



## Suicide Prevention Trainings by Missouri Region

Updated June 2024

This guide is intended to help connect interested stakeholders (e.g., suicide prevention coalitions, advocates, health, and behavioral providers) to identify and access a variety of suicide prevention trainings near them. Training Information is organized by region below. Designated regions and associated counties align with the [Community Mental Health Centers](#) service areas. Organizations providing services statewide or for most Missouri counties are also outlined.

*If you do not see your organization or suicide prevention training that you offer listed, we are sorry we missed you! We want to hear from you and get you added. Please send an email to: [admin@mospn.org](mailto:admin@mospn.org).*

Information is included on a variety of trainings, including:

- [Mental Health First Aid](#) (MHFA) and related courses: skills-based training course that teaches participants about mental health and substance-use issues. **To find an MFHA-related course near you, click [here](#).** Virtual options may be available through some instructors. Additional courses available:
  - Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis.
  - teen Mental Health First Aid (tMHFA) is a teen training program.
  - Spanish versions are available for MHFA and the Youth MHFA trainings.
- [Zero Suicide](#): a system-wide approach to improve suicide care within health and behavioral health systems. The foundational belief of Zero Suicide is that suicide deaths for individuals under the care of health and behavioral health systems are preventable. For systems dedicated to improving patient safety, Zero Suicide presents an aspirational challenge and practical framework for system-wide transformation toward safer suicide care.
- [Counseling \(Conversations\) around Lethal Means](#) (CALM): the course is about how to reduce access to the methods people use to kill themselves. It covers who needs lethal means counseling and how to work with people at risk for suicide—and their families—to reduce access.
- [Questions. Persuade. Refer.](#) (QPR): trains people to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. **To find an instructor near you to train your organization, click [here](#).**
- [Missouri Ask Listen Refer](#) (ALR): designed to help Missouri residents prevent suicide by teaching them to identify people at risk, recognize the risk and protective factors, and respond to and get help for people at risk. **This free training can be completed [online](#).**



- [Signs of Suicide \(SOS\)](#): teaches students how to identify indicators of depression and suicide in themselves and their peers.
- [Collaborative Assessment and Management of Suicidality \(CAMS\)-Care](#): trains clinicians and systems of care to treat people suffering from thoughts of suicide. **Online training courses for individuals or multiple organization seats can be purchased [here](#).**
- [LivingWorks Applied Suicide Intervention Skills Training \(ASIST\)](#): teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. **To find a training near you, click [here](#).**
- [Veteran Affairs S.A.V.E](#) (Signs, Ask, Validate, Encourage and Expedite): training to help those who encounter a Veteran in crisis.
- Additional suicide and mental health resources can be found listed at the end of this guide.

**Some Continuing Education Unit training links:**

Lowering the Risks for Suicide - [Lowering the Risks for Suicide \(inreachce.com\)](#)

Cultural Differences in Suicide Prevention, Assessment, and Response [Product Details - National Association of Social Workers \(inreachce.com\)](#)

Critical Decision Making in Mental Health Crisis Care: Utilizing the Columbia Suicide Severity Scale with Children [Youth Suicide Prevention \(inreachce.com\)](#)

**Statewide Trainings and Resources:**

**AgriSafe:**

Olivia Bury  
[obury@agrisafe.org](mailto:obury@agrisafe.org)

| <i>Training</i>                   | <i>Cost</i>                               | <i>Additional Information</i>  |
|-----------------------------------|---|--|
| QPR for farmers and farm families | Free to Missouri organizations and groups | QPR trainings are designed for Ag Producers, Ag Businesses and Health Care professionals. The trainings may be given virtual or in-person and are intended for those who are farmers or farm families. AgriSafe has a QPR trainer who is also a Missouri rancher available to train in your state. |



|  |  |   |
|--|--|---|
|  |  | We do ask for in person groups to be 20-30 in number and virtual over 15. |
|--|--|---|

**Missouri Department of Mental Health:**

Jennifer Delett-Snyder

[Jennifer.DelettSnyder@dmh.mo.gov](mailto:Jennifer.DelettSnyder@dmh.mo.gov)

| <i>Training</i>                               | <i>Cost</i>  | <i>Additional Information</i>  |
|---|--|--|
| MHFA  | Free. Coast associated to become an instructor.                                  | Available through PRCs <a href="#">Prevention Resource Network Map</a> . In person, virtual, and hybrid options.             |
| QPR for SUD                                   | Free when available. (Dependent on Grant Funding)                                | In person or virtual.  |
| SOS   | Often free. New license: \$495, Annual subscription renewal \$300.               | In person or virtual. Available through PRCs <a href="#">Prevention Resource Network Map   dmh.mo.gov</a>                    |
| CAMS-Care                                     | Free when available. (Dependent on Grant Funding)                                | Virtual.   |
| LivingWorks-ASIST                             | Free when available. (Dependent on Grant Funding)                                | In person.   |
| Veteran Affairs S.A.V.E                       | Free when available. (Dependent on Grant Funding)                                | Virtual.   |
| Domestic Violence Suicide Prevention Training | Free when available. (Dependent on Grant Funding)                                | Virtual. Curriculum developed through EDC for the COVID-19 grant.  |
| AMSR for SUD(Dependent on grant funding)      | Free when available. (Dependent on Grant Funding)                                | In person.   |
| Zero Suicide Academy                          | Free   | In person.   |
| QPR   | Free   | Available through PRCs. In person, or virtual. <a href="#">Prevention Resource Network Map   dmh.mo.gov</a>                  |
| Teen MHFA                                     | Yes-\$1,700/instructor and \$12.95/manual  | Only available for schools and organizations-not individuals. In person or blended options.                                  |
| Youth MHFA                                    | Yes-\$170/person and 20/manual(sometimes free courses with limited availability) | Available through PRCs. In person, virtual, and hybrid options. <a href="#">Prevention Resource Network Map   dmh.mo.gov</a> |



