

Counseling Services and Support for Adults and Youth

Behavioral Health Response- 314-469-6644

BHR provides confidential telephone support 24 hours a day to people in mental health crises, as well as, mobile outreach services, community referral services and critical incident stress management. BHR's crisis hotline and mobile outreach services are provided free of charge to the public by paid professional staff.

BJC Behavioral Health- <https://www.bjcbehavioralhealth.org/Services/Adult-Services> Psychiatry Services, Psychiatric Rehabilitation Teams (PRT) and Individual/Group Counseling

National Suicide Prevention Lifeline/ Veterans Crisis Line-1-800-273-8255

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones.

Anxiety and Depression Association of America- <https://adaa.org>

ADAA's mission focuses on improving quality of life for those with anxiety, depression, OCD, PTSD, and co-occurring disorders through education, practice, and research.

Psychology Today- <https://www.psychologytoday.com/us>

Find a therapist based on insurance type, location, concern, faith, therapy modalities and other personal preferences. Virtual therapy is also an option.

Mental Health America- <https://www.mhanational.org>

Mental Health America (MHA) - founded in 1909 - is the nation's leading community-based nonprofit dedicated to addressing the needs of those living with mental illness and to promoting the overall mental health of all Americans. Our work is driven by our commitment to promote mental health as a critical part of overall wellness, including prevention services for all; early identification and intervention for those at risk; integrated care, services, and supports for those who need it; with recovery as the goal.

St. Louis Play Institute-<https://www.stlpti.com>

Client's served, kids ages 3-18 and adults. Play therapy is a hands-on way to help people learn better ways to manage their emotions and behavior. This form of therapy is helpful for those who may be struggling with anxiety, depression, aggression, grief and more.

Depression and Bipolar Support Alliance- <https://www.dbsalliance.org>

DBSA provides hope, help, support, and education to improve the lives of people who have mood disorders.

National Runaway Safe Line- <https://www.1800runaway.org/parents-guardians>

Crisis support for parents who are having trouble with talking to their child or whose child has run away.

CHILDREN & FAMILY CENTER- www.anniemalone.com /314-531-0120 or 2612, 1-844-ANNIE MALONE

Safe 24-hour environment designed with intervention measures to immediately alleviate crisis by providing emergency shelter, food, clothing, educational needs, conflict resolution, emergency medical attention and counseling referrals to prevent child abuse and neglect.

DEAF INC. (Deaf Empowerment Awareness Foundation, Inc.)-

www.deafinc.org/ Voice/Videophone: 314-714-6400

Interpreting Services Voice: 314-968-8868

Toll Free: 888-898-DEAF (3323)

25 East Frisco Ave. Webster Groves 63119

Interpreting, advocacy, support groups and more. Some services are free. They provide assistance to parents and children, including counseling and classes.

Virtual Counseling Services for Adults and Youth

BetterHelp- <https://www.betterhelp.com>

Making professional counseling accessible, affordable, convenient - so anyone who struggles with life's challenges can get help, anytime, anywhere.

Talkspace- <https://www.talkspace.com>

Talkspace is therapy for all. Online therapy lets you connect with a licensed therapist from the privacy of your device at a significantly lower cost than traditional, in-person therapy.

Psychology Today- <https://www.psychologytoday.com/us>

Find a therapist based on insurance type, location, concern, faith, therapy modalities and other personal preferences.

Youth Mental Health Services and Other Support (Crises intervention, housing, employment, summer camps, LGTQIA services and more)

24/7 Youth Connection Helpline- 314-819-8802

The Youth Connection Helpline is a dedicated 24/7 hotline for youth (ages 19 and younger), parents, guardians, or other concerned individuals to access crisis intervention, behavioral health and substance use assessment, and service linkage. Services are provided by master's level professionals and are readily available by phone, SMS text, web chat, and in person through mobile outreach.

24-Hour Crises Help Line- 636-946-3771

For ages 12-19.

