

Crisis Lines:

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**.

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**.

More Crisis Lines

Behavioral Health Response (**BHR**)
1-800-811-4760 or 314-469-6644

Provident Crisis Services (**PCS**)
314-647-4357

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

Courage2Report (Bullying)
1-866-748-7047

NCADA Hopeline (Alcohol & Drug)
1-800-622-2255

Safe Connections (Assault)
314-531-2003

About the District

The mission of De Soto #73 School District is to ensure learning, growth, and success for all students in a safe environment.

De Soto School District encompasses approximately 100 square miles. The district currently has one early childhood center, one preschool, two elementary schools (K-6), a junior high school (7-8), and a senior high school (9-12). The total District enrollment is approximately 3,100 students. The District offers a comprehensive academic curriculum which encompasses a wide range of extracurricular activities and special programs.

Social and Emotional Well-Being Services

The De Soto #73 School 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 K-12. 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, and LPC, will work closely to provide a continuum of support for our students. Support can be reached through the counseling department in each building.

If you see comments, messages, posts, snaps, or live streaming of suicidal behavior on social media or receive concerning texts, call **911** immediately.

De Soto #73 Public School District

*To ensure learning, growth, and success
for all students in a safe environment.*

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?

- Threatening to hurt or kill oneself
- Talking about hurting or killing oneself
- Looking for ways to kill oneself
- Talking or writing about death/suicide
- Giving away prized possessions
- Feeling hopeless or worthless
- Feeling rage or uncontrolled anger
- Decreased interest in school
- Acting reckless / risky activities
- Loss of energy or interest in activities
- Feeling trapped— there's no way out
- Increasing alcohol or drug use
- Withdrawing from friends, family
- Feeling anxious or agitated
- Sleeping too much or not enough
- Dramatic mood changes
- Seeing no reason for living
- Loss of appetite or binge eating
- Mood shifts from despair to happiness

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
- ★ Do schoolwork, chores, clean, or organize
- ★ Listen to music or sing or read a book
- ★ Hug a friend or family member
- ★ Let yourself cry (talk to someone close to you)
- ★ Take a hot shower or relaxing bath
- ★ Play with a pet or cuddle a stuffed animal
- ★ Help someone or perform acts of kindness
- ★ Go somewhere public or a friend's house
- ★ Play outside, get some sunshine
- ★ Cook or bake, sew or knit
- ★ Use the 5 senses (taste, sight, touch, smell, hear)

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

Remember:

- ❖ If someone is telling you that he or she is going to kill himself or herself, do not leave him or her alone. Do not allow them to isolate themselves.
- ❖ Remove any dangerous weapons from the home; such as gun(s), knives, rope(s), or other objects that could be harmful.
- ❖ Remove any medications that he or she 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 his or her suicidal thoughts a secret. Make sure to reach out for help.
- ❖ Most importantly - remain calm, listen, and provide love and support.
- ❖ Monitor his or her social media accounts; watch for concerning post or bullying.
- ❖ 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 rehabilitation program.
- ❖ Get help as soon as possible. Call **911** for emergency services and/or take the person to the nearest hospital emergency room.

“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.”

Counseling Services:

- ❑ Agape Christian Counseling 314-994-9344
- ❑ Alpha Omega Counseling 636-789-2747
- ❑ Axios Counseling & Consulting 314-347-8250
- ❑ Chestnut Health Systems 800-446-0972
- ❑ Comtrea 636-220-5397 or 636-931-2700
- ❑ CHADS Coalition 314-952-8274
- ❑ Counseling Connections 636-931-0300
- ❑ Counseling Hillsboro 636-633-1980
- ❑ Counseling Solutions 636-933-9590
- ❑ Fidelity Counseling 636-312-6161
- ❑ Guided Solutions Counseling 636-322-2225
- ❑ Heartland Counseling Center 636-333-2641
- ❑ Provident Counseling Services 314-657-7224
- ❑ Risse Counseling Services 636-933-4870
- ❑ St. Louis Counseling 636-638-2203
- ❑ The Right Solution Counseling 314-374-1620
- ❑ Wellness Counseling & Services 636-933-9905

Psychiatrist/Psychologist:

- ❑ Mercy-Jefferson Psychiatry 636-543-2237
- ❑ Mercy-Edgewood Psychiatry 314-628-6550
- ❑ SSM (Psychiatry) 314-577-5679
- ❑ SSM (Psychology) 314-577-5643

Hospitals (Inpatient/Outpatient):

- ❑ Alternative Behavioral Care 636-477-6111
- ❑ BJC Behavioral 314-729-4004 or 1-877-729-4004
- ❑ Centerpointe Hospital 314-842-5910
- ❑ Hyland Behavioral 314-525-4412 or 314-525-4400
- ❑ Mercy-Jefferson Intake 636-933-1230
- ❑ Mercy-Jefferson IOP Services 636-933-1210
- ❑ Mercy Behavioral Health Intake 314-251-6565
- ❑ SSM Inpatient Program 1-800-426-2083
- ❑ SSM DePaul Behavioral Youth 314-344-6700