



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

<http://www.samhsa.gov/prevention/suicide.aspx>

Find resources in your local community

<http://www.samhsa.gov/treatment/index.aspx>

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

314-953-8030

Saint Louis, MO 63136

315 First Capitol Drive

636-947-0600

Saint Charles, MO 63301

Crisis Nursery West 636-940-2504
330 S. Fourth St. Saint Charles, MO 63301

Crisis Nursery Wentzville 636-887-3070
700 Medical Drive, Wentzville, MO

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 After Hours Phone: 314.469.6644
Suite 400 TDD Line: 314-729-4001
1430 Olive Street or toll-free – 877-729-4001
St. Louis, Missouri 63103

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

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

Residential Care Facility 314-361-4059
5117 Waterman Avenue
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 636-332-6000
1032 Crosswinds Court
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

Psychology Dept.- 314-577-5667

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

314-968-2060

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.

http://www.stanthonyamedcenter.com/Hyland/Youth_Services.pdf

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.

<http://www.mercy.net/practice/mercy-clinic-child-and-adolescent-psychiatry>

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

http://www.mha-em.org/images/documents/bridges_flyer.pdf

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)

2718 S. Brentwood Blvd.

St Louis, MO 63144

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.

Local: 314-644-5886

Toll Free: 888-644-5886

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
<http://providentstl.org> 314-647-3100

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, lfehrmann@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 5:30-7:00p.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

Fax: 314-918-1438
General Email: annieshopekids@aol.com
1333 W. Lockwood, Suite 104
St. Louis, MO 63122

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/>

Call toll free 1-800-652-8055

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

314-367-5500

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 medical health services in Illinois

Children's Hospital Teen Helpline (Saint Louis)
Available Monday through Friday from 9:00-4:00.

314-454-TEEN (8336)

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)
<http://www.comtrea.org/>

636-931-2700

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
Phone lines open 9am - 3pm M-F

314-251-6545

621 S New Ballas Rd #112A
St Louis, MO 63141

<http://thecounselingcenter-stl.com/>

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

<http://www.stanthonysmedcenter.com/Hyland/index.asp>

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 2 ½ 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

636-946-3771

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 Child and Adolescent Psychiatry Offices Montclair Building 24 South Kingshighway St. Louis, MO 63108	314-286-1700
Dr. Gary Boxer Grace Hill Neighborhood Health Center 1717 Biddle St., Suite 1 St. Louis, MO 63106	314-814-8616
Dr. Robert Brandy BJC Behavioral Health 140 Olive Suite 500 St. Louis MO 63103	314-206-3700
Dr. Joan Butcher #4 The Pines Court Creve Coeur, MO 63141	314-439-0100
Dr. John Constantino Child and Adolescent Psychiatry Offices Montclair Building 24 South Kingshighway St. Louis, MO 63108	314-286-1700
Dr. Elise Fallucco Child and Adolescent Psychiatry Offices Montclair Building 24 South Kingshighway St. Louis, MO 63108	314-286-1700
Dr. Darrin Friesen 1750 S Brentwood Blvd., Suite 857 Brentwood, MO 63144 Child & Adolescent Psychiatrist	314-968-2111
Dr. Linda Gibson 7751 Carondolet, Suite 605 Clayton, MO 63105	314-721-7903
Dr. Luis Giuffra	314-251-7720

621 S New Ballas Rd
Tower A – Suite 398
St. Louis MO 63141

Dr. Keith Isenberg 1831 Chestnut St. St. Louis, MO 63103	314-923-8647
Dr. Suzanne L'Ecuyer St. John's Family Therapy 970 Executive Parkway Drive St. Louis, MO 63141	314-628-6550
Dr. Joan Luby Child and Adolescent Psychiatry Offices Montclair Building 24 South Kingshighway St. Louis, MO 63108	314-286-1740
Dr. Julio Morales 8820 Ladue Road, Suite 314 Ladue, MO 63124	314-754-3254
Dr. Eric Neutzel 8820 Ladue Road, Suite 301 Ladue, MO 63124	314-754-3250
Dr. David Ohlms 12166 Old Big Bend Road Kirkwood, MO 63144 Psychiatrist and specialist (Adults only)	314-909-0211
Dr. Zafar Rehmani 3466 Bridgeland Dr., Suite 205 Bridgeton, MO 63044 Child & Adult Psychiatry	314-209-8222
Dr. Dan Reising The Sevens Building 7777 Bonhomme, Suite 2010 Clayton, MO 63105	314-725-1515
Dr. Thomas Richardson (BJC) 660 S Euclid Ave, Suite 3308 St. Louis MO 63110	314-362-7005

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 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 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 314-909-8484
10805 Sunset Office Drive
St. Louis, MO 63127

Dr. Jeffrey Vander Kooi 314-251-7720
621 S. New Ballas Rd
Tower A – Suite 398
St. Louis, MO 63141

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

Legal & Financial

Legal Services of Eastern Missouri 1-800-444-0514
www.lsem.org
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 1-888-477-2669
www.ssa.gov

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

Mercy Hospital 314-861-4297
www.mercy.net/practice/mercy-neighborhood-ministry
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/index.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.kidstogether.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.logoschool.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.bpsso.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.dbslliance.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.kidstogether.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 Papolos
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

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

By Claudia Strauss
New American Library, 2004

What Families Should Know about Adolescent Depression and Treatment Options *

By Kenneth Duckworth and Darcy Gruttadaro
NAMI, 2005

When Nothing matters Anymore: A Survival Guide for Depressed Teens *

By Bev Cobain
Free Spirit Publishing, 1998

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 Health'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.mo.gov/mhd

Missouri HealthNet Division (provides healthcare services for low income and vulnerable populations in the state 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 1-800-456-2634 or 660-885-2182
307 N. Main
Windsor, MO 65360 (also in Fannington 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-sped.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 Health 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 through 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

222 South Meramec Ave, Suite 202

www.keepingkidsfirst.org

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.