

Health Care Contacts Emergency Call (911)

Crisis Line: **1-888-279-8188** (available 24/7)

Hedrick Medical Center/St. Luke's Health Systems
2799 N Washington St.
Chillicothe, MO 64601
660-646-1480

North Central Missouri Mental Health:

*Call first
Trenton Office
1601 East 28th Street
Trenton, MO 64683
660-359-4487

Chillicothe Office
401 Youssef
Chillicothe, MO 64601
660-646-6872

Smithville - St. Lukes Northland

1-816-532-3700
601 US 169
Smithville, MO 64089

Marrilac

1-913-951-4300
8000 W 127
Overland Park, KS 66213

Two Rivers Psychiatric Hospital

1-816-382-6300
5121 Raytown Road
Kansas City, MO 64133

Research Psychiatric Center

1-816-444-8161
2323 East 63rd Street
Kansas City, MO 64130

Royal Oaks Hospital - Psychiatry

1-660-647-2182
307 North Main Street
Windsor, MO 65360

*Royal Oaks will pick up in Braymer and transport to facility.

Crittenton Hospital - St. Lukes Health System

1-816-765-6600
10918 Elm Avenue
Kansas City, MO 64134-4199

Suicide Prevention Do's and Don'ts

- Do not leave the person alone, even if they go to the restroom.
- Seek immediate medical attention.
- If person becomes uncooperative contact police department.
- Secure home by removing:
 - Firearms -Rope
 - Medications -Sharp Objects
- Inform school district after medical service has been obtained.

SCHOOL DISTRICT INFORMATION

BRAYMER C-4 SCHOOL DISTRICT

400 Bobcat Ave.
Braymer, Missouri 64624
660-645-2284

BRAYMER C-4 HIGH SCHOOL

400 Bobcat Ave.
Braymer, Missouri 64624
660-645-2284

BRAYMER C-4 ELEMENTARY SCHOOL

400 Bobcat Ave.
Braymer, Missouri 64624
660-645-2284

BRAYMER C-4 GUIDANCE DEPARTMENT

400 Bobcat Ave.
Braymer, Missouri 64624
660-645-2284

BRAYMER C-4 SCHOOL DISTRICT



SUICIDE PREVENTION

CRISIS CRITICAL INFORMATION

PARENT/GUARDIAN
RELEASE OF
INFORMATION

I, _____

will obtain professional help for my son/
daughter,

Name (please print)

From,

agency/facility/professional

an appropriate mental health agency/facility/
professional.

I authorize permission for the exchange of
information between the above named
agency/facility/professional and the Braymer
C-4 School District, Braymer, Mo 64624

_____ I Do _____ I Do Not

(Signature of Parent/Guardian)

(Date)

WHAT DO I DO
NOW?

Today

1. Go directly to suicide evaluator emergency facility.
2. Do not leave person alone for any reason.
3. If the person becomes uncooperative call the police (911).
4. Fill out information release form allowing the school and health agency to share important information.

**Any Questions and for More
Information Please Contact:**

Braymer School District Contact

(Print Name)

(Contact Number)

SUICIDE
RISK FACTORS

Lack of concern about personal welfare

- Put themselves in a variety of dangerous situations.

Changes in social patterns/isolation

- Become more withdrawn and isolate themselves. They may stay at home or refuse to attend functions. Any out-of-character behavior.

Difficulty in concentrating

- Often have trouble studying, paying attention to conversations.
- Lack of sleep is also a factor.

Use or abuse of alcohol or drugs

- Increase in the use of alcohol or other substances.

Aggressive or impulsive tendencies

- Aggressive or impulsive tendencies are at higher risk for a suicide attempt.

Unusual interest in how others are feeling

- The individual may be hurting but does not know how to bring it up or ask for help.

Sudden or increased promiscuity

- Promiscuity may be an attempt to connect with another person.

Preoccupation with death and violent themes

- Talk about death and what it would be like to be dead.

Attempts to put personal affairs in order or to make amends

- May give personal items away, write letters apologizing for the way they have treated others. They may come to school to say good-bye to others.

Verbal cues

- Statements, "I'm so stressed I could kill myself"
- Negative self talk.