COMMUNITY RESOURCES

CHADS COALITION
WWW.CHADSCOALITION.ORG
314-952-2046

HOTLINES
St. Louis Youth Connection Call 314-628-2929 or Text 4HLP to 31658
Provides crisis and referral help for children, teens, and families.

Life Crisis 314-647-4357 or 1-800-273-8255
24 hour crisis response service providing emergency access to mental health services

Behavioral Health Response 314-469-6644 or 1-800-811-4760
24 hour crisis response service providing emergency access to mental health services

The following websites offer valuable information for individuals and families seeking community resources to address their mental health needs

Missouri Campuses Care: Suicide Prevention Resources
http://wellness.missouri.edu/Suicide/index.html

MISSOURI Suicide & Crisis Hotlines
http://dmh.mo.gov/mentalillness/suicide/prevention.htm

Links to other Suicide Prevention Websites
http://dmh.mo.gov/mentalillness/suicide/links.htm

Substance Abuse & Mental Health Services Administration (SAMHSA)
http://www.samhsa.gov/

Specific resources for adolescents

Find resources in your local community

Suicide Prevention Resource Center (SPRC)
http://www.sprc.org

Illinois Resources
Call for Help, Inc.  618-397-0963

http://www.callforhelpinc.org/
Provides suicide and crisis counseling, transitional housing, information and referral to community programs & services

The following pages contain information about resources available primarily in the St. Louis metropolitan area. Some wider regional and national organizations are also listed. While efforts were made to assure accuracy both in descriptions and contact information, we would welcome hearing about any changes or omissions for future editions of the guide.

Kids Under Twenty-One  314-644-5886 or 1-800-644-5886
Staffed by trained youth volunteers serving youth under 21
Sunday-Thursday: 4:00pm- 10:00 pm  Friday and Saturday: 4:00pm- midnight
Call for Help (Metro East- Illinois)  1-618-397-0963
24 hour crisis intervention and emergency mental health services

National Suicide Prevention Hotline  1-800-273-TALK (8255)
National Hopeline Network  1-800-SUICIDE (784-2433)
National Runaway Switchboard  1-800-621-4000
Gay and Lesbian Hotline in St. Louis  314-367-0084 or 1-800-347-8336
Trevor Project Hotline (LGBTQ)  1-866-488-7386

HELPLINES
St. Louis Children’s Hospital Answer Line  314-454-KIDS (5437)
Health advice and information on kids from birth-21

St. Louis Children’s Hospital Teen Help Line  314-454-TEEN (8336)
For parents of teens who have questions or concerns about alcohol and drug use, peer-pressure, family conflict, school performance, sexual activity, teen responsibility or any issue affecting their development or parent-child relationship

St. Louis Crisis Nursery Parental Stress Helpline  314-768-3201 or 314-338-2200
1928 Gravois Rd.
Saint Louis, MO 63104

11037 Breezy Point Lane
Saint Louis, MO 63136

315 First Capitol Drive
Saint Charles, MO 63301
COMMUNITY MENTAL HEALTH CENTERS
The state of Missouri is divided into service areas that are represented by an Administrative Agent who contracts with the Missouri Department of Mental Health to provide community-based mental health services for the seriously and chronically mentally ill population regardless of insurance status or the ability to pay for services.

BJC Behavioral Health - St Louis County & South St Louis City
Administrative Offices
Daytime Phone: 314-729-4004; toll free: 877-729-4004
Suite 400
After Hours Phone: 314.469.6644
1430 Olive Street
TDD Line: 314-729-4001
St. Louis, Missouri 63103
or toll-free – 877-729-4001

Hopewell Center - Central & North St Louis City
1504 S. Grand (Corner of Park and Grand)
314-531-1770
St. Louis, MO 63104

Prince Hall Family Support Center
4411 N. Newstead Ave. Suite 203
314-531-1770
St. Louis, MO 63115

Residential Care Facility
5117 Waterman Avenue
314-361-4059
St. Louis, MO 63108

COMTREA- Jefferson County
9am- 4:30 M-F line: 636-931-2700
24 hour crisis services
After hours and weekend line: 800-811-4760

Crider Center - St Charles, Franklin, Lincoln & Warren Counties
1032 Crosswinds Court
636-332-6000
Wentzville, MO 63385

HOSPITAL/ RESIDENTIAL TREATMENT CENTERS
St. Louis Children’s Hospital
314-454-6000
One Children’s Place
St. Louis, MO 63110
http://www.stlouischildrens.org/
No inpatient psychological services, only outpatient
Cardinal Glennon Hospital
1465 S. Grand Blvd.
St. Louis, MO 63104
www.cardinalglennon.com
Provide inpatient psychological services children under 18. Insurance is required.

Center Pointe Hospital
4801 Weldon Spring Parkway
St. Charles, MO 63304
636-441-7300 1-800-345-5407
Individual, family, group counseling for psychiatric disorders, specializing in dealing with loss, bullying, ADHD, eating disorders, sexual abuse, self-injurious behavior.
www.centerpointehospital.com

S.A.F.E ALTERNATIVES
800-DONTCUT
www.selfinjury.com

“Self-abuse finally ends” provides services to adolescents and adults in the greater St. Louis Area: Residential, Day treatment, Outpatient group, individual and family therapy. Safe Alternatives is committed to helping clients achieve an end to self-injurious behaviors.

