

Recommended Resources

General Needs

United Way | 24 hour help line | Phone: 211 | Website: <https://helpingpeople.org/united-way-2-1-1/>

Hunger Hotline | 24 hour help line | Phone: 314-726-5355 x1 | Website: <https://www.operationfoodsearch.org/programs/emergency-food-distribution/hunger-hotline/>

Homeless Resources | Phone: 314-615-4453 | Website: <https://www.stlouis-mo.gov/government/departments/human-services/homeless-services/Homeless-Resources.cfm>

Food Access

St. Louis Area Food Bank | Phone: 314-292-6262 | Website: <https://stlfoodbank.org/>

Project Downtown St. Louis | Phone: 314-556-0938 | Website: <http://www.pdstl.org/contact-us.html>

Domestic Violence

AWARE through Barnes Jewish | Phone: 314-362-9273 | Website: <https://www.barnesjewish.org/Patients-Visitors/Domestic-Violence-Awareness>

ALIVE | 24 hour crisis line | Phone: 314-993-2777 | Website: <https://alivestl.org/>

Safe Connections | 24 hour crisis line | Phone: 314-531-2003 | Website: <https://safeconnections.org/>

Mental Health Crisis

Behavioral Health Response | 24 hour help line | Phone: 314-469-6644 | Website: <http://bhrstl.org/>

Provident | 24 hour help line | Phone: 314-647-4357 | Website: <https://www.providentstl.org/>

Places for People | 24 hour help line | Phone: 1-800-811-4760 | Website: <https://www.placesforpeople.org/>

Crisis Text Line | 24 hour national texting service | Text the word "HOME" to 741741 | Website: <https://www.crisistextline.org/>

Mental Health Treatment

Perinatal Behavioral Health Service | For pregnant women and new mothers | Phone: 314-454-5052 | For NICU: 314-454-4049 | Website: <https://www.barnesjewish.org/Medical-Services/Women-Infants/High-Risk-Pregnancy/Family-Support-Services/Perinatal-Behavioral-Health-Services-PBHS>

BJC Behavioral Health | Phone: 314-747-7491 | Website: <https://www.bjcbehavioralhealth.org/>

Places for People | Phone: 314-615-9105, Ext. 348. | Website: <https://www.placesforpeople.org/how-we-help/>

Psychotherapy Resources

Safe Connections | Phone: 314-646-7500 x118 | Website: <https://safeconnections.org/services/individual-therapy/>

UMSL Center for Trauma Recovery | Phone: 314-516-6738 | Website: <https://www.umsl.edu/psychology/ctr/About%20the%20Center/clinic.html>

The Schiele Clinic at the St. Louis Psychoanalytic Institute | Phone: 314-361-7075 ext. 444 | Website: <https://www.stlpi.org/about-the-clinic/>

Walter's Walk | Help regardless of ability to pay | Phone: 314-731-2433 | Website: <https://www.walterswalk.com/>

Provident Counseling | Phone: 314- 533-8200 | Website: <https://www.providentstl.org/counseling/>

Substance Abuse

Queen of Peace | Phone: 314-531-0511x 102 | Website: <https://www.gopcstl.org/>

Places for People | General substance use intake | Phone: 314-615-2119 | Website: <https://www.placesforpeople.org/how-we-help/>

Assisted Recovery Center of America (ARCA) | Phone: 314-645-6840 | Website: <https://arcamidwest.com/>

Emergency Child Care

St Louis Crisis Nursery | Short term | 24 hour help line | Phone: 314-768-3201 | Website: <https://www.crisisnurserykids.org/>

Lutheran Family Child Services | Temporary foster care | Phone: 314-787-5100 | Website: <https://lfcsmo.org/about/>

Parenting Resources

Raising STL | Phone: 314-747-7785 | Website: <https://www.stlouischildrens.org/health-resources/advocacy-outreach/raising-st-louis>

Nurses for Newborns | Phone: 314-544-3433 | <https://www.nursesfornewborns.org/>

Crisis Nursery Family Empowerment Program | 24 hour crisis line | Phone: 314-768-3201 | Website: <https://www.crisisnurserykids.org/crisis-nursery-programs>

Lutheran Family Child Services | Phone: 314-787-5100 | Website: <https://lfcsmo.org/about/>

Baby Needs

St. Louis Diaper Bank | Phone: 314-624-0888 | Website: <https://www.stdiaperbank.org/>

Helping Hand Me Downs | Phone: 314-514-5987 | Website: <http://helpinghandmedowns.org/>