**Missouri Behavioral Health Council:**

[admin@mospn.org](mailto:admin@mospn.org)

| <i>Training</i> | <i>Cost</i> | <i>Additional Information</i>                                  |
|-----------------|-------------|--|
| MHFA            | Yes         | Please reach out to the contact email for further information. |
| CALM            | Yes         | Please reach out to the contact email for further information. |

**MU Extension:**

Kyleigh Brown

[k.brown@missouri.edu](mailto:k.brown@missouri.edu)

| <i>Training</i>               | <i>Cost</i> | <i>Additional Information</i>                                     |
|-------------------------------|-------------|---|
| MHFA                          | None        | Virtual, in person, and hybrid options. Counties: All MO counties |
| QPR                           | None        | Virtual, in person, and hybrid options. Counties: All MO counties |
| Youth Mental Health First Aid | None        | Virtual, in person, and hybrid options. Counties: All MO counties |
| Teen Mental Health First Aid  | None        | Virtual, in person, and hybrid options. Counties: All MO counties |

**Behavioral Health Response (BHR):**

Jessie Brown

[jbrown@bhrworldwide.com](mailto:jbrown@bhrworldwide.com)

| <i>Training</i>           | <i>Cost</i> | <i>Additional Information</i>  |
|---------------------------|-------------|--------------------------------|
| Disarming Suicide Program | None        | In-person and virtual options. |

**Most Counties in Missouri:**

**American Foundation for Suicide Prevention-Missouri Chapter:**

Phyllis Blackwelder

[pblackwelder@afsp.org](mailto:pblackwelder@afsp.org)



| Training  | Cost                           | Additional Information   |
|---|--------------------------------|--|
| MHFA  | Contact MO Chapter for details | Virtual. Counties: All in MO except: Clay, Platte, St. Charles,  |
| Youth Mental Health First Aid   | Contact MO Chapter for details | Virtual. Counties: All in MO except: Clay, Platte, St. Charles,  |
| Livingworks ASIST   | Contact MO Chapter for details | In person. Counties: All in MO except: Clay, Platte, St. Charles,  |
| Livingworks safeTALK  | Contact MO Chapter for details | In person. Counties: All in MO   |
| Talk Saves Lives (standard, seniors, LGBTIQQ, firearm safety, workplace setting and corrections modules), More Than Sad (teens, parents and educator modules), It's Real: College Students and Mental Health, Gizmo's Pawsome Guide to Mental Health, It's Real: Teens and Mental Health, | None                           | Virtual: Talk Saves Lives (standard, seniors, LGBTIQ, firearm safety modules), More Than Sad (Parents and educator modules), It's Real: College Students and Mental Health, It's Real: Teens and Mental Health (Middle School and High School modules). In person: Talk Saves Lives (standard, seniors, LGBTIQ, firearm safety, Workplace Setting, Corrections modules), More Than Sad, It's Real: College Students and Mental Health, It's Real: Teens and Mental Health (Middle School and High School modules), L.E.T.S. Save Lives for Black and African American Communities, Talk Saves Lives for the LatinX Communities |
| Finding Hope: Guidance for Supporting Those at Risk   | None                           | In person. Counties: All in MO   |
| Soul Shop for Faith Leaders   | Contact MO Chapter for details | In person: contact MO Chapter for details  |
| Soul Shop for Black Churches  | Contact MO Chapter for details | In person: contact MO Chapter for details  |

**Safer Homes Collaborative:**

Katie Ellison

[katie.ellison@mimh.edu](mailto:katie.ellison@mimh.edu)

[info@saferhomescollaborative.org](mailto:info@saferhomescollaborative.org)



| Training                              | Cost   | Additional Information  |
|---------------------------------------|--|---|
| Conversations for Suicide Safer Homes | 1 Hour Conversations for Suicide Safer Homes workshop - free to participants. Currently the 8-hour CSSH instructor training is free. | Virtual courses are available on the second Tuesday of the month at noon and the fourth Tuesday of the month at 6:00 PM. <a href="#">Registration</a> is required. In-person workshops are available in most Missouri counties. Find an instructor in your area on the SHC <a href="#">Instructor Map</a> . |

We have free, downloadable [resources](#) on the Safer Homes Collaborative [website](#).

