

MHAT Community Resource Guide

Thank you for your participation in the Mental Health Awareness Training (MHAT) project. Through this Substance Abuse and Mental Health Services Administration (SAMHSA) funding we will train 1,600+ future school staff to better support the mental health needs of students in Missouri.

MHAT Project mhat@umsl.edu

MHAT REFERRAL SERVICES

[Counseling and Social Advocacy Center | UMSL](#) **314-516-4613**

Ward E. Barnes building 2993 South Drive St. Louis, MO 63121

The Counseling and Social Advocacy Center (CSAC) at UMSL provides a variety of counseling services for individuals, couples, and families of all ages provided by professional counselors and graduate counseling students.

[Community Counseling and Assessment Services | UMKC](#) **816-235-2725**

615 E. 52nd Street, Room 212. Kansas City, MO 64110

CCAS is a counselor and psychologist training center for master's and doctoral level students.

All counseling is strictly confidential and tailored to meet the specific needs of each client.

CCAS believes that everyone should be able to afford counseling and assessment services. Our service fees are determined using a sliding scale fee structure based on income and the number of dependents.

CAMPUS MENTAL HEALTH RESOURCES

UMSL

UMSL Counseling Services **314-516-5711**

UMSL Campus Police **314-516-5155**

[Resources | UMSL](#)

Missouri S&T

S&T Wellness Services **573-341-4211**

Crisis text line: Text HOME to 741741

S&T Campus Police **573-341-4300**



[Urgent/Crisis Services – Student Well-Being | Missouri S&T](#)

UMKC

UMKC Counseling Services **816-235-1635**

Crisis text line Text HOME to 741741

Campus police **816-235-1515**

[Mental Health - Resources - Roo Wellness | University of Missouri - Kansas City](#)

MIZZOU

Counseling Center **573-882-6601**

MU Campus Police **573-882-7201**

[Mental Health Appointments](#)

[Emergency and Crisis](#)

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 [Missouri 988 Suicide & Crisis Lifeline](#)

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. [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. [FindTreatment.gov](https://www.samhsa.gov/find-treatment)

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** [National Rehab Hotline](https://www.nrh.org/)

Directory of adolescent substance use treatment programs: [Directory of Adolescent Substance Use Treatment Programs](https://www.samhsa.gov/adolescent-substance-use-treatment)

Missouri

NoM0Deaths: Find treatment, recovery, and support services for opioid or stimulant use disorders. Also, find where you can get naloxone for free. <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: [Directory of Women and Children Substance Use Treatment Programs](https://www.samhsa.gov/women-children-substance-use-treatment)

Adults Substance Use Treatment Directory: [Directory of Adult Substance Use Treatment Programs](https://www.samhsa.gov/adult-substance-use-treatment)

Opioid Use Treatment Directory: [Directory of Opioid \(Methadone\) Treatment Programs](https://www.samhsa.gov/opioid-treatment)

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. [National Eating Disorders Association](#)

Missouri

Behavioral Health Response provides free 24/7 crisis support, telephone counseling, and referral services. **(314) 469-6644 (local)** or go to [Behavioral Health Response](#)

Mental Health Centers Directory: [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 [Youth Support – Behavioral Health Response](#)

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: [How To Get Help](#)

Missouri Victim Services Directory: [Victim Services Directory](#)

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** [Trans Lifeline](#)

Veterans Affairs Mental Health Services: [VA Mental Health Services](#) | [Veterans Affairs](#)

Resource list for specific marginalized communities: [Mental health resources for marginalized communities](#) | [AFSP](#)

Missouri

AgriStress Helpline: Find mental health and agriculture related resources in your area. Visit the website for more information [The AgriStress Helpline - AgriSafe Network](#) 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: [NA Meeting Search](#)

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. [Dual Recovery Anonymous](#)

AlaTeen: For teens affected by someone else's alcoholism. [Teen Corner \(Alateen\) - Al-Anon Family Groups](#)

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. AlcoholAwareness.org

Missouri

NAMI Missouri: Resources for support, crisis, mental health assistance, and education. [NAMI Missouri](#)



Narcotics Anonymous Missouri: [Show Me Region of Narcotics Anonymous](#)

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

NA Mid Missouri (Columbia, Fulton, Jefferson City, Mexico): [Mid Missouri Area Narcotics Anonymous](#)

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. [Planned Parenthood of the St. Louis Region and Southwest Missouri](#)

Feeding Missouri: Use this link to locate food banks in your area. [Food Bank Locations | Feeding Missouri](#)

Homeless Shelters Directory: Use this link to find shelters in your area. [Missouri Homeless Shelters](#)

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. [MO.gov » Early Education & Child Care](#)

ParentLink WarmLine: Offers support, information, and resources for parents, caregivers, and professionals. **1 (800) 552-8522** [WarmLine – ParentLink, University of Missouri College of Education](#)

Missouri Disaster Distress Helpline: **1(800) 985-5990** [Missouri Show-Me Hope](#)



EDUCATIONAL RESOURCES

Missouri Peer Support Specialist program: [Missouri Peer Specialist](#)

Missouri Crisis Intervention Team: [Missouri CIT](#)

SAMHSA Wellness Guide: [Promoting Wellness Guide](#)

Missouri 988 Toolkit for Schools: [School Resources - Missouri 988 Toolkit](#)

DESE [Mental Health Resources for School Staff and Students | Missouri Department of Elementary and Secondary Education](#)

Boys and Girls Club St. Louis Programs: [Programs | Boys & Girls Clubs of Greater St. Louis](#)

Boys and Girls Club Kansas City Programs: <https://bgc-gkc.org/programs/>

Big Brothers Big Sisters Eastern Missouri: [Big Brothers Big Sisters of Eastern Missouri](#)

Missouri Office of Rural Health: [Rural Health | Health & Senior Services](#)

University of Missouri Extension 4-H: [Missouri 4-H - Programs | MU Extension](#) As America's largest youth development organization, 4-H offers youth, families, and adult volunteers of all ages many ways to engage, grow and serve – through clubs, camps, contests, conferences, special interest groups, in-school and afterschool programs, and more.

