

St. Louis Area Mental Health Services Guide

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Additional Online Listing of Community Resources (Organized by Need):

<http://werc.wustl.edu/Home/CommunityResources>

(*) indicates the organization accepts Medicare/Medicaid

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CRISIS SERVICES

Behavioral Health Response (BHR) www.bhrstl.org; *Crisis Hotline(314)469-6644 or (800)811-4760*

Confidential telephone counseling to people in mental health crises along with mobile outreach services, community referral services, and critical incident stress management (CISM). Services are provided free of charge by paid professional staff who have master's degrees in their respective behavioral science disciplines.

Life Crisis Services of Provident Counseling www.providentstl.org; *(314)533-8200; Suicide Hotline (314)647-4357*

Trained volunteers under the supervision of clinical staff provide suicide prevention and crisis intervention services 24 hours a day.

Crisis Text Line (CTL) www.crisistextline.org; 741741

Crisis Text Line is a free, 24/7 confidential text message service connecting people in any type of crisis to a live, trained Crisis Counselor. The organization's services are available 24 hours a day every day, throughout the US, by texting HOME or any other message to 741741.

KUTO (Kids Under Twenty-One) www.kuto.org; (314) 963-7571

Provides youth focused crisis prevention, suicide intervention and post-intervention support through awareness, education, and outreach.

St. Louis Crisis Nursery www.crisisnurserykids.org; *24 Hour Helpline: (314)768-3201 Other Assistance: (314)292-5770*

Emergency intervention, respite care, and support to families in crisis through short-term care (free of charge) for young children (birth through age 12). Shelter for children whose families may be facing overwhelming parental stress, parental or sibling illness or death, lack of utilities, food, or shelter, domestic violence, or other emergency situations that jeopardize the safety and well-being of the child and necessitate temporary parent-child separation. Offers a nurturing environment, help with crisis resolution, resources for empowerment, ongoing support, parent education, community outreach and awareness, and advocacy for children and families

Crisis Nursery North 11037 Breezy Point Lane, St. Louis, MO 63136, (314)953-2030

Crisis Nursery Saint Charles 315 First Capitol Drive, St. Charles, MO 63301, (636)947-0600

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

There are also locations in the Centene Center, Wentzville, St. Louis City and South County. Call for details.

Services in Illinois:

Illinois Department of Human Services <http://www.dhs.state.il.us>; 1-800-843-6154

Directs callers in crisis to the nearest Community Mental Health Center or other center that can provide help in Illinois.

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HOSPITALS

Barnes-Jewish Hospital Medical Services-Psychiatry www.barnesjewish.org/psychiatry; (314)286-1700
 Forest Park Ave., Floor 4 Suite 441, St. Louis, MO 63108

Provides information on disorders and will help locate psychiatrists in the area who can administer psychological and neuropsychological assessments and conduct marital, family, developmental, and several other forms of therapy.

Cardinal Glennon Children's Hospital Dept. of Psychology

www.cardinalglennon.com/medicalspecialities/psychology; (314)577-5667 or
www.cardinalglennon.com/medicalspecialities/psychiatry; (314)344-6700; 1465 S. Grand Blvd. St. Louis, MO 63104

Helps locate psychiatrists in the area who administer psychological and neuropsychological assessments and conduct marital, family, developmental, and several other forms of therapy.

***CenterPointe Hospital (St. Charles County)** www.centerpointehospital.com; (800)345-5407

Care for a wide range of psychiatric disorders in adults, adolescents, and children

***Christian Hospital Mental Health Services** www.christianhospital.org; (314)839-3171 or (800)447-4301

Inpatient and outpatient supports available including assessments and treatment. Services for mental health, substance abuse and geriatric care.

***DePaul Health Center Behavioral Health** www.ssmdepaul.com; (314)344-6700 or to find a physician: (866)776-3627

Provides assessment and treatment for all ages.

Jefferson Memorial Hospital/Personal Stress Center

www.jeffersonmemorial.org/getpage.php?name=behavhealth; (636)933-1211 or (636)933-1230

Provides referral information for types of treatment based on brief phone interview.

