

# SUICIDE PREVENTION AND CRISIS RESOURCES

## Mindful Advocate

Tools and services to help you with behavioral health challenges and everyday issues like: **stress, depression, substance use, legal issues, adult and child care resources, personal and professional development** and so much more.

Call a Mindful Advocate at 833-302-MIND (6463) or visit [MindfulBlueKC.com](http://MindfulBlueKC.com).

In the event you or someone you know is struggling with a mental health concern, the following resources are available to call or text to receive assistance and guidance.



### National Suicide Prevention Lifeline

Call or Text  
988



### National Alliance on Mental Health

Text NAMI to 741-741  
800-950-6264



### ReDiscover Kansas City, MO

1-888-279-8188



### Johnson County Mental Health

913-268-0156



### Wyandot Center for Community Behavioral Healthcare

913-788-4200



Mindful  
By Blue KC