

# Mental Health *Resources*



**Community Development Department**  
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(314) 261-9550



City of  
**Maryland  
Heights**

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City of  
Maryland  
Heights



*Claire Riebling-McQuaig, MSW, is the Community Development Social Worker for the City of Maryland Heights. If you have any questions, concerns, or need assistance allocating resources or with applications, please call Claire at (314) 291-6550; she will be more than happy to help.*

***Disclaimer.** We do not claim responsibility for the services the listed organizations provide, nor do the inclusions of these organizations serve as an endorsement of their services over those of any potential competitors. These resource packets are non-comprehensive and merely intended as an informative tool and starting point for those seeking assistance over crucial issues in their life.*

*The resources found in these packets are centered around ease of accessibility to Maryland Heights residents based on proximity. This is not an exhaustive list of all resources in the Greater St. Louis area. If there is a resource you feel is missing or would be beneficial, please email Claire Riebling-McQuaig, MSW, at [criebling@marylandheights.com](mailto:criebling@marylandheights.com). Claire will update the information and resources found in the packets every 6 months.*

# Mental Health Crisis Lines



**National Suicide  
Prevention Lifeline**  
988  
or 1 (800) 273-8255

Services: The National  
Suicide Prevention  
Lifeline provides 24/7,  
free and confidential

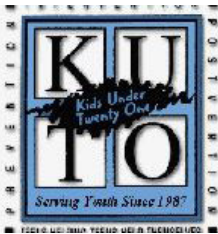
support for people in distress, prevention and crisis  
resources for you or your loved ones, and best  
practices for professionals.

**Behavioral Health  
Response**  
(314) 469-6644  
(voice),  
(314) 469-3638 (TTY)



Services: BHR provides  
confidential telephone

counseling to people in mental health crises as well  
as mobile outreach services, community referral  
services, and critical incident stress management  
(CISM). All crisis hotline services are free.



**Kids Under Twenty-  
One (KUTO)**  
(314) 644-5886 or  
1 (888) 644-5886

Services: 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.

**Life Crisis Services**  
(314) 647-4357



Services: The Provident  
crisis team is available  
24/7 to help with  
whatever life crisis their  
clients are facing. They  
are a non-judgmental,

caring source of information that listen and help  
their clients discover what the next steps can be  
toward overcoming their personal challenges.



**IMALive**  
1 (800) 784-2433  
[imalive.org](http://imalive.org)

Services: IMALive focuses  
on suicide prevention,  
intervention, awareness,  
and education, with both  
a phone hotline and  
online chat available for those in need 24/7.



**St. Louis Queer+  
Support Helpline**  
(314) 380-7774 or  
1 (844) 785-7774  
[thesqsh.org](http://thesqsh.org)

Services: SQSH's Peer  
Support Helpline offers  
free, confidential,  
and identity-affirming emotional support and  
resource referrals, by and for the St. Louis LGBTQIA+  
community. Call anytime between Friday to Monday,  
1:00 to 7:00 PM.

**The Trevor Project:  
Saving Young LGBTQ  
Lives**  
1 (866) 488-7386  
[thetrevorproject.org](http://thetrevorproject.org)



Services: Trained  
counselors are here to  
support those in need  
24/7. If you are a young person in crisis, feeling  
suicidal, or in need of a safe and judgment-free  
place to talk, The Trevor Project is available to listen.  
Additional resources are available on their website.

**Youth Connection  
Helpline**  
(314) 628-2929 or  
(314) 819-8802  
[chadscoalition.org/  
outside-resources-st-  
louis-area](http://chadscoalition.org/outside-resources-st-louis-area)



Services: The Youth  
Connection Helplines provide 24/7 crisis intervention  
including mobile outreaches to home and/or  
community agencies to provide emotional support,  
referral information and linkage of services for  
children, youth and their families in the St. Louis  
County area.

