



MHA of Eastern Missouri
1905 S. Grand Blvd.
St. Louis, MO 63104
314-773-1399 phone
Website: <http://www.mhaem.org/>

Mental Health Resources in St. Louis

For personal assistance, call MHA at 314-773-1399.

Mental Health Crisis Lines

Behavioural Health Response - Phones are answered 24/7 by professional mental health counselors. Call **314-469-6644** in the St. Louis metro area or **1-800-811-4760** from elsewhere.

Kids Under Twenty One - The KUTO Crisis Helpline is the only hotline in St. Louis staffed entirely by trained youth volunteers. Callers are assured they will talk with someone who knows what it's like to be a young person. Call **314-644-5886** in the local calling area, or **1-888-644-5886** from elsewhere. This is not a 24/7 line. If you need to speak with a crisis specialist when the KUTO line is not in service, take advantage of the other crisis lines listed in this section.

Life Crisis Services at Provident, Inc. - Phones are answered 24/7 by trained volunteers. **314-647-4357**

Kristin Brooks Hope Center - Call from anywhere in the country and get connected to the suicide prevention hotline closest to you. **1-800-SUICIDE (1-800-784-2433)**

Social Media Support - Young Adults

FeelingKindaBlue.com - Post, blog, chat and share with other young adults who are also experiencing depression. Monitored by trained clinicians. Connect online or for emergencies, call Provident's toll-free 24/7 crisis line at **1-866-728-7983**.

Youth Connection Helpline

These help lines assist youth in crisis and help families identify no-cost mental health services for youth.

- St. Louis County (age 19 and younger) 314-628-2929; text 4HLP to 31658
- St. Louis City (age 18 and younger) 314-485-4635; text 2TALK to 31658
- St. Charles County (age 19 and younger) 636-642-0642; text BSAFE to 31658
- Franklin County (age 19 and younger) 1-844-846-2501; text 4CARE to 31658

Advocacy/Education/Information & Referral

Mental Health America of Eastern MO – Provides a variety of services including Information & Referral services, public and professional education, and support services for adults with mental illness. Conducts legislative advocacy to protect mental health services. **314-773-1399**

National Alliance on Mental Illness – St. Louis (NAMI-St. Louis) focuses on legislative advocacy, education and support services for family members and friends of persons with mental illness. Services include family-to-family education, support groups, lending library, and more. Many services are delivered throughout the metropolitan area. Offices located in Brentwood (**314-962-4670**) and St. Charles (**636-940-7440**).

National Council on Alcoholism & Drug Abuse (NCADA) offers a variety of services, including assessments, referrals and a helpline for the problem drinker, drug abuser or parents and family members. **314-962-3456**

MPACT is a statewide parent training and information center that serves parents of children with all disabilities. Its primary goal is to assist parents to advocate effectively for their children's educational rights and services. MPACT staff and volunteers are located throughout Missouri and work with public and private agencies, parent groups, professional organizations and advocacy groups to achieve that goal. Also offers training sessions for parents. **1-800-743-7634**

Supportive Services

ADAPT of Missouri provides community support and psychosocial rehabilitation for adults living with mental illness. **1-888-657-3201**

St. Louis Empowerment Center is a drop-in center for adults with mental illness. All services are delivered in the peer-to-peer model and include referrals, socialization, personal growth classes and support groups. Located in downtown St. Louis. **314-652-6100**

St. Patrick Center, located in downtown St. Louis, provides numerous services for adults who experience mental illness, homelessness and/or substance abuse disorders. **314-802-0700**

Self-Help Center, located in Affton, is a drop-in center for adults with mental illness. Developed in the peer-to-peer model, the center provides activities, support groups, personal growth/development and support. **314-781-0199**

Clinical Trials

Mental Health America of Eastern Missouri does not conduct clinical trials, but has compiled a resource list for those considering participation. [For clinical trials in the St. Louis area, click here.](#)

ClinicalTrials.gov (a service of National Institutes of Health) provides an easy-to-use "[search by state](#)" function that provides regularly updated information about federally and privately supported clinical research in human volunteers. ClinicalTrials.gov gives you information about a trial's purpose, who may participate, locations, and phone numbers for more details. The information provided on ClinicalTrials.gov should be used in conjunction with advice from health care professionals. Before searching, you may want to [learn more](#) about clinical trials.