Mercy Medical Center www.mercy.net/stlouismo; (314)251-6000

Provides reference guide/referral source for understanding mental illness and finding mental health professionals.

St. Louis Children's Hospital Psychology Services www.stlouischildrens.org/our-services/psychology-services; (314)454-5437 or (800)678-5437; Helpline for parents of teens: (314)454-TEEN

Offers assessment, testing, and psychological services to children experiencing a wide range of emotional, behavioral and psychological difficulties.

454-TEEN is a resource for parents with questions and concerns about their teen's behavior.

Children's Hospital professional staff will provide parents with information and answers to their concerns. The help line operates Monday through Friday, from 9:00 am - 4:00 pm.

St. Louis Children's Hospital Suite 3S-32 and Suite 3N-14, One Children's Place, St. Louis, MO 63110

St. Louis Children's Hospital Suite 120, 8888 Ladue Rd., St. Louis, MO 63124

***St. Mary's Health Center** www.ssmhealth.org/stmarys/pages/home.aspx; (314)768-8000

Offers classes on parenting/family relations and provides information on therapists and services in the tri-county area.

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COMMUNITY MENTAL HEALTH CENTERS/PROGRAMS

BJC Behavioral Health www.bjcbehavioralhealth.org; after hours referral (314) 729-4004 (314) 469-6644 or (800) 811-4760

An affiliated member of BJC HealthCare offering comprehensive community-based behavioral health services to children (6 and older) and adults in the St. Louis metropolitan area and in the Missouri counties of Washington, Iron and St. Francois.

Central Division: Suite 400, 1430 Olive Street, St. Louis, MO 63103; (314) 206-3700

North Division: Suite 200, 3165 McKelvey Rd., Bridgeton, MO 63044; (314) 206-3900

South Division: Suite 200, 343 South Kirkwood Rd., Kirkwood, MO 63122; (314) 206-3400

Southeast Division: 1085 Maple Street, Farmington, MO 63640; (573) 756-5353

Behavioral Health Call Center and Referral Line: (314) 729-4004 or toll-free (877) 729-4004

Care and Counseling www.careandcounseling.org; (314) 878-4340 (this is the initial contact number for all 9 offices)

Provides individual, family, group, and/or couples therapy, plus support groups. Interfaith/faith based counseling.

Center for Trauma Recovery (UMSL) www.umsl.edu/divisions/artscience/psychology/ctr/clinic.html; (314) 516-6737 or e-mail: CTR@umsl.edu

Short term therapy for individuals who have experienced traumas.

***COMTREA (Jefferson County)** www.comtrea.org; (636) 931-2700

As well as general counseling, Comtrea provides counseling to families, to victims of crime or abuse, and to recovering addicts. Scholarships and grants are available to help with cost of some services; please call for details.

***Crider Health Center (Only St. Charles, Lincoln, Franklin, and Warren County residents)** www.cridercenter.org; (636) 332-6000, for deaf and hard of hearing (314) 469-3683

Provides psychiatric evaluations and treatment, medication management and case management for those with a serious mental illness. Sliding fee scale.

Edgewood Children's Center www.eccstl.org; (314) 968-2060; 330 North Gore Ave., Webster Groves, MO

Provides services for children with severe emotional and behavioral disturbance as well as those with autism. Offers special education classes, residential and day treatment programs, intensive in-home therapy for families of children with severe emotional disorders, and services for children ages 3-12 with a diagnosis on the autism spectrum, including special education, behavioral therapy, and therapy in speech/language, music, art, and motor skills.

Family Resource Center <http://frcmo.org>; (314) 534-9350; 3309 S. Kingshighway, St. Louis, MO 63139

Offers individual and family therapy for children and adults, guidance on parenting issues, family preservation counseling, crisis intervention, and a therapeutic preschool for young children experiencing emotional and behavioral problems.

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Family Support Network <http://www.epworth.org/programs/family-support-network-fsn/>; (314)918-3301; 110 N. Elm, St. Louis, MO 63119

Offers free weekly in-home counseling to improve family communication & relationships & provide information on effective methods of stress management & conflict resolution.

