

## Mental Health Resources

**The National Alliance on Mental Illness (NAMI)** is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. They provide advocacy, education, support and public awareness. [www.nami.org](http://www.nami.org) Call the NAMI Helpline at 800-950-6264 or text "HelpLine" to 62640.

**The Substance Abuse and Mental Health Services Administration (SAMHSA)** is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation and to improve the lives of individuals living with mental and substance use disorders, and their families. For information on finding help and treatment options, visit [www.samhsa.gov/find-treatment](http://www.samhsa.gov/find-treatment). The National Helpline provides 24-hour free and confidential referrals and information about mental and/or substance use disorders, prevention, treatment, and recovery in English and Spanish. SAMHSA's National Helpline is 800-662-HELP (4357) or TTY: 800-487-4889.

**Saint Louis Counseling** supports the healing and improved mental health for individuals and families of all backgrounds. They provide both Professional Counseling and Psychiatry services for children, teens and adults. Their School Partnership Program (SPP) also provides therapists who assist students from kindergarten through 12th grade attending parochial, private and public schools. They have 7 Offices, including one in Herculaneum. Call (314)544-3800 or Request an appointment online. Virtual counseling may be available. [www.saintlouis counseling.org](http://www.saintlouis counseling.org)

**Queen of Peace Center** provides family-centered care for women with substance-use disorders, their families, and at-risk youth through treatment, prevention and education, and housing. Their unique model addresses the full continuum of needs for those impacted by substance use disorders, co-occurring disorders, and trauma and can include Residential or Outpatient treatment services. [www.qopcstl.org](http://www.qopcstl.org) (314) 531-0511 x 102.

**Compass Health Network** is a nonprofit health care organization that provides a full continuum of behavioral health services, substance use services as well as primary and dental health throughout Missouri. Locations include House Springs, Hillsboro & Festus, among others. [www.compasshealthnetwork.org](http://www.compasshealthnetwork.org) Call for an Appointment Toll Free 844-853-8937. The Behavioral Health Crisis Center is Toll Free 888-356-2427.

**Prevention Consultants of Missouri** is a Missouri Division of Behavioral Health Prevention Resource Center serving 8 counties including St. Francois, and Washington Counties. They teach drug prevention skills in educational classes to students ages K -12 called 'Too Good for Drugs'. [www.preventionconsultants.org](http://www.preventionconsultants.org) Call 573-368-4755

**Mental Health First Aid Training** helps you assist someone experiencing a mental health or substance use-related crisis. In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help. Certified staff present this research-based curriculum in an 8-hour course. [www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org) 1-888-244-8980, ext. 5

**American Foundation for Suicide Prevention (AFSP)** is a voluntary health organization that gives those affected by suicide a nationwide community empowered by research, education and advocacy to take action against this leading cause of death. Dedicated to saving lives and bringing hope to those affected by suicide, including those who have experienced a loss. [www.afsp.org](http://www.afsp.org) If you are in a crisis, call 988 or text TALK to 741741

**Chads Coalition** mission is to save young lives by advancing the awareness and prevention of depression and suicide. 314-952-2046 [www.chadscoalition.org](http://www.chadscoalition.org)

**Mercy's Hyland Behavioral Center** provides education, prevention and treatment services for psychiatric illness and chemical dependency covering patients of all ages – from kids to older adults. They offer both outpatient and hospital care services, including professional counseling and medication therapy as needed. For those suffering both a psychiatric illness and chemical dependency, they offer specialized dual-diagnosis treatment, including individual and group counseling, relapse-prevention techniques and ongoing support of the 12-step programs of Alcoholics Anonymous, Gamblers Anonymous and other addiction-recovery support groups. [www.mercy.net/practice/hyland-behavioral-health](http://www.mercy.net/practice/hyland-behavioral-health) 314-525-7275

**Mental Health America of Eastern Missouri (MHA- EM)** a nonprofit organization founded in 1945, we are affiliated with Mental Health America, the oldest and largest volunteer movement in the U.S. concerned with mental health and mental illness. Our agency is committed to the B4Stage4 philosophy, an approach to mental health grounded in the encouragement of early interventions and treatments. The website offers general information about mental health conditions, has online screening tools and resources. 314-773-1399 [www.mha-em.org](http://www.mha-em.org)

**Behavioral Health Response (BHR)** provides crisis support, telephone counseling, and mental health resources 24 hours a day, 7 days a week. The goal is to ensure immediate, barrier-free access to behavioral health care. If you're in crisis, **call 988** or (314) 469-6644 or 1(800) 811-4760. [www.bhrstl.com](http://www.bhrstl.com)

**BJC Behavioral Health** 1085 Maple St., Farmington, Mo. Individual, group and family therapy, psychiatric services, medication monitoring, psychosocial rehab, intensive in home services for adults and children, school based services, clinical case management, and substance abuse for adults/children. Mission is to improve the mental health and well-being of the people and communities we serve who are impacted by mental illness. (573) 756-5353 or 888- 331-5111

**Bridge of Hope Ministries** 400 N. Washington St. Suite 113, Farmington, Mo. Individual, family and marriage counseling, personality profiles, trauma, PTSD and grief issues. Private pay only. Over 50 years experience. (573) 701-9861.

**Community Counseling Center's** mission is to provide comprehensive behavioral health and prevention services to every person in need in a five-county region. (Bollinger, Cape Girardeau, Madison, Perry and Ste. Genevieve.) [www.ccntr.com](http://www.ccntr.com) (800) 356-5395 or 877 626-0638.

**Raising A Village Inc** offers counseling services for adults, adolescents, families, children and group therapy. 103 Strauss Dr. Park Hills, Mo. [www.raiseavillage.org](http://www.raiseavillage.org) (573) 327-9841



