

Community Resource Guide

IN AN EMERGENCY OR CRISIS

National

For assistance in an emergency situation dial **911**

For a mental health crisis call or text **988** free 24/7. Visit their website to learn more

<https://missouri988.org/>

National Suicide Prevention Lifeline: **1 (800) 273-TALK (8255)** (*press 1 for veterans, 2 for Spanish*)

National Runaway Safeline: Crisis line for runaway and homeless youth and their families or concerned parties. **1 (800) 621-4000**

Missouri

Behavioral Health Response Missouri: Provides Crisis support, telephone counseling, and mental health resources. **(314) 469-6644**

ACI 24/7 Crisis Line map: Use to find which crisis line serves your county.

<https://dmh.mo.gov/media/pdf/aci-hotline-county-map>

Poison Control: *Non-emergency* line if someone has been exposed to dangerous substances to find the proper care. **1 (800) 222-1222** Dial 911 in the case of an emergency.

TREATMENT RESOURCES

SAMHSA Find Treatment: Enter your location information and select what type of services you are looking for and the website will give you resource options and their information.

<https://findtreatment.gov/>

SAMHSA's National Helpline provides free, 24-hour information and referral assistance to local treatment facilities, support groups, and community-based organizations. **1 (800) 662-HELP (4357)**

Substance Use Treatment



National

National Rehab Hotline: Offers a comprehensive substance abuse resource. You can select a state, find resources in your area, and general education: **(866) 210-1303** <https://nationalrehabhotline.org/>

Directory of adolescent substance use treatment programs: <https://dmh.mo.gov/media/pdf/directory-adolescent-substance-use-treatment-programs>

Missouri

NoMODOeaths: Find treatment, recovery, and support services for opioid or stimulant use disorders: <https://www.nomodeaths.org/>

Request Naloxone: <https://getmonaloxone.com>

Fentanyl Test Strip: <https://testmodrugs.com>

Training Request: <https://mimhaddisci.org/training>

Women and Children Substance Use Treatment Directory: <https://dmh.mo.gov/media/pdf/directory-women-and-children-substance-use-treatment-programs>

Adults Substance Use Treatment Directory: <https://dmh.mo.gov/media/pdf/directory-adult-substance-use-treatment-programs>

Opioid Use Treatment Directory: <https://dmh.mo.gov/media/pdf/directory-opioid-methadone-treatment-programs>

Mental Health Treatment

National

The National Alliance on Mental Illness (NAMI) Information Helpline provides information and referral services. **1 (800) 950-NAMI (6264)**

The National Eating Disorder Association provides a free self-screening tool, a treatment locator, a resource guide, education, and support. <https://www.nationaleatingdisorders.org/>

Missouri

Behavioral Health Response provides free 24/7 crisis support, telephone counseling, and referral services. **(314) 469-6644 (local)** or go to <https://bhrstl.com/>



Mental Health Centers Directory: <https://dmh.mo.gov/behavioral-health/treatment-services/locating-services-treatment/community-mental-health-centers>

Behavioral Health Response Youth Connection Helpline: 24/7 support for ages 19 and under in St. Louis City and County, St. Charles County, and Franklin County **1 (844) 985-8282** or text **BHEARD to 31658**
Learn more or chat online <https://bhrstl.org/youth-support/>

SEXUAL ASSAULT, DOMESTIC VIOLENCE, ABUSE RESOURCES

National

National Child Abuse Hotline: **1 (800) 4-A-CHILD (1-800-422-4453)**

RAINN (Rape, Abuse, and Incest National Network): **1 (800) 656-HOPE (4673)** www.rainn.org

National Domestic Violence Hotline: **1 (800) 799-SAFE (7233)** Hearing impaired line: **1 (800) 787-3224**

Missouri

Child Abuse and Neglect Hotline: **1 (800) 392-3738**

Adult Abuse and Neglect Hotline: 18-59 with a mental or physical disability or those 60 and older who are vulnerable and unable to protect their own interests. **1 (800) 392-0210**

Domestic and Sexual Violence Resource Guide and Directory for Missouri Residents:
<https://www.mocadsv.org/how-to-get-help/>

Missouri Victim Services Directory: <https://dps.mo.gov/dir/programs/cvsu/victimservices/>

