# St. Louis Area Mental Health Services Guide

## TABLE OF CONTENTS

- Crisis Services .................................................................................................................. 2  
- Hospitals ............................................................................................................................. 3  
- Community Mental Health Centers/Programs ................................................................. 4  
- Counseling Agencies & Therapists .................................................................................. 6  
- Professional Organization ............................................................................................... 7  
- Missouri State Department of Mental Health Services ....................................................... 7  
- Resources for Children with Developmental Disabilities .................................................. 7  
- Support Organizations ....................................................................................................... 8  
- Divorce Support Groups .................................................................................................... 8  
- Family Support Groups ..................................................................................................... 9  
- Grief Support Groups ........................................................................................................ 9  
- Grief Support for Those Who have Lost Someone to Suicide ............................................. 9  
- Resources for Parents and Child Care ............................................................................. 9  
- Area Child Psychiatrists ................................................................................................... 10  
- Resources for Preventing Child Abuse ........................................................................... 11  
- Domestic Violence Resources ......................................................................................... 12  
- Healthcare Coverage for Children .................................................................................. 14  
- Other Resources ................................................................................................................ 14

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

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

(*) 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.
CRISIS SERVICES

**Behavioral Health Response (BHR)** [www.bhrstl.org](http://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](http://www.providentstl.org); **Suicide Hotline** (314)533-8200; **Crisis 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](http://www.crisistextline.org); **Crisis Text Line** 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](http://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](http://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](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.

(*) 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.
HOSPITALS

**Barnes-Jewish Hospital Medical Services-Psychiatry**  [www.barnesjewish.org/psychiatry](http://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](http://www.cardinalglennon.com/medicalspecialities/psychology); (314)577-5667 or [www.cardinalglennon.com/medicalspecialities/psychiatry](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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.

(*) 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.
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.

(*) 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.
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; 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.

(*) 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.
**COUNSELING AGENCIES, THERAPISTS, & ADULT PSYCHIATRISTS**

<table>
<thead>
<tr>
<th>Therapist/Agency</th>
<th>Type of Therapy Practiced</th>
<th>Insurance Accepted</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Partners in Wellness</td>
<td>Specializes in eating disorders, mood and anxiety disorders, individual and group therapy for adolescents and adults</td>
<td></td>
<td>(314) 736-5446 <a href="http://www.partnersinwellnessstl.com/">http://www.partnersinwellnessstl.com/</a></td>
</tr>
<tr>
<td>Core Counseling and Consulting Sameera Malik, MSW, LCSW Whig Mullins, MSW, LCSW</td>
<td>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</td>
<td></td>
<td><a href="http://opendbt.com">http://opendbt.com</a> Sameera Malik: 314-488-6284 <a href="mailto:sameeramaliklcsw@gmail.com">sameeramaliklcsw@gmail.com</a> Whig Mullins: 314-422-5114 <a href="mailto:wmulinslcsw@gmail.com">wmulinslcsw@gmail.com</a></td>
</tr>
<tr>
<td>Agape Christian Counseling Services</td>
<td>Gestalt therapy, Cognitive-Behavioral therapy, suicide and crisis, reactive attachment disorder, sexual dysfunction, substance abuse</td>
<td>Sliding scale <em>Southern IL location</em></td>
<td>(314)944-9344 <a href="http://www.agapeccs.com">www.agapeccs.com</a></td>
</tr>
<tr>
<td>Catholic Family Services</td>
<td></td>
<td>Sliding scale</td>
<td>(314)544-3800; (800)652-8055 (main office); <a href="http://www.cfsstl.org">www.cfsstl.org</a></td>
</tr>
<tr>
<td>Christian Psychological and Family Services</td>
<td></td>
<td>Sliding scale</td>
<td>(314)567-4994; <a href="http://wwwcpfssstl.com">wwwcpfssstl.com</a></td>
</tr>
<tr>
<td>Clayton Behavioral</td>
<td>Psychiatrists, psychologists, counselors, social workers and neurologists treating children and adults who have mental health and addiction disorders.</td>
<td></td>
<td>(314) 222-5803</td>
</tr>
<tr>
<td>Community Psychological Services (UM-St. Louis)</td>
<td>Assessment and therapy services <em>Evaluation services are available free of charge for St. Louis County residents under 20 years of age.</em></td>
<td>Sliding scale</td>
<td>(314)516-5824; <a href="http://www.umsl.edu/services/cps">www.umsl.edu/services/cps</a></td>
</tr>
</tbody>
</table>

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

(*) 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.
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.

(*) indicates the organization accepts Medicare/Medicaid

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

* Missouri First Steps (866) 583-2392 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

(*) 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.
DIVORCE SUPPORT GROUPS

Divorce HQ  [http://www.divorcehq.com/divorce-support-groups/missouri-support-groups.shtml](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](http://www.gracehill.org) (314)814-8579; 1717 Biddle, St. Louis, MO 63107**

GRIEF SUPPORT GROUPS

- **BJC Hospice [http://www.bjchospice.org/GriefSupport.aspx](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](http://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


- **Survivors of Suicide Support Group: Provident Counseling [http://www.providentstl.org/Services/LifeCrisis/SurvivorsofSuicide.aspx](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](http://www.parentsasteachers.org) (314)432-4330**

(*) 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.
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.childcarestl.org](http://www.childcarestl.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

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

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

 création d'une liste d'informations locales, s'il vous plaît appelez 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,

(*) 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.
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](http://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](http://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/](http://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](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](http://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/](http://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/](http://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.logosschool.org](http://www.logosschool.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](http://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](http://www.gamblersanonymous.org); **(626)960-3500**

**NAMI-St. Louis HELPLine** *(National Alliance for the Mentally Ill)* [www.namistl.org](http://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](http://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](http://www.ravenstl.org); **(314)289-8000**

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

**Tourette Association** [http://tsa-usa.org](http://tsa-usa.org); **local chapter** [http://missouritsa.org](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.