extension program on mental health and wellbeing.

News Release

Partner representative name

Title

Email

Phone number

[CITY WHERE PARTNER REPRESENTATIVE IS HEADQUARTERED IN ALL CAPS,] Mo. – University of Missouri Extension and its partners recently released a “Together We Can” toolkit to help rural Missourians access mental health resources.

University of Missouri Extension field specialist [name] or [insert partner representative name here] says May is Mental Health Awareness Month.

“In 2020, Missouri farmers, ranchers and their families face tough challenges,” says (last name of specialist). “Economic uncertainties, changes in commodity prices and ongoing weather issues add to the daily stresses of farming and ranching.”

Rural Missourians also sometimes encounter barriers to receiving help in a timely manner because mental health services may not be available in all rural counties.

MU Extension covers the 114 counties in Missouri. “In collaboration with our partners, our toolkit ‘Together We Can,’ provides resources and tools to support the mental health and well-being of our farmers, ranchers and their families,” says Karen Funkenbusch, MU Extension health and safety specialist.

Throughout May, “Together We Can” will join the national Mental Health Awareness campaign to provide resources designed to be useful to farming and rural communities where they live, work and play.

“With increased pressures on today’s farmers, we want to let farmers know there are ways to fight stigma and provide a safe environment to address mental health concerns of farmers,” says [insert partner representative name here]. “We want to help our rural communities develop and maintain a support system for our farmers.”

Missouri’s “Together We Can” campaign runs May 1-24. Weekly topics will include Mental Health Awareness, May 1-3; Referral Resources, May 4-10; Recognizing Signs & Symptoms, May 11-17; and Managing Stress, May 18-24.

For more information, go to [www.extension2.missouri.edu/xxxxx], “Show-Me Strong Farm Families” Facebook or contact [partner representative] at [partner representative email.]

Interview Talking Points

Suggested talking points for 2020 Mental Health Awareness Month.

1. May is Mental Health Awareness Month.
2. Many resources are available to rural Missourians to help with ongoing stresses, but sometimes it is difficult to find them. MU Extension and its partners through “Together We Can” are working together to help farmers, their friends and families, and rural communities find practical resources. Resources are found at the MU Extension “Show-Me Strong Farm Families” Facebook.
3. Sometimes health care resources are not located in rural areas. Barriers such as transportation, cost and stigma create barriers. Farmers, who are self-employed, may not have insurance coverage for mental health issues.
4. Farmers face unique challenges because there are many things beyond their control such as the weather and markets. Planting time is one of the busiest and most stressful times of the year for farmers.
5. MU Extension developed a toolkit to help friends and family members identify the warning signs of mental and physical stress. It offers tips for managing stress.
6. Mental health issues are not unique. 1 in 5 people will experience mental illness during their lifetime. Between 2003 and 2017, the suicide rate among rural Missourians grew by 78%. Hospital emergency department visits for suicide attempts or ideation grew by 177%.
7. MU Extension specialists are not mental health professionals, but we can help you find the resources to help those you love.

**The last few years have been difficult for farm and ranch families. Many are experiencing financial and emotional stress as a result. To assist farm families during these stressful times, the [“Farm and Ranch Family Stress and Depression: A Checklist and Guide for Making Referrals”](#) guide sheet can be helpful.*

** To find more Missouri facts and resources, reference the Missouri Department of Mental Health [“Suicide Infographic 2018”](#) and the American Foundation of Suicide Prevention [“Suicide Facts & Figures: Missouri 2020”](#).*

Affiliate Social Media Pages

Below are affiliate social media accounts we recommend to “like” and “follow”.