SSM Behavioral Health Services
DePaul Hospital
12303 DePaul Drive
Bridgeton, MO 63044
314-344-6000
ssmhealth.com

St. Joseph’s Health Center
500 Medical Drive
Wentzville, MO 63385
636-327-1000

Edgewood Children’s Center
330 N. Gore Ave.
Webster Groves, MO 63119
www.eccstl.org
Inpatient and outpatient services for children between the ages of 5 and 17. Social skills instructions offered at The Hitchcock School for middle and high school students. Academic services for students who have autism or severe emotional and/or behavioral disorders.

Epworth Children’s Home
110 N. Elm
314-961-5718
Webster Groves, MO 63119
www.epworth.org
Inpatient and outpatient services for adolescents between the ages of 11 and 18 who are experiencing emotional, mental, or behavioral crisis
Academic services for students between the ages of 7 and 21 who are diagnosed with learning disabilities, emotional disorders, and/or behavioral disorders

Hawthorne Children’s Psychiatric Hospital 314-512-7800
1901 Pennsylvania Ave.
St. Louis, MO 63133
TTY 314-512-7593
Inpatient, partial hospitalization, and inpatient services which can include individual, group, or family therapy, and medication management.
Community Psychiatric Rehabilitation (CPRP) is a Medicaid supported program, which provides evaluation, crisis intervention, community support, medication management, and psychosocial rehabilitation.

St. Anthony’s Medical Center 314-268-4669 or 1-800-554-9550
Hyland Behavioral Health Center
10018 Kennerly Road
St. Louis, MO 63128
Individual, family, and group counseling, weekly support group for teens, intensive outpatient, and short-term inpatient psychiatric services.

Mercy Medical Center 314-251-6565
615 S. New Ballas Road
St. Louis, MO 63141
Psychiatric services for children and adolescents with depression, anxiety, addiction, and other behavioral problems.

St. Louis Psychiatric Rehabilitation Center 314-877-6500
5300 Arsenal
St Louis, MO 63139
http://dmh.mo.gov//slprc/
180-bed psychiatric hospital for intermediate and long-term rehabilitation services for adults with severe, persistent mental illnesses
SUPPORT GROUPS

There are four distinct types of groups listed below. First are groups that are intended for peer to peer support groups. Second are family members and caregivers of someone who has a mental illness. Third are grief support groups. And fourth are grief support groups specifically for those who have lost a loved one to suicide.

PEER TO PEER SUPPORT GROUPS

Mental Health America of Eastern Missouri 314-773-1399 or 1-800-359-5695
1905 S. Grand Blvd.
St. Louis, MO 63104
Building Recovery of Individual Dreams and Goals through Education and Support (BRIDGES)
BRIDGES is a 10-week education course to teach consumers information on mental illness, treatment options, self-help skills, and the philosophy of recovery. Mental health consumers are trained to teach the BRIDGES courses.

Kids Under Twenty-One (KUTO) Local: 314-644-5886
2718 S. Brentwood Blvd.
St Louis, MO 63144
Toll Free: 888-644-5886
Sunday-Thursday: 4:00-10:00
Friday- Saturday: 4:00-12:00am
KUTO Crisis Helpline
This is not a support group. It is a crisis hotline offered for youth by youth. Youth who are experiencing feelings of anxiety, loneliness, depression, or thoughts of suicide can call the hotline and speak with youth crisis worker. In addition to speaking about current crisis, the caller and youth crisis worker work together to develop action plans to manage stress, mediate conflict, and overcome despair.
The KUTO SurvivAbility groups help young people who are survivors of an attempted or completed suicide.

Provident
Self-Injury Support Group
12755 Olive, Suite 115
Creve Coeur, MO 63141
Eight sessions for youth dealing with self-injury issues
Contact Nancy Mesey at 314-802-2593 to sign up
AND
Social Skills Group
12755 Olive, Suite 115
Creve Coeur, MO 63141
Social skills support group for youth
Contact Nancy Mesey at 314-802-2593

GRIEF SUPPORT GROUPS FOR THOSE WHO HAVE LOST SOMEONE TO SUICIDE

Survivors of Suicide Support Group
Provident, Inc.
12755 Olive Road, Suite 115
Creve Coeur, MO 63147 314-647-3100
http://providentstl.org
Meets Wednesdays from 7:00-8:30pm
Survivors of Suicide Support Group in St. Charles
Baue Funeral Home’s Community Center
608 Jefferson
St. Charles, MO 63301
Meets the 1st and 3rd Monday of the month from 6:30-8:00 pm
For more information, contact Jenny Deutsch at 314-647-3100.

Survivors of Suicide Support Group
Life Crisis Services, Inc.
2650 Olive St.
St. Louis, MO 63103
Meets Wednesdays from 7:00-8:30 pm
For more information, contact Heather Barnett at 314-647-3100.

Parents Affected by the Loss of a Child to Suicide (P.A.L.S.)
Saint Luke’s Hospital
232 Woods Mill Road
St. Louis, MO 63304
A group for parents who have lost a child to suicide
Meets the 4th Saturday of every month from 10:30-12
For more information, contact Linda Fehrmann, 314-853-7925, Ifehrmann@charter.net or Sandy Curran at 314-518-2302

GROUPS FOR FAMILY MEMBERS/ CAREGIVERS OF SOMEONE WITH A MENTAL ILLNESS

Center for Mental Health
Christian Hospital Northeast, Room 2100
11133 Dunn Road
St. Louis, MO
Meets the 4th Tuesday of each month from 7:00-8:30pm.
For more information, contact Linda Hossin at 314-302-2740

Depression Bipolar Support Alliance of Greater St. Louis 314-652-6100
1908 Olive Street
St. Louis, MO 63103
www.stlempowerment.org/index.php/dbsa-support-groups
Support groups for adults diagnosed with depression or bipolar disorder
Support groups for those whose friends or family members have a mood disorder
For a list of support groups and a calendar of meeting times and locations, please refer to the website listed above or call Dolores at 314-822-0183 for more information about support groups
Walk-ins to any support group are welcome