# STL Area Counseling Services



**Agape Christian  
Counseling Services**  
(314) 994-9344  
12801 Flushing  
Meadows Dr Ste 100,  
St. Louis, MO 63131

[agapechristiancounselingservices.org](http://agapechristiancounselingservices.org)

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.



SAINT LOUIS  
UNIVERSITY.

**Center for  
Counseling  
and Family  
Therapy (Saint  
Louis University  
Counseling Clinic)**  
(314) 977-2505  
[slu.edu/medicine/](http://slu.edu/medicine/)

[family-medicine/center-counseling-family-therapy/index.php](http://family-medicine/center-counseling-family-therapy/index.php)

Center for Counseling and Family Therapy  
3700 Lindell Blvd., Morrissey Hall, Suite 1100

Services: 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.



**Care and  
Counseling**  
(314) 878-4340  
[careandcounseling.org](http://careandcounseling.org)  
12141 Ladue Road  
St. Louis, MO 63141-8120

Services: Provides counseling services for children, adults and

families; also offers psycho-educational programs to those in need.

# UMSL

**Center for Trauma  
Recovery (UMSL)**  
(314) 516-6738  
[umsl.edu/psychology/ctr](http://umsl.edu/psychology/ctr)  
1 University Blvd.  
St. Louis, MO 63121-4400

Services: Provides clinical services - usually short-term cognitive behavioral therapy - for children, adults, couples, families or groups who have experienced a traumatic event.

# UMSL

**Children's Advocacy  
Services of Greater  
St. Louis (UMSL)**  
(314) 516-6798  
[umsl.edu/slpic/Adjunct%20Rotation%20Sites/CASGSL.html](http://umsl.edu/slpic/Adjunct%20Rotation%20Sites/CASGSL.html)  
1 University Blvd.  
St. Louis, MO 63121-4400

Services: 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.

# UMSL

**Community  
Psychological  
Services (UMSL  
Psychology Clinic)**  
(314) 516-5824  
[umsl.edu/services/cps/index.html](http://umsl.edu/services/cps/index.html)  
1 University Blvd.  
St. Louis, MO 63121-4400

Services: 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.

**Epics Counseling**  
(314) 409-8606  
[epicscounseling.com](http://epicscounseling.com)  
3482 Hollenberge Drive, Bridgeton, MO, 63044

Services: Individual, group and family therapy in addition to training, and court ordered classes, and substance abuse evaluations. Cash and credit cards, sliding fee scale, accepts all medicaid providers and private insurance.



**Creve Coeur  
Community  
Counseling**  
(314) 991-0100  
[cccastl.com](http://cccastl.com)  
9666 Olive Blvd, St. Louis,  
MO, 63132

Services: Starting at \$25 per 50 minute session. Founded to provide low-cost, affordable counseling. Provided by graduate counseling interns under supervision, as well as independent professionals.



safer, healthier relationships  
for children and families

**Family Forward**  
(314) 534-9350  
[familyforwardmo.org](http://familyforwardmo.org)  
9666 Olive Blvd, St. Louis,  
MO, 63132

Services: Prevent and treat all forms of child abuse and neglect by strengthening families through family-centered therapeutic, educational and support services.



**Family Support  
Network at Epworth**  
(314) 918-3301  
[epworth.org/services/  
epworth-family-  
support-network](http://epworth.org/services/epworth-family-support-network)  
110 N Elm Ave, St. Louis,  
MO 63119

Services: Prevent and treat all forms of child abuse and neglect by strengthening families through family-centered therapeutic, educational and support services.



**Jewish Family &  
Children's Services**  
(314) 993-1000  
[jfsstl.org](http://jfsstl.org)  
10950 Schuetz Rd., St.  
Louis, MO, 63146

Services: Jewish Family and Children's Services offers a variety of support services to the St. Louis Jewish community, including counseling on a sliding-fee scale. Applicants **must** be Jewish in order to qualify for financial assistance.