The **Center for Information and Study on Clinical Research Participation** (CISCRP) is a non-profit organization dedicated to educating the general public, medical/research community, media and policy makers about clinical research and its impact. CISCRP provides helpful information at [FAQs for Patients/Families](#) and [Questions to Ask Before Participating in a Clinical Trial](#). Its website features an online search engine of clinical trials at [SearchClinicalTrials.org](#) or you can call 1-877-MED HERO for personal assistance.

WeSearchTogether educates the public about myths and facts of mental health research, provides information to help individuals make informed decisions about participating in research, and connects people living with mood disorders to opportunities to participate in research.

Counseling Services

While this is not an exhaustive list of every counseling agency in the St. Louis area, it serves as a beginning point to identify potential options.

Agape Christian Counseling Services – With a mission to improve the accessibility of mental health services, Agape provides affordable professional Christian counseling. Serves individuals, children, adolescents, couples and families. Locations in Olivette, Lake St. Louis, Florissant and South County. Accepts most insurance and offers sliding-fee for those with financial limitations.
314-994-9344

Care and Counseling – Provides counseling services for children, adults and families; also offers psychoeducational programs. **314-878-4340**

Catholic Family Services – Offers mental health counseling on a sliding-fee scale. Several offices in the St. Louis area. **314-544-3800**

(The) Center for Counseling and Family Therapy (Saint Louis University counseling clinic) provides affordable counseling to empower people to face life's tasks with confidence. Counseling services are open to the public. Masters level interns - supervised by faculty - provide services. Located on the SLU Campus. **314-977-2505**

Center for Trauma Recovery (UM-St. Louis) provides clinical services - usually short-term cognitive behavioral therapy - for children, adults, couples, families or groups who have experienced a traumatic event. **314-516-6738**

Children's Advocacy Services of Greater St. Louis (UM-St. Louis) is a university-based, multidisciplinary center that provides high quality trauma-focused services to youth, families and the community. The center's goals are to promote resiliency, physical safety, and emotional stability through comprehensive research, forensic, clinical, educational, and advocacy programming. **314-516-6798**

Community Psychological Services (UM-St. Louis Psychology clinic) provides affordable psychological evaluation and counseling services for children, adults, couples and families. Ph.D. interns – supervised by faculty – provide services. Conveniently located on the UM-St. Louis campus in Stadler Hall. **314-516-5824**

Family Resource Center's mission is to prevent and treat all forms of child abuse and neglect by strengthening families through family-centered therapeutic, educational and support services. **314-534-9350**

Family Support Network at Epworth provides in-home family counseling and parenting support services to families in St. Louis City and St. Louis County. Services focus primarily on helping with difficult child behaviors and parenting stress. Masters level, licensed social workers and counselors provide the services. There is no charge to families. **314-918-3301**

Great Circle has several locations across the state, delivering nationally-accredited treatment, education, prevention and support services to children and families. Offers a variety of services through crisis intervention, residential, out-patient, in-home programming and community-based counseling. Areas of expertise include behavioral health, Autism Spectrum Disorders, self-injury, foster parenting, abuse/neglect and more. **314-968-2060**

Jewish Family & Children's Service provides counseling on a sliding-fee scale. 10950 Schuetz Road. **314-993-1000**

Kids In the Middle strengthens family relationships by providing quality, affordable therapy, education and support to children and families coping with divorce and other transitions. Located in Kirkwood. **314-909-9922**

Lutheran Family and Children's Services of Missouri, with several offices in the St. Louis area, offers counseling on a sliding-fee scale. **314-787-5100**

McAuley Counseling Services offers counseling and personal growth/development workshops. Strives to provide services that are affordable and accessible, regardless of client's economic status, race, gender, sexual orientation or religious affiliation. **314-932-1046**

Our Little Haven provides a safe, healing environment for the youngest children recovering from abuse, neglect, abandonment or early childhood trauma in the greater St. Louis region. Services include therapeutic residential treatment, a full range of professional psychological services, a therapeutic preschool and case management for young children and families involved in the foster care system due to abuse and neglect. Care includes therapeutic residential treatment (birth-9), professional psychological services (birth-12), therapeutic preschool (3-6) and case management for young children and families. **314-533-2229**

Provident, Inc. offers sliding-fee scale counseling in several locations in the St. Louis area. For first time appointment information, call **314-533-8200**. Also offers the Life Crisis Services hotline at **314-647-HELP**.