Family Support Group 636-940-7440
National Alliance on Mental Illness (NAMI)
St. Charles Office
200 S. Kingshighway, St. 101
St. Charles, MO 63301
A support group for loved ones with mental illnesses
The group meets the first Thursday of the month from 7-8:30pm, walk-ins are welcome
For more information about this support group and other support groups offered by NAMI, please call Bonnie Crandall at 636-474-1648

Karla Smith Foundation
The Karla Smith Foundation offers several support groups at different times and locations, each of which is listed below. Please refer to http://www.karlasmithfoundation.org/attend.aspx for the most up-to-date list or available groups.
Wellspring Resources
2615 Edwards St
Alton, IL 6202
Meets the 2nd Thursday of every month from 6-8:00 p.m.
Parents and caregivers of children with mental illness
Daycare during the meeting is provided at no cost.
Contact Mary Pat Dejarnette 618-855-4806

Peace Chapel
10101 W. Main Street
Belleville, IL 62223
Meets the 1st and 3rd Thursday of every month from 7-8:30p.m.
Families with loved ones with a mental illness
Contact Chris Hendrix at 618-624-5771

HOPE Church
200 Dapron Drive
Belleville, IL 62226
Meets the 1st Tuesday of every month from 6-8:00 p.m.
Parents and caregivers of children with mental illness
Daycare during the meeting is provided at no cost.
Contact Mary Pat Dejarnette at 618-855-4806

Christ Temple Church of God
316 26th Street
Cairo, IL 62914
Meets the 4th Thursday of every month from 5:30-7:00 p.m.
Parents and caregivers of children with mental illness
Daycare during the meeting is provided at no cost.
Contact Mary Pat Dejarnette at 618-855-4806

St. Paul Lutheran Church
520 Ferry Street
Metropolis, IL 62960
Meets the 1st Tuesday of every month from 7:00-8:30 p.m.
Parents and caregivers of children with mental illness
Daycare during the meeting is provided at no cost.
Contact Mary Pat Dejarnette at 618-855-4806

Clayton Behavioral
9890 Clayton Road, Suite 100
St. Louis, MO 63124
Meets the 1st and 3rd Tuesday of every month from 7:00-8:30 p.m.
Families and loved ones of anyone with a mental illness
Contact Jim and Linda Murphey at 314-481-0008

Family Counseling
408 E. Vine Street
Vienna, IL 62995
Parents and caregivers of children with mental illness
Daycare during the meeting is provided at no cost.

Samaritan Support Group
Central Presbyterian Church
7700 Davis Drive
St. Louis, MO 63105
The group meets the 2nd Saturday of the month from 10:00-11:30am.
For more information, contact Pat Grace at 314-974-2338.

GRIEF SUPPORT GROUPS

Annie’s Hope Bereavement Center for Kids
Phone: 314-965-5015
Cell: 314-368-1818
Eight Week Family Support Group
For children, teens, and adults who are grieving the death of an important individual in their lives
Weekly sessions tailored to fit the needs of those in the group
For more information on this support group visit http://annieshope.org/prog_support.html

AND

Monthly Family Support Groups
A support group for children, teens, young adults, and adults to attend as a family
Meetings are held on the second Wednesday of every month from 6:30-8:00
For more information on this support group visit http://annieshope.org/documents/OMGpacketform_2011.pdf

AND

Teen Retreat
A weekend retreat for teenagers grieving the death of someone significant
The retreat starts on Friday at 5:30 and ends on Sunday at 3:30
For more information on this support group visit http://annieshope.org/prog_retreat.html

Journey Through Grief
Lutheran Church of Webster Gardens
8749 Watson Road
Webster Groves, MO 63119
Support group for adults who are grieving the loss of someone significant
Meets the 1st Wednesday of every month from 1-2:30
For more information call Pat Sprick at 314-729-9919

AND

13 week program for adults who are grieving the loss of someone significant
Meets every Thursday evening from 6:30-8
Prior to attending a meeting, please call Pat Sprick at 314-729-9919

St. Anthony’s Newly Bereaved Grief Support Group 314-543-6872
De Greefe Hospice House
10024 Kennerly Road
St Louis, MO, 63128
A time-limited support group that covers six grief-related topics.
Meets 1st and 3rd Tuesday of each month from 10:00-11:30

Kids’ Clubhouse 314-721-1144
320 North Forsyth
Clayton, MO 63105
A center for children and their families who are coping with the loss of a loved one.
Support group sessions run for eight weeks in the fall and winter, but referrals made if needed
Participants may use art, music, or play to express themselves. Sessions are tailored to meet the needs of the group members.

Counseling Programs/Organizations

National Alliance on Mental Illness (NAMI-St. Louis) 314-962-4670
1750 S. Brentwood Blvd.
St. Louis, MO 63117
www.NAMISTL.org
Provides educational programs for family members who have loved ones with mental illness, individuals diagnosed with mental illness, professionals who work with people with mental illness, and the public

Assisted Recovery Centers of America (ARCA) 314-645-6840
Lansdowne Medical Building
6651 Chippewa
St. Louis, MO 63109
http://www.arcamidwest.com/
Inpatient, outpatient, and residential treatment programs for drug or alcohol addiction

BJC Behavioral Health Day Phone: 314-729-4004
Administrative Offices After Hours: 314-469-6644
1430 Olive St #500,
St Louis, MO 63103
BJCbehavioralhealth.org
Provides access to mental health services and arranges for other supportive services for adults and children with mental health problems. Services include clinical case management, psychiatric medication services, psychosocial rehabilitation, in-home services for children and adults, school-based services, respite services for adults and children, crisis beds for adults and children, and more
BJC has insurance contracts with Medicare, Medicaid, the Missouri Department of Mental Health, and they accept private insurance as well.