**Region 1: Counties Served: Andrew, Atchison, Buchanan, Clinton, DeKalb, Gentry, Holt, Nodaway, Worth**

**Preferred Family Healthcare:**

Edward Mears  
[emears@pfh.org](mailto:emears@pfh.org)  
[moprevention@pfh.org](mailto:moprevention@pfh.org)

| Training | Cost | Additional Information   |
|----------|------|--|
| MHFA     | None | Virtual, in person, hybrid options. Andrew, Atchison, Buchanan, Clinton, Dekalb, Gentry, Holt, Nodaway, Worth. |
| QPR      | None | Virtual, in person, hybrid options. Andrew, Atchison, Buchanan, Clinton, Dekalb, Gentry, Holt, Nodaway, Worth. |
| SOS      | None | Virtual, in person, hybrid options. Andrew, Atchison, Buchanan, Clinton, Dekalb, Gentry, Holt, Nodaway, Worth. |



|                               |      |  |
|-------------------------------|------|--|
| Youth Mental Health First Aid | None | Virtual, in person, hybrid options. Andrew, Atchison, Buchanan, Clinton, Dekalb, Gentry, Holt, Nodaway, Worth. |
|-------------------------------|------|--|

**City of St. Joseph Health Department:**

Stephanie Malita

[smalita@stjosephmo.gov](mailto:smalita@stjosephmo.gov)

| Training | Cost | Additional Information  |
|----------|------|---|
| SOS      | None | SOS materials provided to interested schools-no training on SOS provided. |

**Regions 2-5: Counties Served: Jackson**

**Independence Health Department:**

Halie Smith-Griffin

[hsmith-griffin@indepmo.org](mailto:hsmith-griffin@indepmo.org)

| <i>Training</i> | <i>Cost</i> | <i>Additional Information</i>      |
|-----------------|-------------|------------------------------------|
| Youth MHFA      | None        | Training available in Independence |

**Region 6: Counties Served: Clay, Platte, Ray**

**Beacon Mental Health:**

Taylor Cline

[taylorc@beaconmh.org](mailto:taylorc@beaconmh.org)

816-468-0400

| <i>Training</i> | <i>Cost</i>   | <i>Additional Information</i>   |
|-----------------|---|---|
| MHFA            | \$23.95   | Offered quarterly as virtual, blended or in person classes in Clay, Platte or Ray Counties. |
| Youth MHFA      | Free for anyone who lives/works in Missouri. Free group training for school district staff. | Offered quarterly in virtual, blended, or in person for Clay, Platte, or Ray counties.      |
| Teen MHFA       | Available to school districts for free  | Offered quarterly in virtual, blended, or in person for Clay, Platte, or Ray counties.      |



|   |   |   |
|---|---|---|
| QPR   | Trainings are provided for free to primarily Hope Squad members   | Assists schools in implementing Hope Squads. Offered to Clay, Platte, and Ray County schools on an as needed basis. |
| SOS-Implementer, Trusted Adult Staff, and Trusted Adult Parent trainings are available for free by request. | Training is free. For access to materials, schools must purchase a new license for \$495 or renew an existing license for \$300 | Provided in-person or virtual on an as needed basis to schools in Clay, Platte and Ray Counties.                    |

**Region 7: Counties Served: Cass, Johnson, Lafayette**

No organizations have been identified that provide trainings to these specific counties. For potential training opportunities, please see organizations listed under Statewide Trainings and Resources or Most Missouri Counties.

**Region 8A: Counties Served: Barry, Dade, Lawrence**

No organizations have been identified that provide trainings to these specific counties. For potential training opportunities, please see organizations listed under Statewide Trainings and Resources or Most Missouri Counties.

**Region 8B: Counties Served: Bates, Benton, Cedar, Henry, Hickory, St. Clair, Vernon**

**Compass Health:**

Ethan Newman

[enewman@compasshn.org](mailto:enewman@compasshn.org)

660-223-2387

| <i>Training</i> | <i>Cost</i> | <i>Additional Information</i>  |
|-----------------|-------------|--|
| MHFA            | None        | Virtual, in person, hybrid options. Counties: Bates, Benton, Cedar, Henry, Hickory, St. Clair, Vernon. |
| QPR             | None        | In person and virtually. Counties: Bates, Benton, Cedar, Henry, Hickory, St. Clair, Vernon.            |





|                                       |      |   |
|---------------------------------------|------|---|
| SOS                                   | None | In person. Counties: Bates, Benton, Cedar, Henry, Hickory, St. Clair, Vernon. |
| Livingworks ASIST                     | None | Counties: Bates   |
| Livingworks SafeTALK                  | None | Counties: Bates   |
| Conversations for Suicide Safer Homes | None | Counties: Bates   |
| Its Real                              | None | Counties: Bates   |
| Talk Saves lives                      | None | Counties: Bates   |

**Region 9: Counties Served: Barton, Jasper, McDonald, Newton**

**Ozark Center**

Deborah Fitzgerald

[dlfitzgerald@freemanhealth.com](mailto:dlfitzgerald@freemanhealth.com)

| <i>Training</i> | <i>Cost</i>               | <i>Additional Information</i>   |
|-----------------|---------------------------|---|
| MHFA            | Cost of manuals and lunch | Offered within the community on-demand and in-person in the service area (Barton, Jasper, Newton and McDonald counties) |
| CALM            | None                      | Offered in the community by request in the service area   |
| QPR             | None                      | Offered in the community by request in the service area   |
| SOS             | None                      | Offered to all school districts within the service area and provided to any/all 5th grade through 12th grade students   |

**Region 10: Counties Served: Christian, Dallas, Greene, Polk, Stone, Taney, Webster**

**Stone County Health Department:**

Monica Mueller

[Monica.Mueller@lpha.mo.gov](mailto:Monica.Mueller@lpha.mo.gov)

| Training | Cost | Additional Information                |
|----------|------|---------------------------------------|
| MHFA     | None | CPO- in person<br>SC OACAC- in person |



|   |      |   |
|---|------|---|
|   |      | Via Zoom- MU Extension.<br>Counties: Stone.   |
| QPR   | None | In person- Stone County Health Dept and Veterans of the Ozarks Counties: Stone.                           |
| Youth Mental Health First Aid                     | None | CPO- in person<br>SC OACAC- in person<br>Via Zoom- MU Extension.<br>Counties: Stone.                      |
| Person Brain Model Training(Trauma informed care) |      | 2 hour overview and two day intensive session offered by Zoom and in person by Burrell Behavioral Health. |