Psychological Service Center (Washington University Psychology clinic) is an outpatient mental health clinic within the Department of Psychology. It provides training opportunities for advanced doctoral students in the clinical psychology program as well as low-cost treatment options for members of the St. Louis community. Confidential services are available to anyone in the community including children, adolescents, adults, and the neurologically impaired. **314-935-6555**

Psychological Services Center (Saint Louis University Psychology clinic) provides affordable psychological evaluation and counseling services for children, adults, couples and families. Ph.D. interns – supervised by faculty – provide services. **314-977-2278**

Saint Louis Behavioral Medicine Institute (SLBMI) is one of the leading providers of behavioral health treatment in the United States. Behavioral professionals assist children and adults who experience anxiety, depression, eating disorders, chronic pain and other issues encountered in daily life. Specialty programs include Anxiety Disorders Program, the Psychology and Religion Program, Headache and Pain Management Program, and Eating Disorders Program. Accepts most major insurance companies. Multiple locations. **314-534-0200**

St. Louis Center for Family Development provides trauma-informed mental health services to underserved individuals in St. Louis County and City, and offers training/consultation to other organizations in the region. Services and training use evidence-based approaches such as Motivational Interviewing, Dialectical Behavior Therapy, Trauma-Focused Cognitive Behavioral Therapy, Emotionally Focused Therapy and other innovative modalities. **314-531-1155**

Schiele Clinic at the St. Louis Psychoanalytic Institute provides high quality, in-depth assessment and treatment for children, adolescents and adults for a fee based on the client's ability to pay. With more than 75 clinic and network therapists, the Institute can refer patients to

professionals with a wide range of specialties and offices throughout the area. For adults, call **314-361-7075 x444**; for children, call **314-361-7075 x318**.

Walter's Walk provides services to individuals with mental illness and/or addiction through counseling and education, at little/no cost to the client. **314-731-2433**

Mental Health Referrals

Psychotherapy Saint Louis is not a group practice. It is a professional organization of licensed psychiatrists, psychologists, clinical social workers, counselors, and marriage-and-family therapists. Its web site provides a user-friendly search engine to help visitors identify professionals in the St. Louis area whose clinical expertise matches their needs.

TherapistLocator.net is a service of the American Association for Marriage and Family Therapy. Its web site helps visitors locate participating member therapists.

MO Department of Mental Health

Central Office – Jefferson City 573-751-4122 1-800-364-9687 www.dmh.mo.gov

Hospital-based facilities

- **Hawthorn Children's Psychiatric Hospital** is located at 1901 Pennsylvania Avenue in St. Louis County. It is the only free-standing children's psychiatric hospital in Missouri and has a service territory encompassing the eastern third of the state. **314-512-7800**
- **St. Louis Psychiatric Rehabilitation Center** is located at 5300 Arsenal Street in the city of St. Louis. It provides intermediate and long-term inpatient psychiatric and psychosocial rehabilitation services to adults with severe, persistent mental illnesses. Also provides forensic evaluation and treatment/rehabilitation for those committed to the facility. **314-877-6500**

Community Mental Health Centers

- **BJC Behavioral Health** provides and coordinates behavioral health services for Missouri citizens in St. Louis, St. Francois, Iron and Washington counties, and specified portions of St. Louis city. Services are provided through private contracts and health plans. This organization serves as a point of entry for people eligible for mental health services funded by the Missouri Department of Mental Health. **314-747-7491**
- **Comtrea, Inc.** provides a wide variety of mental health and substance abuse services for residents of Jefferson County. Multiple locations. **636-931-2700**
- **Crider Health Center** provides a wide variety of mental health and primary health services for residents of St. Charles, Lincoln, Warren and Franklin counties. Multiple locations. **636-332-6000**

- **Hopewell Center** provides a wide variety of mental health and substance abuse services for residents of specified portions of St. Louis city. **314-531-1770**