NATIONAL RUNAWAY SAFELINE- 1-800-RUNAWAY /www.1800runaway.org

TEXT 66008

Serves as the national communication system and support for runaway and homeless youth.

CRISIS TEXT LINE- Text START or GO to 741741/ http://www.crisistextline.org

Crisis Text Line serves young people (and others) in any type of crisis, providing access to free, 24/7, emotional support and information. A live, trained specialist receives the text and responds quickly.

CAP4KIDS (Children's Advocacy Project)- www.cap4kids.org

For healthcare providers, social workers, child advocates and parents and teens to find reliable, up-to-date information on community resources, including employment, medical and mental health providers and housing.

CENTER FOR YOUTH ON THE RISE- www.stlouisco.com / 314-355-2348

Ages 12 to 19. A variety of activities and services. Life skills workshops, counseling services, educational support, employment preparation, legal assistance.

CHADS COALITION (for Mental Health)- www.chadscoalition.org/ 314-952-2046

4121 Union Road, Suite 224

Mailing address: PO Box 510528 63151

CHADS offers a variety of suicide and bullying prevention programs, including SOS/Signs of Suicide. Visit their website for Community Awareness and Family Support resources for students, educators and parents. The organization was formed after a local couple lost their son to suicide in 2004.

COVENANT HOUSE- www.covenanthousemo.org/ 314-533-2241

2727 North Kingshighway 63113

24/7 crisis services and housing. Access to shelter, food, clothing, blankets, showers, laundry facilities, information, referrals, and crisis intervention.

EPWORTH CHILDREN AND FAMILY SERVICES- www.epworth.org /314-918-3301 or 314-961-5718
110 N Elm Ave. Webster Groves, MO 63119

Comprehensive treatment programs, including residential, outreach, foster care case management, independent living options, and more. The FAMILY SUPPORT NETWORK offers free weekly, in-home family therapy to families parenting children 13 and younger (or under 18 if the child has a qualifying disability).

EPWORTH'S YOUTH DROP-IN CENTER/Street Outreach- www.epworth.org /314-222-4877 or -314-952-8689

7520 Natural Bridge Rd. Normandy 63121

Ages 11-20 that are at risk of homelessness or are homeless.

Monday-Thursday 12pm-5pm Friday 1pm-5pm and some evenings. Laundry and shower facilities; safer sex kits and life skills classes, nutrition, clothing and hygiene items; computer work stations; access to community resources such as healthcare, legal aid, and birth certificate and ID voucher assistance; recreational activities, and support for LGBTQ youth and allies with monthly support group(s). Youth ages 21 to 24 can access intensive case management by appointment or when in crisis. Case Managers are available to assist with locating shelter and referrals for housing.

EPWORTH UNIVERSITY CITY Transitional Living Program- www.epworth.org/ 314-727-6294
6808 Washington Avenue 63130

GOOD SHEPHERD CHILDREN AND FAMILY SERVICES- www.goodshepherdstl.org /314-854-5700
1340 Partridge Avenue 63130

Programs for pregnant or parenting youth, 12-20. Also individual therapy, life skills, educational support.

GREAT CIRCLE- www.greatcircle.org /1-844-424-3577

330 North Gore Avenue 63119

And locations throughout Missouri

Individual and family counseling, crisis support, mental health services, learning challenges, and more. Website shows locations throughout the state.

LGBT National Youth Talk line- <https://www.glbthotline.org/talkline.html> /1-800-246-7743
Support for GAY, LESBIAN, BISEXUAL AND TRANSGENDER YOUTH

JED FOUNDATION- www.jedfoundation.org

Text "START" to 741-741

or call 1-800-273-TALK (8255)

A national nonprofit that works to protect emotional health and prevent suicide for teens and young adults. Many resources on their website.

JEWISH FAMILY AND CHILDREN SERVICES- www.jfcs-stl.org/ 314-993-1000

10950 Schuetz Rd. 63146

Counseling and prevention programs. Assist the elderly, protect children at risk, provide food and services

for the needy, resolve family problems. Services regardless of age, race, religion, ethnicity, gender or sexual orientation.