**Region 11: Counties Served: Camden, Cole, Laclede, Miller, Osage, Pulaski**

**Chads Coalition for Mental Health:**

Tom Duff

[tom@chadscoalition.org](mailto:tom@chadscoalition.org)

| Training                | Cost   | Additional Information                                  |
|-------------------------|--|---|
| SOS                     | \$175 per student presentation,<br>\$300 per parent presentation,<br>\$450 per school training | Virtual, In person, and hybrid options. Counties: Cole. |
| Suicide Risk Assessment | \$650  | Virtual, in person, and hybrid options. Counties: Cole. |

**Compass Health:**

Ethan Newman

[enewman@compasshn.org](mailto:enewman@compasshn.org)

660-223-2387

| Training             | Cost | Additional Information   |
|----------------------|------|--|
| MHFA                 | None | Virtual, in person, hybrid options. Counties: Camden, Cole, Laclede, Miller, Osage, Pulaski. |
| QPR                  | None | In person and virtually. Counties: Camden, Cole, Laclede, Miller, Osage, Pulaski.            |
| SOS                  | None | In person. Counties: Camden, Cole, Laclede, Miller, Osage, Pulaski.                          |
| Livingworks ASIST    | None | Counties: Osage  |
| Livingworks SafeTALK | None | Counties: Osage  |



|                                       |      |                 |
|---------------------------------------|------|-----------------|
| Conversations for Suicide Safer Homes | None | Counties: Osage |
| Its Real                              | None | Counties: Osage |
| Talk Saves lives                      | None | Counties: Osage |

**Region 12: Counties Served: Boone, Carroll, Chariton, Cooper, Howard, Moniteau, Morgan, Pettis, Randolph, Saline**

**Pettis County Health Center:**

Erica Elliott  
[erica.elliott@lpha.mo.gov](mailto:erica.elliott@lpha.mo.gov)

| Training                      | Cost | Additional Information                                   |
|-------------------------------|------|--|
| Youth Mental Health First Aid | None | Virtual, in person, and hybrid options. Counties: Pettis |
| QPR                           | None | Virtual, in person, and hybrid. Counties: Pettis.        |

**Compass Health:**

Ethan Newman  
[enewman@compasshn.org](mailto:enewman@compasshn.org)  
 660-223-2387

| Training                              | Cost | Additional Information  |
|---------------------------------------|------|---|
| MHFA                                  | None | Counties: Boone, Carroll, Chariton, Cooper, Howard, Moniteau, Morgan, Pettis, Randolph, Saline. |
| QPR                                   | None | Counties: Boone, Carroll, Chariton, Cooper, Howard, Moniteau, Morgan, Pettis, Randolph, Saline. |
| SOS                                   | None | Counties: Boone, Carroll, Chariton, Cooper, Howard, Moniteau, Morgan, Pettis, Randolph, Saline. |
| Livingworks ASIST                     | None | Counties: Boone, Carroll  |
| Livingworks SafeTALK                  | None | Counties: Boone, Carroll  |
| Conversations for Suicide Safer homes | None | Counties: Boone, Carroll  |
| Its Real                              | None | Counties: Boone, Carroll  |
| Talk Saves lives                      | None | Counties: Boone, Carroll  |



**Region 13: Counties Served: Caldwell, Daviess, Grundy, Harrison, Linn, Livingston, Mercer, Putnam, Sullivan**

**Preferred Family Healthcare:**

Edward Mears  
[emears@pfh.org](mailto:emears@pfh.org)  
[moprevention@pfh.org](mailto:moprevention@pfh.org)

| Training                      | Cost | Additional Information   |
|-------------------------------|------|--|
| MHFA                          | None | Virtual, in person, hybrid options. Caldwell, Daviess, Grundy, Harrison, Linn, Livingston, Mercer, Putnam, Sullivan. |
| QPR                           | None | Virtual, in person, hybrid options. Caldwell, Daviess, Grundy, Harrison, Linn, Livingston, Mercer, Putnam, Sullivan. |
| SOS                           | None | Virtual, in person, hybrid options. Caldwell, Daviess, Grundy, Harrison, Linn, Livingston, Mercer, Putnam, Sullivan. |
| Youth Mental Health First Aid | None | Virtual, in person, hybrid options. Caldwell, Daviess, Grundy, Harrison, Linn, Livingston, Mercer, Putnam, Sullivan. |

**Moms Breaking the Silence:**

Tosha Shoush  
[endthestigma4@gmail.com](mailto:endthestigma4@gmail.com)

| Training | Cost | Additional Information          |
|----------|------|---------------------------------|
| MHFA     | None | In person only. Counties: Linn. |
| QPR      | None | In person only. Counties: Linn. |



|                               |      |                                 |
|-------------------------------|------|---------------------------------|
| Youth Mental Health First Aid | None | In person only. Counties: Linn. |
| Teen Mental Health First Aid  | None | In person only. Counties: Linn. |

