WHAT ARE CRISIS SERVICES?

CRISIS SERVICES PROVIDE FREE IMMEDIATE SUPPORT TO ANYONE EXPERIENCING:

- Overwhelming stress, anxiety, or emotional distress
- Loneliness or disconnect from others
- Sudden changes in mood, behavior, or ability to function
- Thoughts of suicide or self-harm
- Substance use concerns or feeling out of control
- Big life changes
- Conflict with family or friends
- Emotions that feel hard to manage
- Worried about someone else

THE GOAL IS SIMPLE:

To help each person stay safe, work through the crisis, and connect to ongoing support.

NEED HELP NOW?

MISSOURI CRISIS SERVICES OFFER THREE WAYS TO GET SUPPORT

1. **CALL 988**
2. **TEXT 988**
3. **CHAT 988 AT 988LIFELINE.ORG**

WHEN EVERY SECOND COUNTS...CONTACT 9-1-1

For life-threatening emergencies needing immediate response.

WHEN THERE IS TIME TO TALK...CONTACT 988

For mental health, suicide, or substance use crisis support.

WHEN IN DOUBT, REACH OUT.

Looking for more information on crisis services, start here:

MISSOURI CRISIS SERVICES

Support is available 24/7 for people experiencing emotional distress, mental health challenges, or substance use crises.

HELP FOR ANYONE. ANYWHERE. ANYTIME.

SOMEONE TO TALK TO
988 Suicide & Crisis Lifeline

SOMEONE TO RESPOND
Mobile Crisis Response

SOMEWHERE TO GO
Behavioral Health Crisis Centers

988 SUICIDE & CRISIS LIFELINE

TALK TO SOMEONE NOW

FREE. CONFIDENTIAL.
AVAILABLE 24/7.

Call, text, or chat 988 to connect with a trained crisis specialist.

WHEN YOU REACH OUT A CRISIS SPECIALIST CAN:

- Listen and provide emotional support
- Help de-escalate the crisis
- Assess immediate needs and safety concerns
- Connect to services and resources

WAYS TO CONNECT

- Call: 988
- Text: 988
- Chat: 988lifeline.org

Specialized options may include:

- Press 1 for Veterans
- Press 2 for Spanish

SOMETIMES TALKING IS ENOUGH.

If more help is needed, 988 can connect someone to additional support.

MOBILE CRISIS RESPONSE

HELP COMES TO YOU

If support by call, text, or chat is not enough, a mobile crisis response can provide in-person help.

AVAILABLE 24/7
ACROSS MISSOURI

MOBILE CRISIS CAN MEET SOMEONE AT:

- Home or shelter
- School
- Work
- Other community locations

WHAT MOBILE CRISIS RESPONSE CAN DO

- Provide immediate support
- Assess needs
- Connect to services and resources
- Offer follow-up support if needed

COMPASSIONATE CRISIS SUPPORT IN THE COMMUNITY.

Mobile Crisis Response can be accessed through 988.

BEHAVIORAL HEALTH CRISIS CENTERS

A SAFE PLACE TO GO

When someone needs more support, a Behavioral Health Crisis Center (BHCC) can help.

BHCCS PROVIDE VOLUNTARY IN-PERSON SUPPORT FOR:

- Mental health crises
- Substance use-related crises
- Emotional distress
- Urgent behavioral health needs

WHAT TO EXPECT

- Walk-in support
- Assessment and stabilization
- Immediate resources
- Connection to ongoing care
- Behavioral health medication assistance

BHCCS CAN HELP PROVIDE AN ALTERNATIVE TO:

- Emergency rooms
- Jail
- Hospitalization

SAFE. SUPPORTIVE. IMMEDIATE.
Need help finding a center? Find more information here.