**Great Circle**  
(314) 968-2060  
[greatcircle.org](http://greatcircle.org)  
330 North Gore Avenue  
Saint Louis, Missouri  
63119

Services: 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.



**Kids In the Middle**  
(314) 909-9922  
[kidsinthemiddle.org](http://kidsinthemiddle.org)  
2650 South Hanley Road  
Suite 150  
Maplewood, MO 63144

Services: Strengthens family relationships by providing quality, affordable therapy, education and support to children and families coping with divorce and other transitions.



**Lutheran Family &  
Children's Services**  
(314) 787-5100  
[lfcsmo.org](http://lfcsmo.org)

Services: LFCS aims to provide short-term care and support for children and families in need on a sliding-scale fee, and provide case management and other support services to reunite families in stable situations as soon as possible.



**McCallum Place**  
1 (888) 262-5376  
[mccallumplace.com](http://mccallumplace.com)  
231 W. Lockwood Avenue,  
#201, St. Louis, MO 63119

Services: McCallum Place is a nationally acclaimed, comprehensive eating disorder treatment center for preadolescences, adolescents, and adults, both males and females. McCallum offers on-site medical and psychiatric management and care combined with intensive individualized psychotherapy.



**Our Little Haven**  
(314) 533-2229  
[ourlittlehaven.org](http://ourlittlehaven.org)

Services: 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.

**Provident Services**  
(314) 533-8200  
[providentstl.org](http://providentstl.org)



Services: The Provident crisis team is available 24/7 to help with whatever life crisis their clients are facing. They

are a non-judgmental, caring source of information that listen and help their clients discover what the next steps can be toward overcoming their personal challenges. They offer services on a sliding-scale basis.

**Psychological Service Center (Washington University Psychology Clinic)**  
(314) 935-6555  
[psychnet.wustl.edu/psc](http://psychnet.wustl.edu/psc)  
7 North Jackson Avenue  
St. Louis, MO 63105



**Washington University in St. Louis**  
SCHOOL OF MEDICINE

Services: Provides clinical services - usually short-term cognitive behavioral therapy - for children, adults, couples, families or groups who have experienced a traumatic event.



**SAINT LOUIS UNIVERSITY.**

**Psychological Services Center (Saint Louis University Psychology Clinic)**  
(314) 977-2278  
[slu.edu/arts-and-sciences/psychology/](http://slu.edu/arts-and-sciences/psychology/)

[center-clinics/psychological-services-center.php](http://center-clinics/psychological-services-center.php)  
1 N. Grand Blvd. St. Louis, MO 63103 USA

Services: Provides affordable psychological evaluation and counseling services for children, adults, couples and families. Ph.D. interns - supervised by faculty - provide services.



**Saint Louis Behavioral Medicine Institute (SLBMI)**  
(314) 534-0200  
[slbmi.com](http://slbmi.com)

Services: 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.



**Saint Louis Counseling**  
(314) 544-3800  
[saintlouiscounseling.org](http://saintlouiscounseling.org)

Services: Offers mental health counseling on a sliding-fee scale. Several offices in the St. Louis area. Translation in over 40 languages available through Language Access Metro Project (LAMP).



**Schiele Clinic  
at the St. Louis  
Psychoanalytic  
Institute**

Adults:  
(314) 361-7075 x444;  
Children:  
(314) 361-7075 x318  
[stlpi.org](http://stlpi.org)

Services: 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.

**Walter's Walk**  
(314) 731-2433  
[walterswalk.com](http://walterswalk.com)



Services: Provides services to individuals with mental illness and/or addiction through counseling and

education, at little/no cost to the client.

**Inpatient Mental  
Health Facilities**

**Hawthorn Children's  
Psychiatric Hospital**  
(314) 512-7800  
[dmh.mo.gov/hawthorn-childrens-psychiatric-hospital](http://dmh.mo.gov/hawthorn-childrens-psychiatric-hospital)  
1901 Pennsylvania  
Avenue, St. Louis, MO



Services: The only free-standing children's psychiatric hospital in Missouri and has a service territory encompassing the eastern third of the state.