**Northwest Missouri Suicide Prevention Coalition:**

Hilary Castleberry  
[hcastle96@yahoo.com](mailto:hcastle96@yahoo.com)

| Training                | Cost | Additional Information                          |
|-------------------------|------|---|
| Mental Health Awareness | None | In person. Counties: Daviess, Harrison, Mercer. |

**Region 14: Counties Served: Adair, Clark, Knox, Lewis, Macon, Marion, Schuyler, Scotland, Shelby**

**Preferred Family Healthcare:**

Edward Mears  
[emears@pfh.org](mailto:emears@pfh.org)  
[moprevention@pfh.org](mailto:moprevention@pfh.org)

| Training | Cost | Additional Information  |
|----------|------|---|
| MHFA     | None | Virtual, in person, hybrid options. Adair, Clark, Knox, Lewis, Macon, Marion, Schuyler, Scotland, Shelby. |
| QPR      | None | Virtual, in person, hybrid options. Adair, Clark, Knox, Lewis, Macon, Marion, Schuyler, Scotland, Shelby. |
| SOS      | None | Virtual, in person, hybrid options. Adair, Clark, Knox, Lewis, Macon, Marion, Schuyler, Scotland, Shelby. |



|                               |      |   |
|-------------------------------|------|---|
| Youth Mental Health First Aid | None | Virtual, in person, hybrid options. Adair, Clark, Knox, Lewis, Macon, Marion, Schuyler, Scotland, Shelby. |
|-------------------------------|------|---|

**Chads Coalition for Mental Health:**

Tom Duff

[tom@chadscoalition.org](mailto:tom@chadscoalition.org)

| Training                | Cost   | Additional Information                                    |
|-------------------------|--|---|
| SOS                     | \$175 per student presentation, \$300 per parent presentation, \$450 per school training | Virtual, In person, and hybrid options. Counties: Marion. |
| Suicide Risk Assessment | \$650  | Virtual, in person, and hybrid options. Counties: Marion. |

**Moms Breaking the Silence:**

Tosha Shoush

[endthestigma4@gmail.com](mailto:endthestigma4@gmail.com)

| Training                      | Cost | Additional Information           |
|-------------------------------|------|----------------------------------|
| MHFA                          | None | In person only. Counties: Macon. |
| QPR                           | None | In person only. Counties: Macon. |
| Youth Mental Health First Aid | None | In person only. Counties: Macon. |
| Teen Mental Health First Aid  | None | In person only. Counties: Macon. |

**Region 15: Counties Served: Audrain, Callaway, Monroe, Montgomery, Pike, Ralls**

**Chads Coalition for Mental Health:**

Tom Duff

[tom@chadscoalition.org](mailto:tom@chadscoalition.org)

| Training                | Cost   | Additional Information  |
|-------------------------|--|---|
| SOS                     | \$175 per student presentation, \$300 per parent presentation, \$450 per school training | Virtual, In person, and hybrid options. Counties: Callaway, Monroe. |
| Suicide Risk Assessment | \$650  | Virtual, in person, and hybrid options. Counties: Callaway, Monroe. |



**Compass Health:**

Ethan Newman

[enewman@compasshn.org](mailto:enewman@compasshn.org)

660-223-2387

| <i>Training</i> | <i>Cost</i> | <i>Additional Information</i>   |
|-----------------|-------------|---|
| MHFA            | None        | Virtual, in person, hybrid options. Counties: Callaway, Monroe, Montgomery, Pike, Ralls, Audrain. |
| QPR             | None        | In person and virtually. Counties: Callaway, Monroe, Montgomery, Pike, Ralls, Audrain.            |
| SOS             | None        | In person. Counties: Callaway, Monroe, Montgomery, Pike, Ralls, Audrain.                          |

**Region 16: Counties Served: Franklin, Lincoln, St. Charles, Warren**

**St. Louis Region Suicide Prevention Coalition:**

Elizabeth Makulec

[elizabeth.makulec@kuto.org](mailto:elizabeth.makulec@kuto.org)

| Training | Cost                    | Additional Information   |
|----------|-------------------------|--|
| MHFA     | Determined by coalition | Training provided by coalition members. Counties: Franklin, St. Charles.   |
| CALM     | Determined by coalition | Offer both Counseling & Conversations on Access to Lethal Means. Conversations are intended to help friends, family, and co-workers encourage safe storage of lethal means during a mental health crisis. Training provided by coalition members. Counties: Franklin, St. Charles. |
| QPR      | Determined by coalition | Training provided by coalition members. Counties: Franklin, St. Charles.   |



|                               |                         |  |
|-------------------------------|-------------------------|--|
| SOS                           | Determined by coalition | Training provided by coalition members. Counties: Franklin, St. Charles. |
| ASIST                         | Determined by coalition | Training provided by coalition members. Counties: Franklin, St. Charles. |
| Youth Mental Health First Aid | Determined by coalition | Training provided by coalition members. Counties: Franklin, St. Charles. |
| Teen Mental Health First Aid  | Determined by coalition | Training provided by coalition members. Counties: Franklin, St. Charles. |

**PreventEd:**

Stacie Zellin  
[szellin@prevented.org](mailto:szellin@prevented.org)

| Training                      | Cost | Additional Information  |
|-------------------------------|------|---|
| Youth Mental Health First Aid | None | Virtual and in person. Counties St. Louis, St. Louis City, St. Charles, Jefferson, Warren, Franklin, Lincoln. |
| Teen Mental Health First Aid  | None | Virtual and in person. Counties St. Louis, St. Louis City, St. Charles, Jefferson, Warren, Franklin, Lincoln. |
| Adult Mental Health First Aid | None | Virtual and in person. Counties St. Louis, St. Louis City, St. Charles, Jefferson, Warren, Franklin, Lincoln. |