Care and Counseling Phone: 314-878-4340
12141 Ladue Road
Creve Coeur, MO 63141-8120
http://careandcounseling.org/
Provide individual, family, group therapy, support groups, and couples counseling. Support for faith communities and their leaders. These services include counseling, and education for religious professionals, counseling for clergy families, clergy support group, congregation mediation, team building, clergy candidate testing, and vocational assessment
12 locations in St. Louis metro area
Catholic Family Services  
9200 Watson Rd  
St. Louis, MO 63126  
http://www.cfsstl.org/  
Services offered include counseling, psychiatry, family life education, love and logic for parents, fatherhood initiative, and military families  
There are eight offices in the St. Louis metro area  
You may request an appointment online or call to make an appointment.

Catholic Charities Archdiocese of Saint Louis  
4532 Lindell Blvd  
St. Louis, MO 63108  
www.CCSTL.org  
Catholic Charities provides a number of services, including individual, group, and family counseling, family life education, emergency shelter and services, and legal support.

Chestnut Health Systems (Illinois)  
Adolescent Chemical Dependency Treatment  
2148 Vadalabene Drive  
Maryville, IL, 62062  
618-288-3100  
www.chestnut.org  
Mental Health Services  
12 North 64th Street  
Belleville, IL 62220  
618-397-0900  
Chestnut is a non-profit organization offering a full range of chemical dependency and mental health services in Illinois.

Children’s Hospital Teen Helpline (Saint Louis)  
314-454-TEEN (8336)  
Available Monday through Friday from 9:00-4:00.  
This is a resource for parents with questions or concerns about their teen’s behavior. Staff is able to provide appropriate resources and referrals. Calls remain anonymous unless caller provides contact information to receive resources.  
www.STLouisChildrens.org

COMTREA (Community Treatment)  
636-931-2700  
http://www.comtrean.org/  
Services are offered at a number of locations. These locations can be found at the website under the Contacts link. Services include substance abuse, parent education programs, psychiatry, individual and group therapy, domestic violence support, divorce support, children’s advocacy, and school services.

The Counseling Center  
314-251-6545  
Phone lines open 9am - 3pm M-F
The Counseling Center provides services to individuals of all ages, couples, and families. The team consists of a multidisciplinary group of mental health professionals. Services provided by each team member can be found at the site above or by calling the center.

Hyland Behavioral Health Center Counseling Clinic 314-545-4400
Located at St. Anthony’s Medical Center
10010 Kennerly Rd.
St. Louis, MO 63128
Inpatient and outpatient services are offered for people experiencing emotional, substance abuse, or psychiatric challenges. Outpatient services include partial hospitalization, intense outpatient, counseling center, and after care.

Independence Center 314-533-4245
4245 Forest Park Ave.
St. Louis, MO 63108
www.independencecenter.org
The center offers a psychiatric rehabilitation program for adults who struggle with persistent mental illness. The clubhouse assists these individuals in gaining social skills, living skills, employment, and housing.

Jewish Family and Children’s Services 314-993-1000
10950 Schuetz Road
St. Louis, MO 63146
www.jfcs-stl.org
Services include testing and assessment for children with academic difficulties; safety skills for kids, parents, and educators; counseling for families, children, and adolescents; support groups.

The Karla Smith Foundation 618-624-5771
14 Park Place, Suite B 1-888-KSF-HOPE
Swansea, IL 62226
www.karlasmithfoundation.org
KSF provides education about mental illness, peer mentoring for those experiencing mental illness, and a family connect program to increase support for families with a loved one with a mental illness.

Kids in the Middle 314-909-9922
121 W. Monroe
Kirkwood, MO 63122
www.kidsinthemiddle.org
Individual and group counseling for children ages 3 ½ to 18 to help kids identify and normalize feelings about changes in their family. Provides consultation, counseling, and co-parent counseling for parents. Family counseling and blended family counseling available.

McCallum Place 314-968-1900
Eating Disorders Treatment Center 1-800-828-8158
231 W. Lockwood Ave., Suite 201
St. Louis, MO 63119
www.mccallumplace.com
Programs include a 24-hour residential program, partial hospitalization, outpatient programs, and a transitional house for those struggling with disordered eating.

National Council on Alcoholism and Drug Abuse 314-664-7550
1723 Pennsylvania Ave.
St. Louis, MO 63104
https://www.ncada-stl.org/
Provides drug and alcohol abuse assessments by appointment (free for individuals 18 and younger, $50 for those 18 and older)
Prevention programs for youth of all ages, parents, school faculty, and communities and businesses
Helpline for those wanting additional information about substance abuse issues
   English: 314-962-3456
   Spanish: 314-752-2272

Our Little Haven 314-533-2229
4316 Lindell Blvd
St. Louis, MO 63108
http://www.ourlittlehaven.org/
Mental health evaluations, assessments, and screenings for infants, children, and adults
Individual, family, and group psychotherapy for children 2½ to 12 years and adults
Therapeutic preschool for children who cannot attend a traditional school due to behavioral and emotional problems

Places for People 314-535-5600
4130 Lindell Blvd
St Louis, MO 63108
http://www.placesforpeople.org/
Programs for adults with behavioral health problems, serious mental health illnesses, addiction, and those who are HIV positive.
Parenting program that aims to educate and support parents while educating children on more prosocial behaviors

Provident Counseling 314-898-0100
2650 Olive St
St. Louis, MO 63103
www.providentstl.org
Suicide prevention hotline 24 hours a day at 314-647-4357
Individual and family counseling. These services are free for those under 20 who live in St. Louis County
Adult group treatments that focus on anger management, addictions, domestic violence prevention, and sexual offender treatment. If you would like more information, contact Margaret Schicker at 314-802-2667.
Child group treatments that focus on improving social skills and self-injury. If you would like more information or would like to see a new group created, call Janet Frain at 314-802-2629.