The Family Mental Health Collaborative (314)993-1000

Collaboration of non-profit mental health organizations around St. Louis County. Services include crisis intervention, counseling, assessments, case/care management, psychological testing, psychiatric evaluation and medication.

***Grace Hill Children's Developmental Center** www.gracehill.org/content/child-development-center.php;
Appointment Line:(314) 814-8700 Main Line: (314)898-1700; 1 1717 Biddle Street, St. Louis, MO 63106

Provides a team approach (developmental pediatrician, pediatric neurologist, child and adolescent psychiatrist, child psychologists, and licensed clinical social workers) for treatment of medical, psychological, and social needs of the child. Serves children infancy through the beginning of high school.

Hopewell Center www.hopewellcenter.com; (314)531-1770

Provides outpatient services, programs for children with serious emotional disturbances, school-based programs, psychosocial rehabilitation, and group counseling for residents of St. Louis City.

***Our Little Haven** www.ourlittlehaven.org; (314)533-2229 x275; PO Box 23010, St. Louis, MO 63156

Therapeutic preschool which accepts private insurance for some services and offers scholarships for treatment to eligible families. Provides assessments, Treatment, Parent/Child Interaction Therapy for children from birth to 7 years of age.

***Self-Help Center** www.selfhelpcenter.org; (314) 200-HELP

Drop-in center that hosts self help groups, workshops, educational events, and social activities for people who are living with symptoms of mental illness and/or substance use disorders

Washington University Psychological Service Center www.psych.wustl.edu/psc; (314)935-6555;
Washington University West Campus, 7 North Jackson Avenue, St. Louis, MO 63105

Outpatient mental health clinic provides low-cost treatment options for children, adolescents, adults, and the neurologically impaired. Fees are set on a sliding scale that is based on the client's gross income and number of dependents. Fees for therapy range from \$15 to \$85 and are charged for each hour of service delivered, including the initial interview.

Services in Illinois:

Illinois Mental Health Collaborative www.illinoismentalhealthcollaborative.com; 1-800-843-6154

Assists callers in accessing mental health services in Illinois.

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COUNSELING AGENCIES, THERAPISTS, & ADULT PSYCHIATRISTS

<i>Therapist/Agency</i>	<i>Type of Therapy Practiced</i>	<i>Insurance Accepted</i>	<i>Contact Information</i>
Kelsey Torgerson, MSW, LCSW Compassionate Counseling St. Louis	Specializing in child and adolescent anxiety and anger management, age 4 through college	Out of network provider (https://www.compassionatecounselingstl.com/insurance)	www.compassionatecounselingstl.com 314-339-7640 kelsey@compassionatecounselingstl.com 8000 Bonhomme Ave. Suite 412, Clayton, MO 63105
Partners in Wellness	Specializes in eating disorders, mood and anxiety disorders, individual and group therapy for adolescents and adults		(314) 736-5446 http://www.partnersinwellnessstl.com/
Core Counseling and Consulting Sameera Malik, MSW, LCSW Whig Mullins, MSW, LCSW	Specializes in treating adults who exhibit difficulties such as social relationship difficulties or disorders related to 'overcontrol'-- inflexibility, perfectionism, and a high need for control. Individual/group/family therapy		http://opendbt.com Sameera Malik: 314-488-6284 sameeramaliklcsw@gmail.com Whig Mullins: 314-422-5114 wmullinslcsw@gmail.com
Agape Christian Counseling Services	Gestalt therapy, Cognitive-Behavioral therapy, suicide and crisis, reactive attachment disorder, sexual dysfunction, substance abuse	Sliding scale <i>*Southern IL location</i>	(314)944-9344 www.agapeccs.com
Catholic Family Services		Sliding scale	(314)544-3800; (800)652-8055 (main office); www.cfstl.org
Christian Psychological and Family Services		Sliding scale	(314)567-4994; www.cpfstl.com
Clayton Behavioral	Psychiatrists, psychologists, counselors, social workers and neurologists treating children and adults who have mental health and addiction disorders.		(314) 222-5803
Community Psychological Services (UM-St. Louis)	Assessment and therapy services <i>*Evaluation services are available free of charge for St. Louis County residents under 20 years of age.</i>	Sliding scale	(314)516-5824; www.umsl.edu/services/cps