**Veterans' Health Administration:**

St. Louis Suicide Prevention Team  
[VHASPCMO-657STLSuicidePreventionTeam@va.gov](mailto:VHASPCMO-657STLSuicidePreventionTeam@va.gov)

| Training                | Cost | Additional Information  |
|-------------------------|------|---|
| Veteran Affairs S.A.V.E | None | Virtual and in person offered. Counties: Franklin, Lincoln, Warren. |





**Chads Coalition for Mental Health:**

Tom Duff

[tom@chadscoalition.org](mailto:tom@chadscoalition.org)

| Training                | Cost   | Additional Information   |
|-------------------------|--|--|
| SOS                     | \$175 per student presentation,<br>\$300 per parent presentation,<br>\$450 per school training | Virtual, In person, and hybrid options. Counties: Franklin, Lincoln. |
| Suicide Risk Assessment | \$650  | Virtual, in person, and hybrid options. Counties: Franklin, Lincoln. |

**Region 17A: Counties Served: Crawford, Dent, Gasconade, Maries, Phelps**

None

**Region 17B: Counties Served: Iron, St. Francois, Washington**

**Behavioral Health Response (BHR):**

Jessie Brown

[jbrown@bhrworldwide.com](mailto:jbrown@bhrworldwide.com)

| <i>Training</i>   | <i>Cost</i>  | <i>Additional Information</i>  |
|---|--|--|
| MHFA  | Yes, varies please contact for more information on cost. | In person and virtual options. Counties: Iron, St. Francois, Washington. |
| Suicide Awareness and Prevention/Intervention Middle/High school, and Adults. | Yes, varies  | In person and virtual options. Counties: Iron, St. Francois, Washington. |
| LivingWorks ASIST   | Yes, varies  | Available in-person only. Counties: Iron, St. Francois, Washington.      |
| Disarming Suicide Program   | None   | In-person and virtual options.   |

**Compass Health:**

Ethan Newman

[enewman@compasshn.org](mailto:enewman@compasshn.org)

660-223-2387

| Training | Cost | Additional Information |
|----------|------|------------------------|
| MHFA     | None | Counties: St. Francois |



|                                       |      |                        |
|---------------------------------------|------|------------------------|
| QPR                                   | None | Counties: St. Francois |
| SOS                                   | None | Counties: St. Francois |
| Livingworks ASIST                     | None | Counties: St. Francois |
| Livingworks SafeTALK                  | None | Counties: St. Francois |
| Conversations for Suicide Safer homes | None | Counties: St. Francois |
| Its Real                              | None | Counties: St. Francois |
| Talk Saves lives                      | None | Counties: St. Francois |

**Region 18: Counties Served: Douglas, Howell, Oregon, Ozark, Shannon, Texas, Wright**

No organizations have been identified that provide trainings to these specific counties. For potential training opportunities, please see organizations listed under Statewide Trainings and Resources or Most Missouri Counties.

**Region 19: Counties Served: Butler, Carter, Dunklin, Pemiscot, Reynolds, Ripley, Wayne**

**Southeast Missouri Behavioral Health:**

Allison Austill

[aaustill@semobh.org](mailto:aaustill@semobh.org)

[prevention@semobh.org](mailto:prevention@semobh.org)

| Training                      | Cost                            | Additional Information  |
|-------------------------------|---------------------------------|---|
| MHFA                          | No cost                         | Virtual and in person offered. Counties: Butler, Carter, Reynolds, Ripley, Wayne. |
| QPR                           | No cost                         | Virtual and In person. Counties: Butler, Carter, Reynolds, Ripley, Wayne.         |
| SOS                           | Provided to schools for no cost | For schools. In person Counties: Butler, Carter, Reynolds, Ripley, Wayne.         |
| Youth Mental Health First Aid | Not cost                        | Virtual and in person. Counties: Butler, Carter, Reynolds, Ripley, Wayne.         |

**Region 20: Counties Served: Mississippi, New Madrid, Scott, Stoddard**

**Southeast Missouri Behavioral Health:**

Allison Austill

[aaustill@semobh.org](mailto:aaustill@semobh.org)



[prevention@semobh.org](mailto:prevention@semobh.org)

| Training                      | Cost                           | Additional Information                             |
|-------------------------------|--------------------------------|--|
| MHFA                          | No cost                        | Virtual and in person offered. Counties: Stoddard. |
| QPR                           | No cost                        | In person and virtual. Counties: Stoddard.         |
| SOS                           | Provided to schools at no cost | In person. Counties: Stoddard.                     |
| Youth Mental Health First Aid | No cost                        | In person and Virtual. Counties: Stoddard.         |