“The Spot” 314-535-0413
4169 Laclede Ave.
St. Louis, MO 63108
www.thespot.wustl.edu
Any individual 13 to 24 years of age are welcome at the Spot, where all services are free
Case managers can assist individuals in finding a place to stay, getting a job, helping individuals complete high school, GED, or job applications, applying for food stamps, and more
Counseling services are available for assistance with relationships, families, alcohol and drug concerns, and more.
Medical care for HIV and STD testing and treatment, pregnancy testing, medications, referrals if long-term care is needed, and more

St. Louis Behavioral Medicine Institute 314-534-0200
1129 Mackling Ave.
St. Louis, MO 63110
http://www.slbmi.com/
Provides comprehensive treatment plans for individuals suffering from emotional or behavioral issues, including child and adolescent programs for those 2 years through young adulthood

St. Louis Crisis Nursery 314-292-5770
11710 Administration Dr.
St Louis, MO
http://www.crisisnurserykids.org/
Provides short-term emergency shelter for children, medical exam to detected undiagnosed/untreated medical problems, developmental assessment, art activities, and more
Family empowerment services that focus on community outreach visits, parent education groups, and emergency funding

St. Louis Psychoanalytic Institute 314-361-7075
The Schiele Clinic
8820 Ladue Rd., Floor 3
St. Louis, MO 63124
http://www.stlpi.org/
Provides in-depth assessment and treatment for child, adolescents, and adults offered using a sliding scale fee

Self Help Center 314-781-0199
8301 Crest Industrial Dr.
St. Louis, MO 63123
http://www.selfhelpcenter.org/page17.php
Peer specialists meet with consumers to discuss wellness planning, benefits assistance, crisis intervention, and resource information.
Provides services at inpatient hospitals including Mercy and St. Mary’s Hospitals.

Touchpoint Autism Services 314-567-7705
10176 Corporate Square Dr.
St. Louis, MO 63132
http://www.lifeskills-mo.org/
Offers a range of services and supports for children and adults with autism and their families
Professional training about autism for teachers, therapists, administrators, and other community groups

Washington University’s Department of Psychiatry
First Contact Assessment Services
660 S. Euclid- Renard Hospital- Room 6612
St. Louis, MO 63110
http://wuchild.wustl.edu/
The goal of the program is to identify individuals 26 or younger who are at risk for developing major mental health illnesses or have been diagnosed with a major mental illness. Individuals who are candidates may receive services.

Youth Emergency Service 314-727-6294
6816 Washington Ave.
University City, MO 63130
http://www.epworth.org/programs/youth-emergency-service.php
Provides short-term housing and therapeutic support for young people seeking immediate shelter.
Program includes individual, group, and family counseling as well as weekly educational and recreation groups focused on life skills education.

Youth in Need 24-hour helpline 636-946-3771
St. Louis City
201 South Jefferson Ave.
St. Louis, MO. 63103
St. Louis County 314-628-2929

St. Charles County 636-642-0642
1815 Boone’s Lick Rd.
St. Charles, MO 63301
www.youthinneed.org

Services include counseling, emergency shelter, transitional living program, independent living program, and street outreach. The emergency shelter is a 12-bed emergency residential center for individuals age 10-18 in crisis. The transitional living program is a 10-bed center for individuals 16-21. The independent living program consists of apartments throughout the city for teens.

Child & Adolescent Psychiatrists

Before choosing a psychiatrist families are encouraged to contact their insurance company to determine who is on their plan (if none, go through your regional Administrative Agent – see p. 14). Waiting times for new patients to see a psychiatrist vary significantly but are commonly 3 to 6 months or longer and many will not be taking new patients.

Dr. Malik Ahmed 314-251-6545
The Counseling Center
621 S. New Ballas
St. Louis, MO 63141
Serves ages 14 and above

Dr. Richard Anderson 636-946-8810
3330 1st Capital Drive
St. Charles, MO 63301

Dr. Ahmad Ardekani 314-843-3310
St. Anthony’s Hospital – The Hyland Center
10004 Kennerly Road
St. Louis, MO 63128

Michael Banton, MD 314-692-7886
13354 Manchester Rd., Suite 220
St. Louis, MO 63131

Dr. David Berland 314-644-6910
7700 Clayton Road, Suite 103
St. Louis MO 63117

Dr. Kelly Botteron 314-286-1700
Child and Adolescent Psychiatry Offices
Montclair Building
24 South Kingshighway
St. Louis, MO 63108

Dr. Gary Boxer 314-814-8616
Grace Hill Neighborhood Health Center
1717 Biddle St., Suite 1
St. Louis, MO 63106

Dr. Robert Brandy 314-206-3700
BJC Behavioral Health
140 Olive
Suite 500
St. Louis MO 63103

Dr. Joan Butcher 314-439-0100
#4 The Pines Court
Creve Coeur, MO 63141

Dr. John Constantino 314-286-1700
Child and Adolescent Psychiatry Offices
Montclair Building
24 South Kingshighway
St. Louis, MO 63108

Dr. Elise Fallucco 314-286-1700
Child and Adolescent Psychiatry Offices
Montclair Building
24 South Kingshighway
St. Louis, MO 63108