RESOURCES FOR SPECIFIC POPULATIONS

National

LGBT National Help Center: **1 (888) 843-4564** www.glnh.org

LGBT National Youth Talkline: **1 (800) 246-PRIDE (1-800-246-7743)** www.glnh.org/talkline

Trevor Project Crisis Line: **1 (866) 4-U-TREVOR (488-7386)** www.theTrevorProject.org

Trans Lifeline: Provides support for the trans community from fellow trans and non-binary people. The website provides more information, resources, and education. **(877) 565-8860** <https://translifeline.org/>



Veterans Affairs Mental Health Services: <https://www.va.gov/health-care/health-needs-conditions/mental-health/>

Resource list for specific marginalized communities: <https://afsp.org/mental-health-resources-for-marginalized-communities/>

Missouri

Agristress Helpline: Find mental health and agriculture related resources in your area. Visit the website for more information <https://www.agrisafe.org/agristress-helpline/> Call or text **(833) 897-2474**

SELF-HELP RESOURCES AND GROUPS

National

Never Use Alone Hotline: Call when you are going to be using a substance alone to help prevent overdose. **1 (800) 484-3731**

Alcoholics Anonymous: www.aa.org/pages/en_US/find-aa-resources

Narcotics Anonymous: <https://www.na.org/meetingsearch/>

Nar-Anon Family Groups: www.nar-anon.org/find-a-group

Dual Recovery Anonymous: 12-step membership program for those struggling with substance dependency and psychiatric illness. <https://draonline.org/>

AlaTeen: For teens affected by someone else's alcoholism. <https://al-anon.org/newcomers/teen-corner-alateen/>

Alcohol Awareness: 24/7 hotline that offers free help to anyone suffering from alcohol abuse. Call **(855) 955-0771** to be connected to a specialist who will listen and help in any way possible. <https://alcoholawareness.org/>

Missouri

NAMI Missouri: Resources for support, crisis, mental health assistance, and education. <https://namimissouri.org/>

Narcotics Anonymous Missouri: <https://missourina.org/>



Narcotics Anonymous local phone numbers:

St. Louis	Greater St. Charles	Metro East	MEMO
1 (314) 830-3232	1 (636) 697-8406	1 (618) 398-9409	1 (636) 875-1001
1 (314) 819-7309			

NA Mid Missouri (Columbia, Fulton, Jefferson City, Mexico): <https://midmissourina.com/>

NA Columbia, Fulton Jefferson City, Mexico, and neighboring regions: **1 (800) 945-HOPE (4673)**

OTHER RESOURCES

National

United Way: Free and confidential information and referral, available 24/7, for help with food, housing, employment, health care, counseling, and more - Dial **211**

Homeowner’s HOPE™ Hotline: Provides free comprehensive financial education and confidential foreclosure prevention counseling 24/7. **1 (888) 995-HOPE (4673)**

Find Law: Provides legal information, lawyer profiles, and a community to help individuals make legal decisions. www.findlaw.com

Missouri

Planned Parenthood of the St.Louis Region and Southwest Missouri: Provides reproductive health care for all genders and can assist with out-of-state services. <https://www.plannedparenthood.org/planned-parenthood-st-louis-region-southwest-missouri>

Feeding Missouri: Use this link to locate food banks in your area. <https://feedingmissouri.org/get-help/your-fb/>

Homeless Shelters Directory: Use this link to find shelters in your area. <https://www.homelessshelterdirectory.org/state/missouri>

The State of Missouri offers a one-stop website to help you do things such as find a childcare facility, learn about early education programs, etc. <https://www.mo.gov/education/pre-k-and-child-care>

ParentLink WarmLine: Offers support, information, and resources for parents, caregivers, and professionals. **1 (800) 552-8522**



<https://education.missouri.edu/parentlink/warmline/#:~:text=How%20do%20I%20contact%20the,providers%20who%20speak%20any%20language>

Missouri Disaster Distress Helpline: **1(800) 985-5990** <https://www.moshowmehope.org/>

EDUCATIONAL RESOURCES

Missouri Peer Support Specialist program: <https://mopeerspecialist.com/>

Missouri Crisis Intervention Team: <https://www.missouricit.org/>

SAMHSA Wellness Guide: <https://store.samhsa.gov/sites/default/files/d7/priv/sma16-4957.pdf>

Missouri 988 Toolkit for Schools: <https://sites.google.com/view/mo988/school-resources>