	Facebook	Twitter	Instagram
University of Missouri Extension	<u>@MUExtension</u>	<u>@MUExtension</u>	<u>@MUExtension</u>
Show-Me Strong Farm Families	<u>@ShowMeStrongFarmFamilies</u>		
Missouri AgrAbility	<u>@MOAgrAbility</u>	<u>@MOAgrAbility</u>	<u>@MOAgrAbility</u>
Missouri Department of Mental Health	<u>@MentalHealthMO</u>	<u>@MentalHealthMO</u>	
Missouri Suicide Prevention Project	<u>@MOsuicideprevention</u>	<u>@MSPP_news</u>	
Missouri Hospital Association	<u>@MOHospitals</u>	<u>@MOHospitals</u>	
Missouri Coalition for Community Behavioral Healthcare	<u>@mccbh</u>	<u>@MO_CoalitionCBH</u>	
Missouri Farm Bureau	<u>@MissouriFarmBureau</u>	<u>@MOFarmBureau</u>	<u>@MOFarmBureau</u>
Upper Midwest Agricultural Safety and Health Center	<u>@UMASHcenter</u>	<u>@UMASHcenter</u>	<u>@UMASHcenter</u>
Great Plains Center of Agricultural Health	<u>@GPCAH</u>	<u>@GPCAH</u>	
UNCM Central States Center for Agricultural Safety and Health	<u>@unmccscash</u>	<u>@unmc_cscash</u>	
National Children’s Center for Rural and Agricultural Health and Safety	<u>@nccrahs</u>	<u>@nccrahs</u>	<u>@farmmedicine</u>
PREVENTS	<u>@WearePREVENTS</u>	<u>@WearePREVENTS</u>	

Social Media Messaging

Share these messages to engage your community. Our messages can be shared on any social media platform including Facebook, Twitter, and Instagram.

Adapt these messages to add to newsletters during the month.

Each week, plan to select 3-5 messages that relate to your community and your target audience to share on your personal, professional, and/or organizational social media profiles. Customize and edit messages as needed.

Make sure you use the hashtag #MentalHealthAwareness so others can join in on the conversation.

Recommended Hashtags:

#MentalHealthAwareness

#MentalHealthMatters #CureStigma

#BreaktheStigma #TogetherWeCan

#ShowMeStrongFarmFamilies

#Committed2MOFamilies #2xAg2030

#ShowMeResilience #ExtendMU

Week 1 – Mental Health Awareness

- Suicide is growing at an alarming rate in rural Missouri. Between 2003 and 2017, the suicide rate among rural Missourians grew by 78%, and throughout the last decade hospital emergency department visits for suicide attempts or ideation increased 177%.¹
- Farming is a stressful business that typically requires long hours in predominantly isolated working conditions. Farmers tend to live in communities where access to mental health care is limited by distance, stigma or cost due to insurance status.¹
- Rural communities may have limited access to healthcare services, which can make it difficult for farm and ranch families to receive support when they experience a mental health crisis. Poor mental health can make it difficult to manage other common stressors.¹
- Stress can affect all aspects of life, including emotions, behaviors, thinking ability, and physical health. No part of the body is immune.²
 - Pair with Box image: [Effects of Stress on the Body](#)
- Over half of rural Americans believe that #ReducingStigma will be an effective means to solving the opioid crisis in farm communities. Learn more at <https://farmtownstrong.org/> ³
- Many rural Missourians and farmers do not seek mental health care due to the fear of embarrassment to themselves or their family. This same audience also recognizes the need to #BreaktheStigma surrounding mental health care.⁴
- Stigma may not directly affect you, but it prevents the 1 in 5 Americans with mental health conditions from seeking help. Rural, agricultural communities can be highly influenced by stigma. Get tested for stigma at: <https://www.curestigma.org/> ³
- Suicide prevention specialists and mental health care providers talk about the importance of suicide prevention among farmers and ranchers: <https://youtu.be/rWDSKCnZWDA> ³
- Everyone has stress and a moderate amount of stress is normal. Read more about the different types of stress and how they can affect you as an individual at: <https://extension2.missouri.edu/news/when-stress-is-not-normal-3454>

Week 1 Example Images

We recommend pairing social media messages with an image related to the post. The following images are meant to serve as example promotional images. Many of the images in this toolkit were acquired from Shutterstock. Shutterstock images and images from other websites may not be available for free usage.