Affiliated Agencies

- **Independence Center** uses the values and principles of the Clubhouse model of psychosocial rehabilitation to serve people with chronic mental illness. **314-880-5402**
- **Places for People** provides individualized, high quality and cost-effective services to adults with serious and persistent mental illness. Services include a psychosocial rehabilitation club, community support, homeless outreach, employment support and more. **314-535-5600**

Alternative Education

Epworth Children & Family Services provides special education services for adolescents, ages 7 to 21, who have been diagnosed with severe learning disabilities, emotional disorders and/or behavioral disorders through the Individual Education Plan (IEP) process. Epworth's progressive school program integrates intensive therapy services with academic studies, vocational training, small classes, and life skills development to prevent educational failure, help adolescents successfully return to their community schools whenever possible, earn high school credits, and graduate from high school or complete their General Education Degree (GED). **314-961-5718**

Great Circle provides accredited education for children with severe emotional and behavioral issues, communication disorders, cognitive delays or Autism Spectrum Disorder. **314-968-2060**

Logos School is an independent, alternative, therapeutic middle and high school in St. Louis. We are dedicated to assisting students and their families with academic and emotional needs that have not been met in the traditional classroom. **314-997-7002**

The Miriam School, located in Webster Groves, a suburb of St. Louis County, is a caring and nurturing environment serving students age 4 through grade 8 who exhibit learning disabilities, attention deficits, speech and language delays and or fine/gross motor delays. Our mission is to encourage all children with learning disabilities to recognize and successfully meet their potential. We are committed to maintaining an environment that is positive and supportive to children who have not been successful in a traditional classroom setting. **314-968-5225**

Residential Services for Children/Adolescents

Child Center/Marygrove (CCM) provides 24/7 residential services and therapeutic intervention for children, adolescents and young adults ages 6 to 21 who are traumatized due to abuse and neglect. CCM also offers diagnosis, medical and psychiatric treatment, education and recreation in closely supervised programs for children, teens and young adults. **314-367-5500**

ECH Every Child's Hope (formerly Evangelical Children's Home) serves children who have suffered severe physical, sexual and emotional abuse and neglect. Many are suicidal or severely depressed. ECH offers a new beginning and offers ways to heal the traumas they have suffered during their young lives. Most of the children at ECH receive services through the Residential Treatment program on the campus grounds. Each of five cottages houses ten children. There are three types of services offered through the residential treatment program. **314-427-3755**

Epworth Children & Family Services provides essential youth development services to assist children to overcome severe emotional and behavioral challenges. Epworth's innovative, holistic and comprehensive treatment approach helps youth focus on solutions, build on inherent strengths and communicate more effectively. Over 1,900 youth and families turn to Epworth each year for emergency shelter, residential and intensive treatment, family reunification therapy, transitional and independent living programs, special education and a 24-hour help line. Epworth's strength-based therapeutic philosophy builds on the individual strengths of youth and families, thus increasing the capacity of each to thrive in society. **314-961-5718**

Great Circle was formed by the merger of Edgewood Children's Center with Boys & Girls Town of Missouri, and has several locations across the state. Great Circle delivers nationally-accredited treatment, education, prevention and support services to children with a history of abuse or neglect, children with emotional and behavioral disorders and children with autism. The St. Louis campus is located in Webster Groves. **314-968-2060**

Youth In Need is a nonprofit child and family services agency, headquartered in St. Charles, MO. Through a variety of crisis prevention and intervention programs, Youth In Need is dedicated to building positive futures for the community's most vulnerable children, teens and families. Services include residential homes, foster care case management, homeless outreach, counseling and support groups, education, and infant, child and family development at more than 25 sites across six counties in eastern Missouri. **636-946-5600**

[Services and Programs for Older Adults](#)

APlaceForMom.com helps seniors and families make informed decisions and feel less alone as they search for senior care and senior housing. Includes finding nursing homes, dementia care or assisted living facilities, researching Veteran's benefits, financing senior care and more. No charge for services.