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Crossroads Counseling Centers	Christian/Family Systems	Private only/sliding scale	(314)469-5522; intake: (314)498-0186 www.stl-ccc.org
Family & Personal Counseling Center ECH	Adolescents, adults, family	Medicaid, MHNET, private	(314)427-3755 www.everychildshope.org
Jewish Family and Children's Services	ADHD, emotional and behavioral problems	Sliding scale	(314)993-1000; www.jfcs-stl.org
Kids in the Middle	Children of divorced parents, children in state of transition	Medicare/Medicaid, sliding scale	(314)909-9922
Provident Counseling	Children/teen victims of abuse, adult counseling (depression, addiction, anger management, relationship issues, trauma)	Most insurance plans; sliding scale <i>*Southern IL location</i>	(314)533-8200; www.providentstl.org
Schiele Clinic (St. Louis Psychoanalytic Institute)	Assessment services to children and adolescents , referral information		(314)361-7075;ext 444 www.stlpi.org/about-the-clinic/
St. Louis Behavioral Medicine Institute	Anxiety, depression, social skills; out-patient or partial hospitalization	<i>*Southern IL location</i>	(314)289-9411 or (877) 245-2688 www.slbmi.com
SLU Center for Counseling and Family Therapy	Individual, couples, marriage, family	Sliding scale	(314)997-2505; www.slu.edu/x12396.xml
Dr. Dan Weinstein	Psycho-educational testing; specialization: boys with ADHD and/or behavioral issues; child social and organizational skills		(314)721-7201; www.doctordanw.com
Diane Sanford PhD	Areas of special interest include: pregnancy, postpartum, midlife, empty nest and menopause.		314-991-5666; drdianesanford.com
Shellie Fidel MSW, LCSW	Specializations: women's issues (postpartum, depression during pregnancy, pregnancy loss, panic and anxiety disorders)		314-630-4140; www.shelliefidell.com
Sarah Coffman LCSW	Specializations: women, female youth , mood disorders, Postpartum Depression, birth trauma, pregnancy & infant loss, sexual identity, life transitions, relationship conflict		314-640-1644; riteofpassage@MAC.com

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Elizabeth Pribor MD	Specializations include geriatric psychiatry and psychiatry.		314-863-6444
Savita Bhata MD	Psychiatrist		314-567-5000
Leigh A. Berry Ph.D, LLC	Individual and Family Psychology Specializes in Clinical Psychology		11477 Olde Cabin Rd. Suite 240 St. Louis, MO 63141 314-994-1918

PROFESSIONAL ORGANIZATION

Missouri Psychiatric Association Missouri.psych.org; (573)635-5070

Provides information on mental health professionals/services in the area for individuals of all ages.

MISSOURI STATE DEPARTMENT OF MENTAL HEALTH SERVICES

Hawthorn Children's Psychiatric Hospital dmh.mo.gov/heph/index.htm; (314)512-7800

Rates for services based on ability to pay.

Metropolitan St. Louis Psychiatric Center dmh.mo.gov/mpc/contact.htm (314)877-0501

Rates for services based on ability to pay.

MO Dept. of Mental Health- St. Louis Regional Offices dbhmail@dmh.mo.gov

Provides comprehensive psychiatric services as well as mental retardation and developmental disabilities services and resources.

Division of Mental Illness: (573)751-8017

Division of Alcohol & Drugs: (573)751-4942

St. Louis Regional Office (Developmental Disabilities) (314) 587-4800

RESOURCES FOR CHILDREN WITH DEVELOPMENTAL DISABILITIES

Belle Children's Services of St. Louis Arc www.bellecenter.com; (314)569-2211

childrenservices@slarc.org

Merged with St. Louis Arc as of 7/1/2012. Community outreach programs that provide educational services, as well as speech, occupational, and physical therapy, to children with disabilities in their day-to-day environments. Full-day preschool program. Families as Partners program that offers information, consultation, resources, and referrals to the parents, siblings, and extended family members of children with disabilities.