**Region 21: Counties Served: Bollinger, Cape Girardeau, Madison, Perry, Ste. Genevieve**

**Community Counseling Center:**

Rick Strait

[rstrait@cccntr.com](mailto:rstrait@cccntr.com)

| <i>Training</i>               | <i>Cost</i>  | <i>Additional Information</i>  |
|-------------------------------|--|--|
| MHFA                          | Varies-free courses are offered but for additional courses, please contact | Currently offered virtual. Counties: Bollinger, Cape Girardeau, Madison, Perry, Ste. Genevieve   |
| CALM                          | Varies   | Offered virtually and in-person Counties: Bollinger, Cape Girardeau, Madison, Perry, Ste. Genevieve  |
| QPR                           | Varies   | Currently offered virtual, but in the future, it will likely be offered virtual and in-person. Counties: Bollinger, Cape Girardeau, Madison, Perry, Ste. Genevieve |
| Youth Mental Health First Aid | Varies-free courses are offered but for additional courses, please contact | Currently offered virtual Counties: Bollinger, Cape Girardeau, Madison, Perry, Ste. Genevieve  |

**Region 22: Counties Served: Jefferson**

**PreventEd:**

Stacie Zellin



[szellin@prevented.org](mailto:szellin@prevented.org)

| Training                      | Cost | Additional Information  |
|-------------------------------|------|---|
| Youth Mental Health First Aid | None | Virtual and in person. Counties St. Louis, St. Louis City, St. Charles, Jefferson, Warren, Franklin, Lincoln. |
| Teen Mental Health First Aid  | None | Virtual and in person. Counties St. Louis, St. Louis City, St. Charles, Jefferson, Warren, Franklin, Lincoln. |
| Adult Mental Health First Aid | None | Virtual and in person. Counties St. Louis, St. Louis City, St. Charles, Jefferson, Warren, Franklin, Lincoln. |

**Veterans' Health Administration:**

St. Louis Suicide Prevention Team

[VHASPCMO-657STLSuicidePreventionTeam@va.gov](mailto:VHASPCMO-657STLSuicidePreventionTeam@va.gov)

| Training                | Cost | Additional Information                              |
|-------------------------|------|---|
| Veteran Affairs S.A.V.E | None | Virtual and in person offered. Counties: Jefferson. |

**CHADS Coalition for Mental Health:**

Tom Duff

[tom@chadscoalition.org](mailto:tom@chadscoalition.org)

| Training                | Cost   | Additional Information                                       |
|-------------------------|--|--|
| SOS                     | \$175 per student presentation, \$300 per parent presentation, \$450 per school training | Virtual, In person, and hybrid options. Counties: Jefferson. |
| Suicide Risk Assessment | \$650  | Virtual, in person, and hybrid options. Counties: Jefferson. |

**St. Louis Region Suicide Prevention Coalition:**

Elizabeth Makulec

[elizabeth.makulec@kuto.org](mailto:elizabeth.makulec@kuto.org)

| Training | Cost                    | Additional Information   |
|----------|-------------------------|--|
| MHFA     | Determined by coalition | Training provided by coalition members. Counties: Jefferson                    |
| CALM     | Determined by coalition | Offer both Counseling & Conversations on Access to Lethal Means. Conversations |



|                               |                         |  |
|-------------------------------|-------------------------|--|
|                               |                         | are intended to help friends, family, and co-workers encourage safe storage of lethal means during a mental health crisis. Training provided by coalition members. Counties: Jefferson |
| QPR                           | Determined by coalition | Training provided by coalition members. Counties: Jefferson  |
| SOS                           | Determined by coalition | Training provided by coalition members. Counties: Jefferson.   |
| ASIST                         | Determined by coalition | Training provided by coalition members. Counties: Jefferson  |
| Youth Mental Health First Aid | Determined by coalition | Training provided by coalition members. Counties: Jefferson  |
| Teen Mental Health First Aid  | Determined by coalition | Training provided by coalition members. Counties: Jefferson  |

**Behavioral Health Response (BHR):**

Jessie Brown

[jbrown@bhrworldwide.com](mailto:jbrown@bhrworldwide.com)

| <i>Training</i>   | <i>Cost</i>  | <i>Additional Information</i>                       |
|---|--|---|
| MHFA  | Yes, varies please contact for more information on cost. | In person and virtual options. Counties: Jefferson. |
| Suicide Awareness and Prevention/Intervention Middle/High school, and Adults. | Yes, varies  | In person and virtual options. Counties: Jefferson. |
| LivingWorks ASIST   | Yes, varies  | Available in-person only. Counties: Jefferson.      |
| Disarming Suicide Program   | None   | In-person and virtual options.                      |

**Region 23-25: Counties Served: St. Louis City and St. Louis**

**Behavioral Health Response (BHR):**

Jessie Brown

[jbrown@bhrworldwide.com](mailto:jbrown@bhrworldwide.com)

| <i>Training</i> | <i>Cost</i>  | <i>Additional Information</i>                                   |
|-----------------|--|---|
| MHFA            | Yes, varies please contact for more information on cost. | In person and virtual options. Counties: St. Louis City/County. |



|   |             |   |
|---|-------------|---|
| Suicide Awareness and Prevention/Intervention Middle/High school, and Adults. | Yes, varies | In person and virtual options. Counties: St. Louis City/County. |
| LivingWorks ASIST   | Yes, varies | Available in-person only. Counties: St. Louis City/County.      |
| Disarming Suicide Program   | None        | In-person and virtual options.                                  |

**Provident Behavioral Health:**

Shelby Beasley

[szurickbeasley@providentstl.org](mailto:szurickbeasley@providentstl.org)

| <i>Training</i> | <i>Cost</i>                     | <i>Additional Information</i>                               |
|-----------------|---------------------------------|---|
| QPR             | \$150/hr.                       | Hybrid options. Counties: St. Louis City, St. Louis County. |
| ASIST           | \$180 for full two-day training | In person. Counties: St. Louis City, St. Louis County.      |