Area Agency on Aging provides a variety of direct services for seniors, support services for caregivers and information about community resources. **St. Louis Area Agency on Aging** serves residents of the City of St. Louis **314-612-5918**; **Mid-East Area Agency on Aging** serves residents in St. Louis, St. Charles, Jefferson and Franklin Counties **636-207-0847**

AssistedLivingFacilities.org was created to offer a nationwide resource of assisted living information. One of the features at the site is a directory that lists each state's licensed assisted living

residences. The states may have different terms for assisted living, such as residential care, as well as different license requirements. In general, most assisted living communities offer a similar type of support and care, but there are differences between states and even within states.

CaringforParentstogether has a mission to educate and improve the experience of aging for mature adults and their caregivers. Web site offers information, resources, links and newsletter. Also provides speaking engagements and hosts a Caregiver radio show. **314-484-8623**

County Older Resident Program (CORP) assists St. Louis County seniors through a variety of services, including transportation, home care/repair and telephone “check in.” **314-615-4516**

Missouri’s **Department of Health & Senior Services** (DHSS) can be reached at **573-751-6400**. It also operates the Elder Abuse and Neglect Hotline at **800-392-0210**.

In an effort to create awareness for senior care, **SeniorAdvisor.com** has created an open platform where residents and their families can share their first-hand experiences (both negative and positive) of their senior care service. SeniorAdvisor.com is the premier consumer ratings and review site for senior living and home care nationwide.

SeniorGuidance.org provides comprehensive resources on various senior living options, including assisted living facilities, senior living communities, nursing homes, independent living communities, continuing care retirement communities (CCRC) and all other long term senior care options, including memory care such as Alzheimer's or Dementia.

SkilledNursingFacilities.org is a senior care resource that offers a nationwide directory of nursing homes. For over 15,100 nursing homes, the online directory provides detailed Medicare quality ratings, inspection information and filed complaints to help consumers research the best skilled nursing care options.

VOYCE (*formerly Long-Term Care Ombudsman Program*) is focused on protecting the rights of residents in long-term care facilities and on providing support, information and counseling to individuals, families and professional caregivers on long-term care needs. The organization also compiles a resource directory of Skilled Nursing Facilities and Residential Care Facilities in the St. Louis area. **314-918-8222**

Miscellaneous Resources

Alternatives to Living In Violent Environments (ALIVE)’s mission is to provide counseling, emergency sanctuary and other critical services to adults and children impacted by domestic abuse, as well as to increase awareness in order to create a supportive community. Call **314-993-2777**; Franklin County **636-583-5700**; **800-941-9144**.

Alzheimers.net and the **St. Louis area Alzheimer's Association** provide online information, educational opportunities, referrals and more for anyone experiencing Alzheimer's disease in their life or in a loved one. Call the St. Louis area office at **314-432-3422**.

Growing American Youth (GAY) is a social support organization for youth (21 and younger) who live near St. Louis and may identify as lesbian, gay, bisexual, transgender, asexual or questioning their sexual orientation or gender identity. Growing American Youth has been serving St. Louis area youth for 30 years. **314-669-5428**

Housing Resource Center serves as the gateway agency for the St. Louis area emergency shelter system. **314-802-5444**

Learning Disability Association offers a wide range of services including testing, tutoring, family advocacy, parent coaching, professional development and community education. **314-966-3088**

Missouri Protection & Advocacy (MO P&A) seeks to protect rights of persons with disabilities through legally-based advocacy, and is the only legal rights organization in Missouri exclusively for people with disabilities. Two helpful online resources are its Legal Rights Handbook for Missourians with Disabilities and its Guardianship and Conservatorship Manual. **Administrative office 573-893-3333 and 866-777-7199; Application Unit 573-659-0678 and 800-392-8667**

Rainbow Youth Hotline serves LGBTQs between the ages of 15 and 24, and their support persons. **877-542-8984**

Safe Connections serves women and teens experiencing or who have experienced domestic violence. Services include a crisis line, counseling, groups and classes. **24-hour crisis line 314-531-2003; business line 314-646-7500.**

TRANSPARENT (Empowering Our Children To Live Authentically) is a support group founded by two families who are raising transgender children. The group's purpose is to give compassionate support to the people who love a transgender or gender diverse child. Gender diversity is a unique and challenging experience. TRANSPARENT aims to bring together families on this journey and take them from a place of isolation to a shared experience. Offers support groups and, upon request, referrals to doctors, supportive organizations and recommended reading. **636-288-5810** or email **Transparenting@aol.com**.