Week 2 – Referral Resources

- #TogetherWeCan prevent suicide. Preventing suicide means being informed and knowing what to do when you or someone you know is having a difficult time. Call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) for free, confidential assistance 24/7.⁵
- Suicide doesn't have a type, suicide is preventable. If you need someone to talk to, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255).
- If you are a farmer or rancher who needs to talk to someone directly (or is someone who is worried about a farmer), Iowa Concern is there to listen. You can call the hotline at 1-800-477-1985. Iowa Concern services are available 24/7.
- Having trouble coping after a traumatic event? If you or someone you know experiences any of the following problems, encourage them to call the Prevention Lifeline at 1-800-273-TALK (8255).⁶
 - Pair with Box image: [Having Trouble Coping](#)
- Suicide Safe is a free mobile app that helps providers integrate suicide prevention strategies into their practice and address suicide risk among their patients. Download the app today from the app store.⁷
- Five steps to help someone at risk: ask, keep them safe, be there, help them connect, and follow up. Learn more about each of the 5 steps at: <https://www.nimh.nih.gov/health/publications/5-action-steps-for-helping-someone-in-emotional-pain/index.shtml>
- Comments about suicide should never be discounted. If you or someone you know is contemplating suicide, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255).³
- As we adopt new routines and practice social distancing, talk with your children. Open the conversation to see if they are feeling confused, scared, or sad and let them know it is important to prioritize their mental health.⁸
- Missouri AgrAbility helps farmers and ranchers who are limited by any type of disability or chronic health condition. No matter your age, Missouri AgrAbility is able to help at any stage of life. Learn more at: <https://extension2.missouri.edu/programs/agrability>

Week 2 Example Images

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Week 3 – Recognizing Signs & Symptoms

- Individuals experiencing a mental health crisis may not even realize it. Identifiers of someone who may be at risk include: change in routine, decline in the care of animals, increase in illnesses, increase in farm accidents, or decline in appearance of farm.⁹
- Sometimes you NEED help. Sometimes you ARE the help. Learn about signs and symptoms of stress on the farm or ranch. Addressing stress is important for prevention of anxiety and depression:
<https://www.youtube.com/watch?v=Jt9Tt3CcJuY&feature=youtu.be>³
- Farm life is a busy lifestyle. If you are trying to care for your mind, body, and soul but still feel like you are struggling with your mental health, visit <http://www.mhascreening.org> to check your symptoms. Screening is free and confidential.³
- Men and women cope with stress differently. Men are more likely to not talk about it. Men escape by trying to get away physically or by denying there is a problem. They may cover it up with drugs or alcohol. Men may also get angry and aggressive as their response to stress.²
- Men and women cope with stress differently. Women are more likely to "tend and befriend." They reach out to friends and family to talk things through and gain support with their problems.¹⁰
- Stress can surface in the form of physical, emotional/mental, or behavioral/relationship changes depending on the person and the situation. Learn more about recognizing stress at: <https://dmh.mo.gov/media/pdf/recognize-and-manage-stress-farm-life>
- Do you have a loved one who may be experiencing stress on the farm or ranch? Chronic stress can lead to anxiety and depression. It is important to check the signs and symptoms.
 - Pair with Box image: [Signs and Symptoms of Stress](#)
- Know the signs and don't be afraid to ask directly if someone is considering suicide. Help them seek treatment or stay with them and call the National Suicide Prevention Lifeline: 1-800-273-TALK (8255).¹¹
 - Pair with Box image: Suicide Warning Signs
- It is important to know the warning signs of suicide. If you or someone you know experience any of these, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255).¹¹
 - Pair with Box image: [Suicide Warning Signs](#)
- Be proactive and talk to your health care provider. Ask about potential signs of stress, anxiety, or depression.¹²
- You know better than anyone else how you are doing emotionally. It is important to check in with yourself and prioritize your mental health.⁸