**Missouri Institute of Mental Health:**

Katie Ellison [katie.ellison@mimh.edu](mailto:katie.ellison@mimh.edu)

Rachel Taube [rachel.taube@mimh.edu](mailto:rachel.taube@mimh.edu)

| <i>Training</i>                      | <i>Cost</i> | <i>Additional Information</i>  |
|--------------------------------------|-------------|--|
| MHFA                                 | None        | Offered to general public as well as instructor training. Training for general public is free. Trainings located in St. Louis area. The contact is Rachel. |
| CALM                                 | None        | Offered virtually and in-person. Open to anyone in the St. Louis area or traveling to that area. The contact is Katie.                                     |
| QPR                                  | None        | Offered on demand, in-person or virtually. Open to anyone in or traveling to St. Louis. The contact is Katie.  |
| Conversations on Suicide Safer Homes | None        | Offered virtually and in person to anyone in or traveling to St. Louis. The contact is Katie.  |

**PreventEd:**

Stacie Zellin



[szellin@prevented.org](mailto:szellin@prevented.org)

| Training                      | Cost | Additional Information   |
|-------------------------------|------|--|
| Youth Mental Health First Aid | None | Virtual and in person.<br>Counties St. Louis, St. Louis City, St. Charles, Jefferson, Warren, Franklin, Lincoln. |
| Teen Mental Health First Aid  | None | Virtual and in person.<br>Counties St. Louis, St. Louis City, St. Charles, Jefferson, Warren, Franklin, Lincoln. |
| Adult Mental Health First Aid | None | Virtual and in person.<br>Counties St. Louis, St. Louis City, St. Charles, Jefferson, Warren, Franklin, Lincoln. |

**Veterans' Health Administration:**

St. Louis Suicide Prevention Team

[VHASPCMO-657STLSuicidePreventionTeam@va.gov](mailto:VHASPCMO-657STLSuicidePreventionTeam@va.gov)

| Training                | Cost | Additional Information  |
|-------------------------|------|---|
| Veteran Affairs S.A.V.E | None | Virtual and in person offered.<br>Counties: St. Louis City, St. Louis County. |

**Chads Coalition for Mental Health:**

Tom Duff

[tom@chadscoalition.org](mailto:tom@chadscoalition.org)

| Training                | Cost   | Additional Information  |
|-------------------------|--|---|
| SOS                     | \$175 per student presentation,<br>\$300 per parent presentation,<br>\$450 per school training | Virtual, In person, and hybrid options. Counties: St. Louis City, St. Louis County. |
| Suicide Risk Assessment | \$650  | Virtual, in person, and hybrid options. Counties: St. Louis City, St. Louis County. |

**St. Louis Region Suicide Prevention Coalition:**

Elizabeth Makulec

[elizabeth.makulec@kuto.org](mailto:elizabeth.makulec@kuto.org)

[Contact | stlsuicideprevention.org](http://Contact | stlsuicideprevention.org)



| Training                      | Cost                    | Additional Information  |
|-------------------------------|-------------------------|---|
| MHFA                          | Determined by coalition | Training provided by coalition members. Counties: St. Louis City, St. Louis County.   |
| CALM                          | Determined by coalition | Offer both Counseling & Conversations on Access to Lethal Means. Conversations are intended to help friends, family, and co-workers encourage safe storage of lethal means during a mental health crisis. Training provided by coalition members. Counties: St. Louis City, St. Louis County. |
| QPR                           | Determined by coalition | Training provided by coalition members. Counties: St. Louis City, St. Louis County.   |
| SOS                           | Determined by coalition | Training provided by coalition members. Counties: St. Louis City, St. Louis County.   |
| ASIST                         | Determined by coalition | Training provided by coalition members. Counties: St. Louis City, St. Louis County.   |
| Youth Mental Health First Aid | Determined by coalition | Training provided by coalition members. Counties: St. Louis City, St. Louis County.   |
| Teen Mental Health First Aid  | Determined by coalition | Training provided by coalition members. Counties: St. Louis City, St. Louis County.   |

**Other Resources:**

**St. Louis Queer+ Support Helpline:**

Luka Cai

[general@thesqsh.org](mailto:general@thesqsh.org)

| Training  | Cost  | Additional Information  |
|---|---|---|
| <b>SQSH offers an annual 12-week Peer Support Learning Cohort</b> | SQSH offers this training on a sliding scale charge for other values-aligned organizations or partners, at an average rate of \$300/hour. This training will build your skills to provide | Peer support can be an empowering and versatile tool for healing, relationship-building, and transformative justice. When cultivated in queer community, peer support can deepen our care for one another and |





|  |  |   |
|--|--|---|
|  | confidential, identity-affirming emotional support and resource referrals for queer/LGBTQIA+ communities using a peer-based approach | build our capacity to thrive outside of carceral systems of mental healthcare. Over 12 weeks, our Peer Support Training will empower you to learn & practice peer counseling skills, sharpen your radical politics, and build community with other values-aligned queer & trans St. Louisans. |
|--|--|---|

We also offer other suicide prevention resources including a [Peer Support Line](#), [Community Resource Database](#), an annual [Queer Storytelling & Healing Festival](#), and [Queer Community Anthology](#) (sliding scale).

*If you do not see your organization or training listed, we are sorry we missed you! We want to hear from you and get you added. Please send an email to: [admin@mospn.org](mailto:admin@mospn.org).*