

Crisis Services

Emergency	911		
National Suicide Prevention Hotline	988	www.suicidepreventionlifeline.org	The 988 Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States.
Text Crisis Line	741741 or 988	www.crisistextline.org	Text HOME to 741741 from anywhere in the United States – 24/7, free, confidential . Crisis Text Line (CTL) is here for you. A live, trained volunteer Crisis Counselor receives the text and responds, all from our secure online platform.
Burrell Behavioral Health 24 Hour Crisis Line	417-761-5555 800-494-7355	www.burrellcenter.com	Our FREE Crisis Assist Team provides immediate, 24/7 response to individuals who have a mental health crisis or are having thoughts of suicide. The team helps find resources and provides support and service on an individual basis to manage the crisis. When it is clinically appropriate, a same-day or next-day face-to-face intervention will occur.
24-Hour Crisis Hotline	417-864-SAFE (7233)	www.thevictimcenter.org/services/crisis-intervention	The Victim Center provides 24-hour crisis response with a trained Volunteer Victim Advocate or professional staff members. This service is available on a 24-hour, seven day a week basis for telephone support and immediate crisis intervention, including hospital and/or police station accompaniment, crisis counseling, and referral services when appropriate.
LGBT Hotline	888-843-4564	www.glbthotline.org	All of our support volunteers identify as part of the LGBTQIA+ family, and are here to serve the entire community, by providing free & confidential peer-support, information, and local resources through national hotlines and online programs.
NAMI Southwest Missouri Warm Line	877-535-4357	www.namismmo.com	NAMI SWMO is also a partner agency with the Missouri Department of Mental Health. We are a grassroots, not for profit organization dedicated to providing programs and services to individuals and family members impacted by mental illness.
Spanish Suicide Prevention Hotline	800-784-2432	www.suicidepreventionlifeline.org	¡Los servicios de texto y chat de 988 Lifeline ya están disponibles en español! Haga clic aquí para obtener información sobre cómo acceder a todos los servicios en español.
Springfield Police Department	417-864-1810	www.springfieldmo.gov/171/Police	

Professional Help

Betty and Bobby Allison Ozarks Counseling Center	417-869-9011	www.ozarkscounselingcenter.org	Our mission is to provide mental health services to the community regardless of ability to pay. We offer Individual, Couples and Group Counseling services as well as mediation and FOCIS.
Burrell Behavioral Health	417-761-5000	www.burrellcenter.com	We believe that everyone deserves access to affordable mental health care. We work with most insurance and offer options for those who qualify, including discounted fees and financial assistance.
Compass Counseling	417-597-4572	www.ozarkscounselingcenter.org/services	
Cox Hospital	417-269-3000	www.coxhealth.com	
Jordan Valley Community Health Center	417-831-0150	www.jordanvalley.org	
Lost & Found Grief Center	417-865-9998	www.lostandfoundozarks.com	We strive to improve lives in our community by providing help, hope, and healing through professional grief support services to those grieving. Lost & Found Grief Center works with those who are grieving to provide education and support as they face life without their deceased loved one.
Mercy Clinic - Psychology	417-820-9596	www.mercy.net/practice/mercy-clinic-psychology-medical-gardens/	
Mercy Hospital	417-820-2000	www.mercy.net/practice/mercy-hospital-springfield	
Preferred Family Healthcare Inc	417-862-3455	www.pfh.org	We provide a variety of services for adults including individual therapy, psychiatry and addiction recovery services.

Self-Help Strategies

Affirmations/Mantras	Journaling
Appropriate Sleep Habits	Muscle Relaxation
Calming Tools	Participating in Outdoor Activities
Coloring	Participating in Sporting Activities
Cooking	Playing with Fidget Cubes/Spinners
Drawing	Reading
Driving/Exploring	Storytelling
Eating healthy	Volunteering
Exercising	Writing
Gardening	Yoga