Week 3 Example Images

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Week 4 – Managing Stress

- You can manage and alleviate your stress by taking time to take care of yourself. Set limits on how much time you spend reading or watching news. You will want to stay up to date on the news, but make sure to take time away to focus on things in your life that you can control.
- Chronic and uncontrolled stress can be detrimental to your health and interpersonal relationships. Learn ways to manage stress in your life: <https://ag-safety.extension.org/production-agriculture-and-stress/>¹³
- Work and life creates stress for all of us and we all manage and cope with stress differently. Here are resources to help you manage stress in your life. <https://extension2.missouri.edu/news/personal-resources-to-manage-stress-3456>
- Farming and ranching are stressful occupations, it is important to know how to manage stress levels and to reduce the effects of unwanted stress: <https://dmh.mo.gov/media/pdf/recognize-and-manage-stress-farm-life>
- Stress is inevitable and ultimately unavoidable. Here are some ways to manage.²
 - Pair with Box image: [Ways to Manage Stress](#)
- Try this simple concept to help yourself and others manage stress. Think BRAIN.¹³
 - Pair with Box image: [Think BRAIN](#)
- Build fun and relaxation into your daily and long-term plans. Think of something you can do regularly, even if you can only take five minutes a day to do it. Once you have built five minutes into each day, try to increase relaxation time little by little.
- Approaches that focus on relaxation can help a variety of health conditions. Learn about relaxation techniques and which technique is right for you: <https://nccih.nih.gov/health/stress/relaxation.htm#hed2>
- Many aspects of farming and ranching can be isolating and stressful. Stay connected with your family and community, find ways to relax, maintain healthy habits, and pursue hobbies you enjoy.
- Physical activity can help to lessen cortisol in the body and protect against negative impacts of stress. What physical activity might you be able to add into your day that you would enjoy? Even taking a short walk can improve our mood and heart health.¹⁴
- Farmers and ranchers often work long hours and eat meals on the go. Healthy, regular eating is essential. Pack fruits and vegetables, whole grain snacks, and plenty of water for long days in the field.
- Take care of your physical health to help lower your stress. Take a break to focus on positive parts of your life, like connections with loved ones.¹⁵
- Research shows the benefits of exercise go beyond just physical well-being. Physical activities, like walking and biking, can help reduce feelings of depression and stress, enhance mood and overall emotional well-being, increase energy levels, and improve sleep.¹⁶

Week 4 Example Images

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Infographics

- [Covid-19 & Your Mental Health](#)
- [Covid-19: 6 Tips for Coping with the Stress](#)
- [Common Warning Signs of Mental Illness](#)
- [How to Deal with Stress and Anxiety](#)
- [It's Okay to Talk About Suicide](#)
- [Getting the Right Start: Student Guide to Mental Health](#)
- [Suicide Prevention Facts and Resources in Missouri](#)
- [Taking Charge of Your Mental Health](#)
- [Want to Know How to Help a Friend?: Student Guide to Mental Health](#)

Videos

- [Agriculture Mental Health Motion Graphic](#) from Ag Health and Safety Alliance
- [Ask Carey: How Do You Get Through The Roller Coaster of Depression](#) from Carey Portell – National Speaker
- [Easy & Effective Ways to Reduce Stress](#) from Melissa Cotton, MU Extension
- [Gratitude: “Taking Care of You” Wellness Breaks](#) from John Fuller, James “Kale” Monk, and Jeremiah Terrell, MU Extension
 - Pair with Box image: [Adopt an Attitude of Gratitude](#)
- [Mental Health & Agriculture](#) from UMASH
- [Suicide Prevention in Rural Communities](#) from I-CASH Iowa Ag Safety
- [The Surprising Rate of Farmer Suicide | Listen To America](#) from HuffPost
- [Understanding Key Stresses in Farming & Ranching](#) from NDSU Extension

Webinars

Supporting the Mental Health of Farm Families in the North Central Region

This free webinar hosted by the [North Central Regional Center for Rural Development](#) on **Monday, May 6, 2020**, is designed for farmers, ranchers, and their families. During the webinar Dr. Carrie Henning-Smith and Dr. Florence Becot will present an environmental scan of program already in place to support farm and ranch families' mental health. Additionally, they will present the findings from a set of interviews with experts on how to best support the mental of farmers, ranchers, and their families. Click [here](#) for more information.