Dr. Darrin Friesen 314-968-2111
1750 S Brentwood Blvd., Suite 857
Brentwood, MO 63144
Child & Adolescent Psychiatrist

Dr. Linda Gibson 314-721-7903
7751 Carondolet, Suite 605
Clayton, MO 63105

Dr. Luis Giuffra 314-251-7720
621 S New Ballas Rd
Tower A – Suite 398
St. Louis MO 63141

Dr. Keith Isenberg 314-923-8647
1831 Chestnut St.
St. Louis, MO 63103

Dr. Suzanne L’Ecuyer 314-628-6550
St. John’s Family Therapy
970 Executive Parkway Drive
St. Louis, MO 63141

Dr. Joan Luby 314-286-1740
Child and Adolescent Psychiatry Offices
Montclair Building
24 South Kingshighway
St. Louis, MO 63108

Dr. Julio Morales 314-754-3254
8820 Ladue Road, Suite 314
Ladue, MO 63124

Dr. Eric Neutzel 314-754-3250
8820 Ladue Road, Suite 301
Ladue, MO 63124

Dr. David Ohlms 314-909-0211
12166 Old Big Bend Road
Kirkwood, MO 63144
Psychiatrist and specialist (Adults only)

Dr. Zafar Rehmani 314-209-8222
3466 Bridgeland Dr., Suite 205
Bridgeton, MO 63044
Child & Adult Psychiatry

Dr. Dan Reising 314-725-1515
The Sevens Building
7777 Bonhomme, Suite 2010
Clayton, MO 63105

Dr. Thomas Richardson (BJC) 314-362-7005
660 S Euclid Ave, Suite 3308
St. Louis MO 63110
Dr. Gordon Robinson 314-567-1958
St. John’s Mercy – Allied Behavioral Consultants
621 S. Ballas Road, Suite 268A
St. Louis, MO 63141
Dual diagnosis (addictions/mental health) for adults

Dr. Berette Salazar 314-781-9299
7750 Clayton Rd.
St. Louis, MO 63105

Dr. Jeffrey Schulman 314-432-2428
11709 Old Ballas Rd.
St. Louis, MO 63141
Recommended for finding the right medication for children/adolescents

Dr. Adelita Segovia 314-725-1515
The Sevens Building 7777 Bonhomme, Suite 2010
Clayton, MO 63105
Child & Adolescent Psychiatry

Dr. Bryan Sewing 314-432-2429
11709 Old Ballas Road, Suite 130
-or-
225 S. Meramec, Suite 721 314-726-1080
St. Louis, MO 63031

Dr. Michael Shanker 314-251-6898
615 S. New Ballas Rd.
St. Louis, MO 63141
-or-
1224 Graham Rd., Suite 2010 314-839-5232
St. Louis, MO 63031

Dr. Paul Sheffner, MD 636-255-0699
546 First Capitol Drive
St. Charles, MO 63110

Dr. Reed Simpson 314-534-0200
St. Louis Behavioral Medicine Institute
1129 Macklind Ave
St. Louis, MO 63110
Especially anxiety disorders

Dr. Beverly Smith MD 314-525-4429
10004 Kennerly Road, Suite 364B
St. Louis, MO 63128

Dr. Michael Stotler
10805 Sunset Office Drive
St. Louis, MO 63127

Dr. Jeffrey Vander Kooi
621 S. New Ballas Rd
Tower A – Suite 398
St. Louis, MO 63141

Dr. Matthew Wilson
621 S. New Ballas Rd
Tower A – Suite 398
St. Louis, MO 63141

Legal & Financial

Legal Services of Eastern Missouri
www.lsem.org
1-800-444-0514
4232 Forest Park Ave
St. Louis, MO 63108
Legal assistance and equal access to justice for low income citizens

National Dissemination Center for Children with Disabilities
www.nichcy.org
includes information on education, laws, resources and research

Partnership for Prescription Assistance
www.ssa.gov
1-888-477-2669

Social Security Administration
www.ssa.gov
1-800-772-1213
Supplemental Security Income (SSI)
Social Security Disability income (SSDI)

Mercy Hospital
www.mercy.net/practice/mercy-neighborhood-ministry
314-861-4297
Neighborhood Ministry Services
3660 Gravois
St. Louis, MO 63116
Provides and coordinates a variety of health and social services for those in financial need

St. Louis Regional Health Commission
314-446-6454
www.stlrhc.org - see resources link
1113 Mississippi Ave, Suite 113
St. Louis, MO 63104
The RHC is a collaborative effort of St. Louis City, St. Louis County, the state of Missouri, health providers, and community members to improve the health of uninsured and underinsured citizens in St. Louis City and County.

Educational

Advocacy for Special Needs Children
www.childrensdisabilities.info/advovavy/idex.html

American Foundation for Suicide Prevention
https://www.afsp.org/
https://www.afsp.org/coping-with-suicide/find-support

Kids Together
Website that provides information and resources for children and adults with disabilities, including many school-related materials.
www.kidstogther.org

Logos School -
private therapeutic middle and high school in St. Louis for students who are not best served through traditional schools.
9137 Old Bonhomme 314-997-7002
St. Louis, MO 63132
www.logosschool.org

PBSParents website - The Educational Rights of Children with Disabilities
www.pbs.org/parents/inclusivecommunities/famil_rights.html

School Mental Health
www.schoolmentalhealth.org

US Department of Education – Office of Civil Rights
www2.ed.gov/about/offices/list/ocr/index.html?src=rt

Further Helpful Websites

State of Missouri:

Wellness Missouri
http://wellness.missouri.edu/Suicide/index.html

MO Suicide Hotlines
http://www.suicidehotlines.com/missouri.html

211 United Way referral service
www.211Missouri.org

Behavioral Health Response (BHR)
www.bhrstl.org
Crisis intervention services for a wide range of behavioral and emotional health concerns providing immediate response and access to services

National Alliance on Mental Illness- NAMI St. Louis
www.namistl.org
A great resource, for information about support groups

American Academy of Child & Adolescent Psychiatry
www.aacap.org/cs/forFamilies

American Association of Suicidology
www.suicidology.org

American Foundation for Suicide Prevention
www.afsp.org

Bipolar significant other
www.bpso.org

Caring Today – Practical advice for the family caregiver
www.caringtoday.com

CHADS Coalition for Mental Health
www.chadscoalition.org

Comtrea
www.comtrea.org
Community treatment: An administrative agent of the Missouri Dept. of Mental Health that provides counseling and other services for Jefferson County residents.

Crider Health Center
An administrative agent of the Missouri Dept. of Mental Health that provides mental health and other services for St. Charles, Lincoln, Franklin and Warren County residents.

www.cridercenter.org

Depression and Bipolar Support Alliance
Excellent site with lots of resources; especially the “just diagnosed” link

www.dbsliance.org

Happenings 4 Youth
Offers a compendium of activities and services for young people in St. Louis
Also provides a list of helpful articles for parents related to substance abuse prevention and intervention.
Healthy Place American’s Mental Health Channel

www.healthyplace.com

Kids Together
Website provides information and resources for children and adults with disabilities, including many school-related materials.

www.kidstoggether.org

Kids Under Twenty One (KUTO)
Teen suicide hotline & services.

www.kuto.org

Mayo Clinic
Excellent comprehensive information on all health – related topics

www.mayoclinic.com

Mental Health America

www.mentalhealthamerica.net
www.nmha.org/go/children

Mental Health Association of Eastern Missouri

www.mhaem.org

Missouri Institute of Mental Health

www.mimh.edu

National Dissemination Center for Children with Disabilities
Includes information on education, laws, resources and research

www.nichcy.org

National Institute for Mental Health

www.nimh.nih.gov
Network of Care – MO Dept. of Mental Health
www.networkofcare.org

Pediatric Psychiatry Pamphlets
http://jamesdauntchandler.tripod.com/bipolar/bipolarpamphlet.htm

Prescription Assistance
www.pparx.org

Provident Counseling (Life Crisis Services)
www.providentstl.org

Psychotherapy St. Louis (local therapist finder)
www.psychotherapysaintlouis.org

Hope (information & treatment for cutting and other self-injury behaviors)
www.selfinjury.org

Saint Louis Behavioral Medicine Institute
Comprehensive therapeutic mental health services
www.slbmi.com

Saint Louis Crisis Nursery
Emergency housing for children birth to 12 years
www.crisisnurserykids.org

School Mental Health
www.schoolmentalhealth.org

Social Security Benefits Information
www.socialsecurity.gov/disability/

Suicide Prevention Resource Center (SPRC)
www.sprc.org

Youth Suicide Prevention Program
www.yspp.org

Book Resources

Of fundamental importance, it should be noted that information in books or any other source should never take the place of the medical and psychiatric care of the first-hand professional knowledge of your physician or mental health provider. Workbooks, text and guides cannot “cure” depression, which is an illness, despite the sometimes misleading titles and claims. For some people however, they may be indispensable supplementary resources to the care of mental health professionals.
The following titles represent a small portion of those available through your library, bookstore or on-line store. Inclusion on this list does not necessarily indicate endorsement as being especially valuable. In some cases they have come recommend; in others they may have just “looked good”. Please use your judgment in making selection that seem to fit your needs and your taste.

**Adolescent Depression: A Guide for Parents**  
By Francis Mark Mondimore, MD  
John Hopkins University Press, 2002

**Aftershock: What to do When the Doctor Gives You – or Someone You Love – a Devastating Diagnosis**  
By Jessie Gruman  
Walker & Company, 2007

**The Anxiety Workbook for Teens: Activities to Help You Deal With Anxiety & Worry**  
By Lisa Schab  
Instant Help Books, 2008

**Beyond the Blues: A Workbook to Help Teens Overcome Depression**  
By Lisa Schab  
Instant Help Books, 2008

**The Bipolar Child**  
By Demetri Papolos, MD and Janice Papalos  
Broadway Books, 2007

**Coming Out, Coming In: Nurturing the Well-Being and Inclusion of Gay Youth in Mainstream Society**  
By Linda Goldman  
Taylor & Francis Group, 2007

**Demystifying Psychiatry**  
By Charles Zorumski and Eugene Rubin  
Oxford University Press, 2010

**Depression & Bipolar Wellness Guide**  
(For parent of children and teens with depression or bipolar disorder)  
Families for Depression Awareness, 2007  
[www.familyaware.org](http://www.familyaware.org)

**I Am Not Sick and I Don’t Need Help**  
By Xavier Amador  
Vida press, 2007
If Your Child is Bipolar: The Parent-to-Parent Guide to Living with & Loving a Bipolar Child
By Cindy Singer & Sheryl Gurrentz
Perspective Publishing, 2003

The Mindful Way through Depression: Freeing Yourself from Chronic Unhappiness
By Mark Williams, et al.
The Guilford Press, 2007

My Kind of Sad: What It’s Like to Be Young and Depressed
By Kate Scowen
Annick Press Ltd., 2006

Night Falls Fast: Understanding Suicide
By Kate Redfield Jamison
Random House, 1999

