

SAMHSA Region 7: Help Lines

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National Resources

HELP LINES

Suicide Prevention Lifeline

[1-800-273-TALK \(8255\)](tel:1-800-273-TALK)

TTY: [1-800-799-4889](tel:1-800-799-4889)

Website: www.suicidepreventionlifeline.org

24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress. Your call is routed to the nearest crisis center in the national network of more than 150 crisis centers.

SAMHSA's National Helpline

[1-800-662-HELP \(4357\)](tel:1-800-662-HELP)

TTY: [1-800-487-4889](tel:1-800-487-4889)

Website: www.samhsa.gov/find-help/national-helpline

Also known as, the Treatment Referral Routing Service, this Helpline provides 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish.

Disaster Distress Helpline

[1-800-985-5990](tel:1-800-985-5990)

Text "TalkWithUs" to 66746

Website: www.samhsa.gov/find-help/disaster-distress-helpline

Stress, anxiety, and other depression-like symptoms are common reactions after any natural or human-caused disaster. Call this toll-free number to be connected to the nearest crisis center for information, support, and counseling.

Veteran's Crisis Line

[1-800-273-8255](tel:1-800-273-8255), Press 1

TTY: [1-800-799-4889](tel:1-800-799-4889)

Website: www.veteranscrisisline.net

Text: 838255

Connects veterans in crisis (and their families and friends) with qualified, caring Department of Veterans Affairs responders through a confidential, toll-free hotline, online chat, or text.

Treatment Locator Behavioral Health Treatment Services Locator Website:

<http://findtreatment.samhsa.gov/locator/home>

For help finding treatment 1-800-662-HELP (4357) <https://findtreatment.gov/>

SAMHSA Disaster Technical Assistance Center

Toll-Free: [1-800-308-3515](tel:1-800-308-3515)

Email: DTAC@samhsa.hhs.gov

Website: <http://www.samhsa.gov/dtac>

National Domestic Violence Hotline call 1-800-799-7233 and TTY 1-800-787-3224

State Specific Resources

Kansas

- Directories of Substance Use Disorder (SUD) providers: <https://s18637.pcdn.co/wp-content/uploads/sites/12/Provider-Directory.pdf>
- <https://www.kdads.ks.gov/commissions/survey-certification-and-credentialing-commission> (Follow link for Behavioral Health Licensing, then SUD Program List)
- Directory of Community Mental Health Centers: <http://www.acmhck.org/about-us/cmhc-directory/>
- Hotlines: <https://www.kdads.ks.gov/hotlines>
- KS/IA Regional Ag Concern Hotline: 800-447-1985
- Kansas Ag Stress Resources: www.kansasagstress.org
- NAMI - National Alliance on Mental Illness - Support for people with mental illness and their friends and family members: <https://namikansas.org/>

Missouri

- Directory of SUD providers <https://dmh.mo.gov/media/pdf/directory-adult-substance-use-treatment-programs>
- Missouri Coalition for Community Behavioral Health Providers <https://www.mocoalition.org/providers>
- Searchable directory of Community Mental Health Centers by county - <https://dmh.mo.gov/mental-illness/help/community-mental-health-centers>
- NAMI - National Alliance on Mental Illness - Support for people with mental illness and their friends and family members: <https://namimissouri.org/>
- https://www.mhanet.com/mhaimages/BehavioralHealth/BehavioralHealth_GrowingStressOnTheFarm.pdf

Nebraska

- Searchable directory of statewide Behavioral Health Providers
- <https://portal.netw.orkofcare.org/Sites/nebraska/mh>
- Nebraska Family Helpline: 1-888-866-8660
- Rural Response Hotline (for Farmers and Ranchers): 1-888-464-0258
- NAMI - National Alliance on Mental Illness - Support for people with mental illness and their friends and family members: <https://naminebraska.org/>

Iowa

- Your Life Iowa: If you or a loved one are facing a problem with alcohol, drugs, gambling, mental health or suicidal thoughts, you're not alone. Iowans can chat live, text, or call and get reliable information and treatment options, and find nearby help.
www.YourLifeIowa.org Call: (855) 581-8111 Text: (855) 895-8398
- Searchable directory for statewide Behavioral Health Providers: <https://yourlifeiowa.org/finder>
- NAMI - National Alliance on Mental Illness - Support for people with mental illness and their friends and family members: <https://namiiowa.org/>
- KS/IA Regional Ag Concern Hotline: 800-447-1985