Behavioral Health Planning: A Key to Farming in the Era of COVID-19

This free webinar hosted by the [AgriSafe Learning Lab](#) on **Tuesday, May 12, 2020**, is designed for farmers, ranchers, agricultural workers, and others who serve in the agricultural community. During the webinar Dr. Michael R. Rosmann will discuss how the behavioral health of agricultural producers differs from the non-farm population. Additionally, he will discuss how to develop behavior coping plans within families and with employees. Dr. Rosmann will also identify behavioral management practices, including sleep, family talking sessions, and maintaining affiliation along with physical distancing. Lastly, Dr. Rosmann will show how to build a support network of needed expertise while minimizing exposure to COVID-19. Click [here](#) for more information.

Stress and Dairy Farming: Challenging times pave the way for mental health struggles

This free webinar hosted by the [AgriSafe Learning Lab](#) on **Monday, May 18, 2020**, is designed for dairy producers, consumers, and those who work with dairy producers (i.e. nurses, bankers, salesmen, etc.). During the webinar Dr. Amanda Stone will explain how milk gets to the store, including the supply chains associated with the producer, processor, retailer, and consumer. Additionally, she will identify current and past market and industry stressors for dairy producers. Lastly, Dr. Stone will describe the impact of this and other farm stress on dairy producer's livelihood and mental health. Click [here](#) for more information.

Cultivating Resilience for Women in Ag Coffee Chats

These 60-90 minute sessions are free and interactive to help women in agriculture cultivate resilience by focusing on what they can control in these challenging times and connecting them with resources. Click [here](#) for more information.

Zoom Sessions

Question. Persuade. Refer (QPR)

Farming can be stressful in the best of times and now rural communities and families are coping with the unpredictability and imposed isolation produced by the COVID-19 pandemic. In response, Iowa State University Extension and Outreach will offer online QPR suicide prevention training to the North Central Region Farm and Ranch Stress Assistance Network that provides stress assistance programs to individuals who are engaged in farming, ranching, and other agriculture-related occupations on a regional basis in May. Click [here](#) for more information.

Taking Care of You

“Taking Care of You” is a stress management program developed by an interdisciplinary MU Extension team. This research-based, multi-session program offers practical strategies and experiences to help you deal with the stress in your life. Managing life’s challenges in a healthy way allows you to take better care of yourself and your overall health. Each session week you will explore topics through small group discussion, self-reflection and activities. Click [here](#) for more information.

Podcast

Ag State of Mind

“Ag State of Mind” focuses on mental health and how it affects those involved in agriculture. Jason Medows holds conversations with both professionals and producers about addressing mental health in agriculture and how we can adequately remedy the stresses.

Articles

- [Adopt an Attitude of Gratitude](#)
- [Chronic stress leads to health problems](#)
- [Have you had 15 laughs today?](#)
- [Maintain farmer health like you would farm equipment for success](#)
- [Mental Health First Aid: 'So Much of it is Just Being Willing to Ask the Question'](#)
- [New research identifies behavioral health crisis in agriculture](#)
- [Personal resources to manage stress](#)
- [Suicide Prevention for Men](#)
- [When stress is not normal](#)
- [Worries Within](#)

Print Handouts

- [Coping with Stress During Infectious Disease Outbreaks](#) from SAMHSA
- [Emotional Health & Wellbeing for Health Providers, First Responders & Those on the Front Lines](#) from MU Extension
- [Farm and Ranch Family Stress & Depression: A Checklist and Guide for Making Referrals](#) from MU Extension
- [Farm Families and Mental Health](#) from Texas A&M AgriLife Extension
- [Helping Children Cope Emotionally with the Coronavirus](#) from MU Extension
- [How Stress Affects Your Health](#) from American Psychological Association
- [Missouri Ask Listen Refer](#) from Missouri Department of Mental Health
- [Signs & Symptoms of Stress](#) from MU Extension, Missouri Department of Agriculture, and Upper Midwest Agricultural Safety and Health Center (UMASH)
- [Stress Management & the Challenge of Balance](#) from MU Extension
- [Suicide-Proofing Your Home](#) from MU Extension
- [Supports for Farmer Mental Health](#) from University of Guelph
- [Take Care of Your Emotional Health](#) from MU Extension
- [When Generations Farm/Ranch Together](#) from NDSU Extension Service

MU Extension Programs

Research-based programs developed or provided by MU Extension with resources about mental health and stress to help maintain a healthy lifestyle.