KIDS IN THE MIDDLE- www.kidsinthemiddle.org /314-909-9922

2650 S. Hanley Rd., Suite 150

St. Louis, MO 63144

Comprehensive counseling services for separated or divorced families. Programs before, during and after divorce. Provides education and support for children and families in the middle of divorce, as well as court-mandated co-parenting classes.

KIDS UNDER TWENTY ONE (KUTO)- www.KUTO.ORG/CONTACT-KIDS-UNDER-TWENTY-ONE

KUTO Crisis Helpline: 314-644-5886 Toll Free: 888-644-5886

2718 SOUTH BRENTWOOD BOULEVARD 2718 S. Brentwood Blvd. 63144

Provides crisis prevention, suicide intervention. Staffed by trained youth volunteers serving youth under 21 Sunday-Thursday: 4:00pm-10:00pm.Friday and Saturday: 4:00pm-midnight.

Call for Help (Metro East-Illinois) 618-397-0963 24-hour crisis intervention and emergency mental health services.

LIFEWISE STL- www.lifewisestl.org/ 314-421-0400

Formerly Kingdom House

1321 South 11th St. 63104

Services include Early Childhood Center, Literacy-focused After School and Summer Camp programs, and Kingdom Academy for teens. Life skills, job readiness, emotional support.

MARYGROVE- www.marygrovechildren.org /314-830-6201

Transitional housing and crisis care for children who are in need of emergency care due to homelessness, potential abuse/neglect, parental stress, family illness, incarceration of a parent/guardian, etc.

MATHEWS-DICKEY BOYS' AND GIRLS' CLUB- www.mathews-dickey.com/314-382-5952

4245 North Kingshighway Blvd. 63115

Programs include arts, education enrichment, gardening, leadership development, sports, summer camp.

NATIONAL RUNAWAY SAFELINE

www.1800runaway.org/ 800-786-2929

OUR LITTLE ACADEMY THERAPEUTIC PRESCHOOL- www.ourlittlehaven.org /314-533-2229

4326 Lindell Blvd 63108

Full time, year round Day Treatment Program for toddlers ages 3-6 year old who have a mental/behavioral health diagnosis. Long-term, comprehensive services, including individual and group psychotherapy, parent counseling, psychiatric medication management, speech and occupational therapy on-site, until the child is prepared to transition to an educational placement.

ST. LOUIS COUNTY YOUTH CONNECTION HELPLINE-

314-628-2929 or 877-928-2929 Text: 4HLP to 31658

THE TREVOR PROJECT- www.thetrevorproject.org 866-488-7386 (24/7)

National organization providing crisis intervention, resources and suicide prevention services to LGBTQ young people ages 13-24.

YES - www.epworth.org/programs/youth-emergency-services-yes/ 314-727-6294 or 1-800-899-KIDS (5437)

6816 Washington Ave University City 63130

24/7 Helpline

Provides food, therapeutic services, transitional housing to youth experiencing homelessness or family crisis.

YOUTH CONNECTION HELPLINES-

St. Louis County (19 and younger) 314-628-2929: text 4HLP to 31658

St. Louis City (18 and younger) 314-485-4635; text 2TALK to 31658

St. Charles County (19 and younger) 636-642-0642; text BSAFE to 31658

Franklin County (19 and younger) 844846-2501; text 4CARE to 31658

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

YOUTH AND FAMILY CENTER- www.theyfc.org/ 314-231-1147

818 Cass Ave 63106

Youth programs, summer camp, Jazzy Seniors Nutrition, Sickle Cell Disease Awareness, and family support services to residents of North St. Louis.

YOUTH CENTRIX THERAPY- www.youthcentrix.com/ 314-877-8754

1 Oak Drive #203 Maryville, IL 62062

Provides trauma-responsive psychiatric occupational therapy to help children, youth, and young adults. Also work with mature adults with psychosocial, cognitive, and/or mental health needs.