Childgarden Child Development Center www.childgardencdc.org; (314)531-8148; 4150 Laclede Ave. St. Louis, MO 63108

Provides licensed and accredited early education for children ages 6 weeks to 8 years. Teachers provide each child with learning opportunities that are specifically designed to meet his/her

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individual needs. The center also provides speech, occupational, physical, and developmental therapy services.

*** Missouri First Steps** [\(866\) 583-2392](tel:8665832392) www.mofirststeps.com

Provides occupational, physical, developmental, speech and language therapy. Family counseling and social work services offered.

TouchPoint Autism Services lifeskills-mo.org (314) 432-6200

Strives to make a real difference in the quality of life for children and adults living with a diagnosis of ASD and their families wherever they may live.

Therapeutic Playtime www.therapyplay.com (636)464-5439

Provides early intervention services: physical therapy, occupational therapy, developmental therapy and speech/language therapy.

Mercy Children's Therapy and Development Center www.mercy.net/stlouismo/practice/mercy-childrens-therapy-and-development-center; (314)872-3345

Offers evaluations of developmental delays in motor, speech/language, and sensory processing, as well as physical and occupational therapies.

St. Louis Head Start; (314)427-4940

Provides social and educational tools to infants and preschoolers in income-eligible families. ersea@headstart.ywcastlouis.org

St. Louis Learning Disabilities Association www.ldastl.org; (314)966-3088

Provides crisis intervention, cognitive educational evaluations, educational consultations, tutoring services, study skills classes, speech and language programs.

St. Louis Arc www.slarc.org; (314)569-2211

Provides services for children and adults living with developmental delays/disabilities through physical therapy, occupational therapy, developmental therapy and speech/language therapy.

SUPPORT ORGANIZATIONS

Alcoholics Anonymous www.aastl.org; (314)647-3677

ALIVE (Alternatives to Living In Violent Environments) www.alivestl.org; (314)993-2777

CHADD www.chadd.org; (314)541-7545

Provides resources for children and adults with Attention Deficit Disorder and Hyperactivity.

Depression and Bipolar Support Alliance www.dbsalliance.org; (314)652-6100

ST. Louis Office for Developmental Disabilities Resource Board ((314)421-0090

Support including case management for consumers living with Developmental Disabilities

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DIVORCE SUPPORT GROUPS

Divorce HQ <http://www.divorcehq.com/divorce-support-groups/missouri-support-groups.shtml>

Most groups are non-denominational, even though they are held at churches.

St. Paul United Church of Christ, St. Louis, (314)892-3332

Festus Divorce Care, (636)937-8608

Rehoboth Baptist Church, Kirksville, (660)665-0847

Maryville Divorce Care, (660)562-2616

First Baptist Church, Macon, (660)773-5276

Chillicothe Divorce Support Groups, (660)646-7018

FAMILY SUPPORT GROUPS

Crider Center (636)474-1648; 322 McDonough, St. Charles, MO 63301 *Crider Center Washington Mo. (636) 239-1717*

Grace Hill Health Center www.gracehill.org (314)814-8579; 1717 Biddle, St. Louis, MO 63107

GRIEF SUPPORT GROUPS

BJC Hospice <http://www.bjchospice.org/GriefSupport.aspx>; 314-953-1676; griefsupport@bjc.org

Missouri Baptist (various age groups) (314)997-5057

Annie's Hope Bereavement Center for Kids www.AnniesHope.org; (314)965-5015

Support group for children, teens and the adults in their lives. Meets once a week for 8 weeks.

GRIEF SUPPORT FOR THOSE WHO HAVE LOST SOMEONE TO SUICIDE

Kaitlin Harris Foundation <http://www.kaitlinharrisfoundation.org/>
(636)236-6644

Survivors of Suicide Support Group: Provident Counseling

<http://www.providentstl.org/Services/LifeCrisis/SurvivorsofSuicide.aspx> (314) 647-3100

Unmasking Suicide (877)600-1028; 11220 West Florissant, #283 Florissant, MO 63330

Emphasis on support for the African American community.