Parents and Teachers as Allies: *
Recognizing Early Onset Mental Illness in Children and Adolescents
By Dr. Joyce Burland
Published by NAMI, The National Alliance for the Mentally Ill, 2001

Raising a Moody Child: How to Cope with Depression and Bipolar Disorder
By Mary Fristad and Jill Goldberg
Guilford Press, 2003

A Relentless Hope: Surviving the Storm of Teen Depression *
(Note: the author is a pastoral counselor and blends some Christian theology throughout this work)
By Gary Nelson
Wipf & Stock Publishers, 2007

Stopping the Pain: A Workbook for Teens Who Cut & Self-Injure *
By Lawrence Shapiro
Instant Help Books, 2008

Survival Strategies for Parenting Children with ADD
By George Lynn
Underwood Books, 1996

Survival Strategies for Parenting Children with Bipolar Disorder
By George Lynn
Jessica Kingsley Publishers, 2000

Talking to Depression: Simple Ways to Connect When Someone in Your Life is Depressed
Resources beyond the St. Louis Metro Area

From the Network of Care Website
www.networkofcare.org

How the Mental Health System Works in the state of Missouri:

The Missouri Department of Mental Heath’s division OF comprehensive Psychiatric Services divides Missouri into 25 service areas. Each area has a Community Mental Health Center that provides psychiatric services to individuals in need and is designated as the division’s Administrative Agent. These Administrative Agents serve as the primary entry and exit point for state mental health services and are responsible for the assessment and services to both adults and children in their assigned area and for providing follow-up services for individuals released from state-operated inpatient hospitals. For a list of administrative agents and affiliates go to http://www.dmh.missouri.gov/cps/org/adminagents.htm

Call 211 or go to www.211missouri.org
211 Missouri covers most of the state other than the area surrounding Kansas City.

Heartland Behavioral Health Services 1-800-654-9605
1500 W. Ashland
Nevada, MO 64772 (near Kansas City)
Residential treatment facility for kids with emotional, behavioral, or mental health concerns

Missouri Department of Social Services 573-751-3424
www.dss.missouri.gov/mhd
Missouri HealthNet Division (provides healthcare services for low income and vulnerable populations in the stat of Missouri)

Research Psychiatric Center 816-44-8161 or 816-235-8162
2323 East 63rd St.
Kansas City, MO 64130
http://researchpsychiatriccenter.com/
Residential treatment facility for kids with emotional, behavioral, or mental health concerns.

Royal Oaks Hospital
307 N. Main
Windsor, MO 65360 (also in Famington and Owensville)
http://www.royal-oaks-hospital.org/
Residential treatment facility for children, adolescents and adults with emotional or behavioral health concerns.

Illinois Resources

Belleville Area Special Services Cooperative (BASSC) 618-355-4800
2411 Pathways Crossing
Belleville, IL 62221
www.bassc-spied.org
Comprehensive program of educational, diagnostic and support services for children 3-21 years with disabilities

Chestnut Health Systems 618-397-0900
12 North 64th St.
Belleville, IL 62223
http://www.chestnut.org/
Provides 24 hour crisis intervention, counseling, case management and related services on a sliding fee scale
Serves Belleville and eastern St. Clair County

Comprehensive Behavioral Heath Center 618-482-0900
2911 State St.
East St. Louis, IL 62205
www.cmhc1.org
Provides 24 hour crisis intervention, counseling, residential, substance abuse, case management and related services on sliding fee scale
Serves E, St. Louis and surrounding areas, Call for details

Illinois Department of Human Services 1-800-843-5164
http://www.dhs.state.il.us/page.aspx?item=29728
Provides screening, Assessment and support Services (SASS) available for children and adolescents throughout Illinois

The Karla Smith Foundation 618-624-5771
www.karlasmithfoundation.org 1-888-KSF-HOPE
A resource for support of caregivers of those with a mental illness and survivors of the suicide of a loved one
Nationwide

Centers for Disease Control (CDC) 1-800-232-4636
Suicide Prevention: www.cdc.gov/ViolencePrevention/Suicide

Medicare 1-800-MEDICARE (633-42273)
www.medicare.gov

National Suicide Prevention Lifeline 1-800-272-TALK (8255)
http://www.suicidepreventionlifeline.org/
Provides 24-hour free and confidential emotional support to people in suicidal crisis or emotional distress

National Hopeline Network 1-800-SUICIDE (784-2433)
http://hopeline.com/
The focus is suicide prevention, awareness and education. Help and hope is provided though crisis hotlines, online crisis chat, a music outreach tour and college campus awareness events.

National Runaway Safeline 1-800-RUNAWAY (786-2929)
http://www.1800runaway.org/national-runaway-safeline/
Provides 24-hour crisis line has an experienced front-line team member ready to help you now. If you're not ready to call, you can post to our bulletin board, send an email, or start a live chat. It’s anonymous, confidential and free.

US Department of Health & Human Services 1-877-696-6775
www.hhs.gov and www.healthfinder.gov
The Department of Health and Human Services is the principal agency of protecting the health of all Americans.

U.S. Government:

Department of Mental Health

http://dmh.mo.gov/mentalillness/suicide/prevention.htm
http://dmh.mo.gov/mentalillness/suicide/links.htm
https://www.afsp.org/
https://www.afsp.org/coping-with-suicide/find-support

In Appreciation

St. Louis Children’s Funds 314-615-5850
The Century Building
CHADS is partially funded by the St. Louis County Children’s Service Fund, which was created to improve the lives of children, youth, and families in St. Louis County by strategically investing in the creation and maintenance of an integrated system of care that delivers effective and quality mental health and substance abuse services.