YOUTH EMERGENCY SERVICE HOTLINE- www.epworth.org 24/7 Helpline 314-727-6294 1-800-899-KIDS (5437)

YOUTH IN NEED -

www.youthinneed.org 636-946-5600 24-hour Crisis Hotline: 636-946-3771

1815 Boone's Lick Road | St. Charles, Missouri | 63301

24-Hour Help Line: 636-946-3771 | Central Office: 636-946-5600

In St. Louis County, call the St. Louis County Youth Connection Helpline at 314-628-2929.

In St. Charles County, call the St. Charles County Youth Connection Helpline at 636-642-0642.

In St. Louis City, call Youth In Need's 24-Hour Help Line at 636-946-3771.

Based in St. Charles, with outreach programs in St. Louis City. Many resources and programs listed on

their website, including HEAD START, Street Outreach, Emergency Shelter and Transitional Housing available.

YOUTH IN NEED TEEN PARENT PROGRAM- www.youthinneed.org /636-946-0101x1401

Youth In Need's Burkemper Family Counseling Center

516 Jefferson | St. Charles, MO 63301

Weekly teen parent support groups, individual counseling, nurse on staff for checkups and birthing classes. Baby care items for all youth that enroll in the program. Services are free of charge.

Alcohol and Substance Abuse Support for Adults and Youth

SAMHSA Disaster Distress Hotline Services Administration- 1-800-985-5990

(Substance Abuse and Mental Health Services Administration)- Provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.

Substance Abuse and Mental Health Services Administration National Helpline- 1-800-662-4357

Available 24/7. SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.

Alcoholics Anonymous- 314-647-3677

Alcoholics Anonymous is an international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about his or her drinking problem.

Narcotics Anonymous- 1-877-968-9025/314-830-3232

This is a Narcotic Recovery Hotline to call if you or a family member is dealing with drug problems. This is a trusted and toll-free hotline available every hour of the day, seven days a week. This helpline offers addiction support for all areas across the United States. Recovery support specialists ensure that your personal information (name, phone number, address) will not be revealed.

Cocaine Anonymous- <https://camissouri.org/> 314-361-3500/ 833-662-6322

Virtual meetings available through the website.

Al-Anon- <https://al-anon.org/> 314-645-1572

Al-Anon can help you learn how to cope with the challenges of someone else's drinking.

Alateen- <https://al-anon.org/newcomers/teen-corner-alateen>

Young people aged 13 to 18 who have been affected by someone else's drinking are invited to share experience, strength and hope with other teens.

CROSSROADS PROGRAM- www.thecrossroadsprogram.com / 636-532-9991

626 Cepi Dr. Chesterfield 63005

A drug and alcohol rehab center providing a treatment program for adolescents and teens. Locations in St. Louis, Kansas City, and Columbia. Programs include Individual Counseling, Intensive Outpatient Counseling (I.O.P.)

Nar-Anon-<https://www.nar-anon.org/find-a-meeting/> 1-800-304-2219/314-830-3232

The Nar-Anon Family Groups are a worldwide fellowship for those affected by someone else's addiction. As a twelve step program, we offer our help by sharing our experience, strength, and hope.

ALTERNATIVE BEHAVIORAL CARE- www.alternativebehavioralcare.com/ 636-477-6111

255 Spencer Rd., Suite 101 St. Peters 63376

Children, adolescents and adult mental health and substance abuse programs that include medication assisted therapy, as well as, individual and group approaches. Private pay and payment plans.

ST. VINCENT HOME FOR CHILDREN- www.saintvincenthome.org/ 314-261-6011

7401 Florissant Rd. 63121

Support, security and professional treatment for troubled children and their families through an integrated program of services. Residential and outpatient substance abuse treatment programs for youth struggling with drug and/or alcohol addiction. Individual and group therapy includes craving-management skills, relapse prevention, 12-step education and family involvement.