RESOURCES FOR PARENTS AND CHILD CARE

Parents As Teachers www.parentsasteachers.org (314)432-4330

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Parent education and family support program serving families from pregnancy through preschool. Offers in-home visits by a trained early childhood professional in which parents can learn techniques for managing behaviors and establish age-appropriate expectations for behavior/ability. Provides additional resources for parents of children with and without special needs, group meetings for parents and kids on various issues, and developmental screenings to evaluate speech, hearing, and vision.

Child Day Care Association(CDCA) www.childcaresstl.org; (314)531-1412; 4236 Lindell Blvd Suite 300 St. Louis, MO 63108

Provides referrals to daycares based on individual preferences and needs. Also provides questions to ask individual daycares and/or childcare providers when determining if they are a good fit for your childcare needs.

AREA CHILD PSYCHIATRISTS

Name	Street Address	Phone	Age Range
Michael Banton, M.D.	13354 Manchester Road Suite 220, St. Louis, MO 63131	(314)692-7886	4 to 18
David Berland, M.D.	7700 Clayton Rd, Suite 103, St. Louis, MO 63117	(314)644-6910	5 to Young Adult
Linda Bock, M.D.	777 S. New Ballas, Suite 327W, St. Louis, MO 63141	(314)432-7343	6 to 30
*Kelly Botteron, M.D.	4444 Forest Park Ave, St. Louis, MO 63108	(314)286-1700	6 to 18
*Gary Boxer, M.D.	1717 Biddle St., Suite 1, St. Louis, Mo. 63106	(314) 814-8616	6 to 17
*Robert Brady, M.D.	1430 Olive St. Suite 500, St. Louis, MO 63103	(314)206-3700	All Ages
*James Byrd, D.O.	546 1 st Capitol Dr., Suite 1, St. Charles, MO 63301	(636)946-4000	6 to Adult
*John Constantino, M.D.	4444 Forest Park Ave, St. Louis, MO 63108	(314)286-1700	5 to 18
Darrin Friesen, M.D.	1750 S. Brentwood Blvd., Suite 857, St. Louis, Mo. 63144	(314)968-2111	6 to Adult
*Anne Glowinski, M.D.	4444 Forest Park Ave, St. Louis, MO 63108	(314)286-1700	5 to 18
*LaRhonda Jones, M.D.	3394 McKelvey Rd., Suite 116, Bridgeton, MO 63044	(314)209-0900	4 to 17
Suzanne L' Ecuyer (pronounced lequi-yay)	6155 New Ballas Rd., St. Louis, Mo. 63141	(314)251-6898	3 to 17
*Joan Luby, M.D.	4444 Forest Park Ave., St. Louis, MO 63108	(314)286-1700	Infant to 5

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James Mikolajczak, M.D.	141 North Meramec, Suite207, Clayton, MO 63105	(314)726-1666	4 to 60
*Ginger Nicol, M.D.	660 S. Euclid Ave., St. Louis, MO 63110	(314)286-1700 (314)877-0500	Pre-K
Renuka Patel, M.D.	12141 Ladue Rd., St. Louis, MO 63141	(314)878-0760	3 to 21
*Shulamit Portnoy, M.D. (Also a child neurologist)	1717 Biddle St., St. Louis, MO 63106	(314)814-8616; (314)577-5609	Pre-K
Diane Rankin, M.D.	889 S. Brentwood Blvd. Ste 204, St. Louis, MO 63105	(314)721-4688	Over age 5
Zafar Rehmani, M.D.	3466 Bridgeland Dr. Suite 150, Bridgeton, MO 63044	(314)209-8222	All ages
*Angela Reiersen, M.D.	4444 Forest Park Ave, St. Louis, MO 63108	(314)286-1700	5 to 18
Daniel Reising, M.D.	9890 Clayton Rd., Suite 100, St. Louis, MO 63124	(314) 725- 1515	All ages
Adelita Segovia, M.D.	9890 Clayton Rd., Suite 100, St. Louis, MO 63124	(314)725-1515	All ages
Pearl Serota, M.D.	#4 The Pines Ct., Suite East, Creve Coeur, MO 63141	(314)439-0100	All ages
Bryan Sewing, D.O.	11709 Old Ballas Rd., Suite 103, St. Louis, MO 63141	(314)432-2428	3 to 18
Eleatha Surrat, M.D.	7396 Pershing Blvd., St. Louis, MO 63130	(314)538-9874	Infant to adult
Jagdish Suri, M.D.	763 S. New Ballas Rd., Suite 110, St. Louis, Mo. 63141	(314)569-1717	3 to 17
Mini Tandon, D.O	1430 Olive St., Suite 500, St. Louis, MO 63103	(314)206-3700; intake (314)729- 4004	All ages
*Scott Trail, M.D.	522 N. New Ballas Rd., Suite 300, St. Louis, MO 63141	(314)994-0444	5 to 17