**St. Louis Psychiatric  
Rehabilitation  
Center**

314- 877-6500  
5300 Arsenal Street, St.  
Louis, MO



Services: 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.

**Fulton State  
Hospital**

(314) 512-7800  
[dmh.mo.gov/fulton-state-hospital](http://dmh.mo.gov/fulton-state-hospital)



Services: Fulton State Hospital is the oldest state psychiatric

facility west of the Mississippi River. The Biggs and Guhleman Forensic Centers on the campus treat patients with serious mental illness who are committed by Missouri courts for evaluation and treatment related to a crime, or who have seriously assaulted patients or staff in another Missouri state psychiatric hospital. Biggs is the state's only maximum security psychiatric facility. All other Missouri state psychiatric hospitals serve minimum security patients.

# Community Mental Health Centers



## **BJC Behavioral Health**

(314) 747-7491  
[bjcbehavioralhealth.org](http://bjcbehavioralhealth.org)  
Administrative Offices  
Suite 400  
1430 Olive Street  
St. Louis, Missouri 63103

Services: 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.



## **Bilingual International Assistance Services**

(314) 645-7800  
[bilingualstl.org](http://bilingualstl.org)  
1329 Macklind Ave, Suite  
200 63110

Services: Mental health and social services to the elderly and disabled foreign born. Provides trauma-informed mental health services for immigrant and refugee youth. Legal services include counseling, case management, translation/interpretation services, and referrals. Serves as Affordable Care Act ACA Navigator.



## **Casa de Salud Mental Health Collaborative**

(314) 977-1240  
[casadesaludstl.org](http://casadesaludstl.org)  
1015 S. Compton, St.  
Louis, MO, 63104

Services: Casa de Salud delivers high-quality clinical and mental health care to the uninsured, with a special focus on the immigrant community. The Mental Health Collaborative features low-cost counseling services, provided by a variety of on-site partners. Therapists work with adults, children, individuals, couples, families, and groups of all languages.

## **Independence Center**

(314) 533-4245  
[independencecenter.org](http://independencecenter.org)  
4245 Forest Park Ave. St.  
Louis, MO 63108



Services: Independence Center is a community based rehabilitation program for adults with severe and persistent mental illnesses in the St. Louis area, built on the Clubhouse model of psychosocial rehabilitation.



**SSM**Health

## **SSM DePaul Behavioral Health Urgent Care**

(314) 344-7200  
[ssmhealth.com](http://ssmhealth.com)  
12355 DePaul Dr. Suite  
150 Bridgeton, MO 63044

Services: Behavioral Health Urgent Care at SSM Health is the region's first and only urgent care/walk-in clinic dedicated to mental health. The clinic treats both adults and children in urgent need of care for mental health crises. This service provides immediate access to behavioral health care without the often long and costly wait for Emergency Room care to address non-emergent issues.

Hours: Daily from 9:00 a.m. to 7:00 p.m.





**Salam Free Clinic**  
(314) 533-0534  
[salamclinicstl.com](http://salamclinicstl.com)

Services: Salam Clinics are part of interfaith collaborative efforts sponsored by the Muslim Community Services of

St. Louis. No appointment is necessary, patients are seen during clinic hours on a first come first serve basis. They currently operate their mental health clinic at:

**Salam Clinic Mental Health Services at St. Peters United Church of Christ**  
314-521-5694  
1425 Stein Rd. Ferguson, MO 63135  
Hours: Every Sunday 12pm-4pm

**Compass Health Network**  
(636) 332-6000  
Toll free:  
1 (844) 853-8937  
[compasshealthnetwork.org](http://compasshealthnetwork.org)



Services: Compass Health Network provides a wide variety of mental health and primary health services for residents of St. Charles, Lincoln, Warren and Franklin counties. Multiple locations.