Focus on Kids

The purpose of the “Focus on Kids” (FOK) program is to help parents learn how to nurture and support their children through the divorce/separation process, and to help parents develop ways to effectively work together as co-parents.

Health Information for Men

“Health Information for Men” (HIM) program aims to help change life expectancy for American men. Through lessons that cover the latest finding on health-related topics ranging from hypertension to sleep, HIM provides the information needed to improve their health.

Taking Care of You

“Taking Care of You” is a stress management program developed by an interdisciplinary MU Extension team. This research-based, multi-session program offers practical strategies and experiences to help you deal with stress in your life. Managing life’s challenges in a healthy way allows you to take better care of yourself and your overall health. Each session week you will explore topics through small group discussion, self-reflection, and activities.

Youth Mental Health First Aid Training

“Youth Mental Health First Aid” teaches you how to identify, understand, and respond to signs of mental illness and substance use disorders. This training gives adults who work with youth the skills they need to reach out and provide initial support to adolescents (ages 12-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations.

Missouri Referral Resources

Access Crisis Intervention (ACI) Hotline

“ACT” provides access to services for individuals experiencing a behavioral health crisis. Callers will have access to behavioral health crisis services. The hotline provides free, confidential assistance 24/7. Visit the [website](#) to find the “ACT” hotline number for your county.

Iowa Concern

Iowa Concern provides stress counselors, an attorney for legal education, information, and referral services for a variety of services that Missourians can access. The toll-free number, live chat, and website available 24/7.

- 800-447-1985

Missouri 2-1-1

“Missouri 2-1-1” is a free referral and informational helpline that connects people with a wide range of health and human services 24/7, simply dial 2-1-1 from any phone.

MU Psychological Recovery Telepsychology Services

The MU Psychological Services Clinic is offering Skills for Psychological Recovery (SPR) Telepsychology services to help adults and children cope with anxiety and stress related to the COVID-19 crisis. To request services call 573-882-5808 or visit the [website](#).

National Referral Resources

Behavioral Health Treatment Services Locator

The Behavioral Health Treatment Services Locator is a confidential and anonymous source of information for persons seeking treatment facilities in the United States for substance use/addiction and/or mental health problems. Visit the [website](#) to find a treatment facility in your area.

Crisis Text Line

“The Crisis Text Line” provides access to free support 24/7 to anyone in any type of crisis.

- Text HOME to 741741

DeafLEAD Deaf Crisis Line

“DeafLEAD” is committed to providing a safe place to help you get the help that you need 24-hours a day.

- 321-800-3323
- Text HAND to 839863

Disaster Distress Helpline

The Disaster Distress Helpline is a free, confidential, multilingual, 24/7 national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster.

- 1-800-985-5990
- Text TalkWithUs to 66746
- For Spanish speakers: 1-800-985-5990 and press 2
- Text Hablanos for Spanish to 66746

The National Suicide Prevention Lifeline

The lifeline provides 24/7 free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

- 1-800-273-TALK (8255)
- For Spanish speakers: 1-888-628-9454
- For deaf and hard of hearing:
- Video relay Service – Dial 800-273-8255
- TTY – Dial 800-799-4889
- Voice/Caption Phone – Dial 800-273-8255

Therapist Locators

These databases allow you to find and connect with therapists that are dedicated to providing quality health care for a broad range of mental health issues.

- [American Association for Marriage and Family Therapy \(AAMFT\)](#)
- [American Psychological Association](#)
- [NetworkTherapy.com](#)
- [Psychology Today](#)

Veterans Crisis Line

The lifeline provides 24/7, free and confidential support for all veterans, all service members, National Guard, and their family members. Their caring responders are specially trained and experienced in helping veterans of all ages and circumstances.

- 1-800-273-TALK (8255), Press #1
- Text 838255

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