❖ For an updated list of local physicians, please call Top Docs, (314)867-3628.

RESOURCES FOR PREVENTING CHILD ABUSE

ParentLink WarmLine(800)552-8522

Resource for parents who may have concerns about child abuse (physical, sexual, emotional, neglect and other). Staff can provide information about reporting of abuse, how to help victims,

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and other topics. Staff is also able to refer to counseling services and transfer to child abuse hotlines if necessary.

Child Help Child Abuse/Neglect Hotline www.childhelpusa.org/; (800)422-4453

Hotline for parents worried they might hurt their child staffed 24 hours a day, 7 days a week with professional crisis counselors who offer crisis intervention, information, literature, and referrals to social service and support resources. All calls are anonymous and confidential.

Children's Advocacy Services of Greater St. Louis www.stlouiscac.org/; (314) 516-6798, *University of Missouri- St. Louis, Weinman Building- Upper Level, 1 University Blvd., St. Louis, MO 63121*

Coordinate services for victims of child abuse in a child-friendly setting with a multi-disciplinary team.

CAP4KIDS: The Children's Advocacy Project of St. Louis www.cap4kids.org/stlouis/

Website that Connects a variety of social service agencies offering services for families at risk for abuse or neglect

Child Abuse and Neglect Hotlines

To report child abuse in MO, call (800)392-3738 from inside MO or (573)751-3448 from outside MO. To report child abuse in IL, call (800)25-ABUSE from inside IL or (217)524-2606 from outside IL.

Family Resource Center <http://frcmo.org/>; (314) 534-9350; 3309 S. Kingshighway, St. Louis, MO 63139

Offers individual and family therapy for children and adults, support and guidance on parenting issues, parenting education, help obtaining needed resources, family preservation counseling, crisis intervention, trained mentors for pregnant and parenting teens, job readiness counseling, job placement, and job site mentoring for disadvantaged youth, and a therapeutic preschool for young children experiencing emotional and behavioral problems, with specialized treatment for victims of child abuse and neglect.

Voices for Children (St. Louis CASA) www.voices-stl.org/; (314) 552-2352; 920 N. Vandeventer, St. Louis, MO 63108

Provides volunteers who speak on behalf of abused and neglected children in the city of St. Louis. They help children move from foster care to safe, permanent homes where they have the chance for a positive future.

DOMESTIC VIOLENCE RESOURCES

Fortress Outreach (314) 381-4422 *Hotline*
(314)653-1500 *Office*

This organization provides safe and confidential shelter for abused women, as well as support groups.

(*) indicates the organization accepts Medicare/Medicaid

Most organizations accept any insurance which covers mental health services. Call the number on the back of your insurance card to learn about your mental health coverage. Check with the organization to be sure of which services (counseling, therapy, assessments, etc.) are covered by insurance.

Kathy J. Weinman Center/Children's Advocacy Center www.stlouiscac.org; (314)516-6798; Shelter: (314)423-1117

A safe confidential shelter for abused women that provides safety planning, support groups, parenting classes and a children's therapy program. It also offers assistance through legal, medical, social, and government agencies.

Legal Advocates for Abused Women www.laawstl.org; (314)664-6699; (800)527-1460

Provides free legal representation at Order of Protection hearings for low income women and children, as well as legal advocacy and information, crisis support, safety planning, and funds for emergency needs.