**Hopewell Center**  
(314) 531-1770  
[hopewellcenter.com](http://hopewellcenter.com)

Services: Hopewell Center provides a wide variety of mental health and substance abuse services for residents of

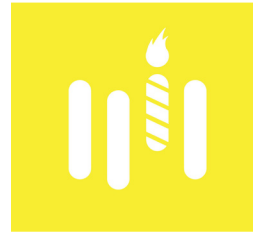
specified portions of St. Louis city. Multiple locations.



**Comtrea, Inc.**  
(314) 977-1240  
[comtrea.org](http://comtrea.org)

Services: Provides a wide variety of mental health and substance abuse services primarily residents of Jefferson

County. Multiple locations.



**Places for People**  
(314) 535-5600  
Crisis Line:  
1 (800) 811-4160  
[placesforpeople.org](http://placesforpeople.org)  
1001 Lynch Street, St. Louis, MO 63118

Services: Places for People provides an unparalleled toolkit of programs, services, and resources for people who have serious mental illnesses, typically accompanied by complex and multi layered challenges: chronic homelessness, substance abuse disorder, primary health disorders, and trauma.

**Sandhill Counseling**  
(636) 379-1779  
[sandhillcounseling.com](http://sandhillcounseling.com)



Services: Sandhill is a specialized, professional mental health practice with highly trained therapists. They provide

professional and compassionate counseling and consulting services through all of life's seasons, often offering a niche or specific expertise. Their therapists are diverse in their training backgrounds as well as their areas of specialization. Multiple locations.



**Growing American Youth (GAY)**  
(314) 669-5428  
[growingamericanyouth.org](http://growingamericanyouth.org)



Services: 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.

## TRANSPARENT (Empowering Our Children To Live Authentically)

(636) 288-5810

[transparenting@aol.com](mailto:transparenting@aol.com)

Services: 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.

## Feeling Kinda Blue

1 (866) 728-7983

(24/7 Crisis Line)

[feelingkindablue.org](http://feelingkindablue.org)

Feeling Kinda Blue  
a Service of Provident

Services: A social networking site for youth and young adults established to serve those

living with depression, anxiety, grief, emotional pain, and other mental illnesses. This online chat crisis line is where users can post, blog, chat and share with peers who are also experiencing depression. Monitored by trained clinicians.

## Adapt of Missouri

1 (888) 657-3201

[adaptusa.com/service-locations/missouri/](http://adaptusa.com/service-locations/missouri/)



Services: Healthcare Home that provides community support, psychosocial

rehabilitation and other services for adults living with mental illness, including individuals with a forensic status living in the St. Louis metropolitan area.



## Metro Trans Umbrella Group

(314) 535-5600

Crisis Line:

1 (800) 811-4160

[stlmetrotrans.org](http://stlmetrotrans.org)

1001 Lynch Street, St. Louis, MO 63118

Services: Metro Trans Umbrella Group has many specific support groups for people who identify as LGBTQIA+. Visit their website for ways to contact about support groups.

## NAMI Missouri

Helpline:

1 (800) 374-2138

[namimissouri.org](http://namimissouri.org)

1001 Lynch Street, St. Louis, MO 63118



Missouri

Services: NAMI Missouri is the chartered state

organization of NAMI. NAMI Missouri is a state-wide volunteer based nonprofit dedicated to improving the quality of life and recovery for children and adults with mental health needs and their families.

## St. Louis Empowerment Center

(314) 652-6100

[dbsaempowerment.org](http://dbsaempowerment.org)



Services: A peer run recovery drop-in center designed to meet the

needs of individuals who have lived experience with mental health and/or substance use issues

## Additional Resources



## St. Patrick Center

(314) 802-0700

[stpatrickcenter.org](http://stpatrickcenter.org)

800 N. Tucker Blvd St. Louis, MO 63101

Services: Provides numerous services for adults who experience

homelessness and living with mental illness and/or substance abuse disorders.