Oasis Women's Center Alton Ill. (618)465-1978

Provides shelter for women.

St. Martha's Hall www.saintmarthas.org; (314)533-1313

A safe, confidential center for abused women. Provides safety planning, support groups, parenting classes, and a children's therapy program. Assists women through legal, medical, social, and government agencies .

The Women's Center- St. Charles (636) 946-6854

Provides emergency shelter and services, legal and social advocacy, community and support groups, and counseling and education for women and children.

The Women's Safe House www.twsh.org; (314)772-4535

Safe, confidential center for abused women that provides one-on-one guidance and support groups, children's services and parenting classes, as well as assistance with legal, medical, social, and government agencies.

HEALTHCARE COVERAGE FOR CHILDREN

Missouri Department of Social Services MO HealthNet for Kids

<http://www.dss.mo.gov/mhk/index.htm>; (888)275-5908

Provides healthcare coverage for children under 19 years of age whose family income falls within certain guidelines.

NeedyMeds.com www.needymeds.com; NeedyMeds, Inc., P.O. Box 219, Gloucester, MA 01931

Website providing a lot of useful information about assistance programs for prescription costs. No telephone assistance line, but you may visit the website or contact them by mail.

OTHER RESOURCES

Advocacy for Special Needs Children www.childrensdisabilities.info/advocacy/index.html

Feed My People www.feed-my-people.org/; (314)631-4900

(* indicates the organization accepts Medicare/Medicaid)

Most organizations accept any insurance which covers mental health services. Call the number on the back of your insurance card to learn about your mental health coverage. Check with the organization to be sure of which services (counseling, therapy, assessments, etc.) are covered by insurance.

Food pantries, adopt-a-family program, school supplies program, blankets, heaters, fans program, budget counseling, housing assistance, infant supplies program, tax assistance.

Harvey Kornblum Jewish Food Pantry www.jfcs-stl.org/; (314) 993-1000 10950 Schuetz Rd., St. Louis, MO 63146

The Harvey Kornblum Jewish Food Pantry, a program of Jewish Family & Children's Service, provides food, personal care items and community resource referrals to help individuals and families through difficult times.

Legal Services of Eastern Missouri www.lsem.org/; (314)534-4200

Non-profit organization that provides legal assistance to low-income people/families. Services include assistance related to housing, health, immigration, custody, repossessions, and bankruptcies.

Logos School www.logoschool.org/; (314)997-7002; 9137 Old Bonhomme, St. Louis, MO 63132

Private therapeutic middle and high school in St. Louis for students who are not best served through traditional schools.

Aid for Victims of Crime, Inc. (314) 652-3623

Provides crisis intervention, general advocacy, guidance through the criminal justice system, information on victims' rights, and assistance in filing for state crime victims' compensation.

Catholic Charities Housing Resource Center www.ccstl.org/federation/catholic-charities-community-services/housing-resource-center; (314)802-5444; (314)241-5600

Emergency housing and shelter referrals.

Gamblers Anonymous www.gamblersanonymous.org/; (626)960-3500

NAMI-St. Louis HELPLine (National Alliance for the Mentally Ill) www.namistl.org/; (314)966-4670

Provides education about mental illness, support groups, and referral information for a variety of mental health needs and services.

National Council on Alcoholism and Drug Abuse/St. Louis www.ncada-stl.org/nindex.html; (314) 962-3456

Offers assessments and referrals for treatment and a help-line.

RAVEN (Rape and Violence End Now) www.ravenstl.org/; (314)289-8000

Provides community education, youth violence prevention, and batterer intervention programs.

Tourette Association <http://tsa-usa.org/>; local chapter <http://missouritsa.org/>; (314)984-9019 lmchd52@gmail.com

(*) indicates the organization accepts Medicare/Medicaid

Most organizations accept any insurance which covers mental health services. Call the number on the back of your insurance card to learn about your mental health coverage. Check with the organization to be sure of which services (counseling, therapy, assessments, etc.) are covered by insurance.