

St. Louis Area Mental Health Resources for Children and Adolescents

How do I find resources?

Call **314-454-TEEN (8336)** and Children's hospital will help you find local psychiatrists, therapists and substance abuse programs. Please have your area code and insurance handy!

Local Resources:

St. Louis Children's Hospital Child and Adolescent Psychiatry Center

- Go to www.stlouischildrens.org and search "Psychiatry"

Washington University Division of Child and Adolescent Psychiatry <http://wuchild.wustl.edu/>

Family Resource Center on 3309 South Kingshighway Blvd.

- 314-534-9350 www.frcmo.org/
- Provides in-home family therapy, parenting classes and day treatment.
- Takes Medicaid. Sliding Scale Services

St. Louis Behavioral Medicine Institute: 314-534-0200

- Day programs for anxiety, OCD, eating disorders, pain disorders, and more.

NAMI Missouri (National Alliance for Mental Illness):

- Missouri: 1-800-374-2138 www.nami.org/sites/MO
- St. Louis Chapter: 314-962-4670 www.namistl.org
- Statewide volunteer-based nonprofit organization dedicated to improving the quality of life and recovery for children and adults with mental health needs.

The SPOT (Supporting Positive Opportunities for Teens):

- 314-535-0413 <http://thespot.wustl.edu/>
- Youth center that partners with youth to deliver medical and social services to St. Louis area 13 to 24 year olds for FREE. Treatment includes substance abuse.

Child Abuse Hotline (Missouri): 1-800-392-3738

Child Abuse Hotline (Illinois): 1-217-785-4020

National Resources:

American Academy of Child and Adolescent Psychiatry: www.aacap.org

- Leading national professional medical association dedicated to treating and improving the quality of life for children, adolescents, and families with mental health needs.

The Child Mind Institute: www.childmind.org

- Focused on changing mental health for the better

INVENTORY of schools/colleges for special needs students including those with substance abuse problems: www.TeenLife.com/SpecializedSchools

St. Louis Area Mental Health Resources for Children and Adolescents

Crisis Hotlines:

Behavioral Health Response Crisis Hotline: 800-811-4760 (Outside Local Calling Area)

314-469-6644 (St. Louis Local Calling Area)

314-469-3638 (For the Hearing Impaired)

1-800-356-5395 (Southeast and Central Missouri)

KUTO (Kids Under Twenty One) Crisis Hotline: 314-644-5886/1-888-644-5886

Life Crisis Services: 314-647-HELP (4357)

National Lifeline: 1-800-273-TALK (8255)

Care Centers and Hospitals:

Mercy St. Louis Medical Center: 314-251-6565

315 S New Ballas Rd. St. Louis, MO 63141 (West Co)

St. John's Mercy Behavioral Health offers FREE, confidential evaluations for anyone needing assistance with a psychiatric, behavioral or addictive disorder 24hrs a day.

NOTE: Not a BJC insurance provider.

St. Anthony's Hyland Center: 314-525-4400

10010 Kennerly Rd, St Louis, MO 63128 (South Co)

Will accept children 13 years and older by appointment, referral from St. Anthony's ER, or by emergency walk-ins 24 hour a day.

Centerpointe Hospital: 636-441-7300/1-800-345-5407

5931 Highway 94 South St. Charles, MO 63304 (St. Charles)

Centerpointe offers emergency evaluations, 24 hours a day, for people 4 years and older.

Intensive Outpatient Programs available at St. Charles and South Co. locations (314-842-5910)

SSM/DePaul: 314-344-6700

Hwy 70 and 270

Depaul offers emergency evaluations 24 hours a day of children 6 to 17 years old.

NOTE: Does not accept Cigna, Illinois Medicaid or Missouri Alliance.

Gateway Regional Center: 618-798-3888

In Granite City, Illinois

Gateway offers emergency evaluations 24 hours a day of children 5 years and older.

NOTE: Does not accept Value Options or Cigna.

Christian Northeast/Children's Intensive Outpatient Program: 314-452-4305

Exceptions or medicine concerns: 314-322-5270 . Front desk: 314-653-4441

This handout is for your general information only. The lists above are guidelines and do not include all symptoms. This document is not a substitute for your child being seen by a doctor. Always call your child's doctor if you have any questions or problems. If your child's condition gets worse, call your child's doctor or go to the emergency room.

St. Louis Area Mental Health Resources for Children and Adolescents

Psychiatry Clinics: For those with or without insurance:

Hopewell Clinic: 314-531-1770 (North STL)

BJC Behavioral Health intake: 314-729-4004

- STL City: 314-206-3700
- South STL county: 314-206-3400 (Kirkwood)
- North STL county: 314-206-3900 (Bidgeton)

Comtrea: 1-636-931-2700 (Jefferson County)

Crider Center: 1-636-332-8000 (St. Charles/Washington/Lincoln/Franklin Counties)

Washington University: 314-286-1700 (appointments only based on referrals by primary physician)

Counseling Services:

UMSL: 314-516-5824

Washington University: 314-935-6555

Saint Louis University: 314-977-2505

SLCH Psychology: 314-454-6069 (Does not take Cigna, Tricare Prime or Harmony Medicaid)

Debbie Granick: 314-413-1391 (Real Support For Real Life)

Jenny Hoffman, MA, LCSW: 314-485-9059 (745 Craig Road, Suite 307)

Foundations for Change LLC (3115 S. Grand Avenue, Suite 450, St. Louis MO 63118, 314-577-0444).

- *These are therapists with extensive experience working with severely troubled children and adolescents. They are committed to providing therapy services to Medicaid and self-pay clients. www.foundationsforchange.net*

Religious Affiliated Counseling:

- Provident Counseling: 314-533-8200
- Lutheran: 314-787-5100 (ex 2736) *Also provides counseling for history of abuse
- Catholic: 314-544-3800
- Christian Services: 314-968-2216

Abuse Counseling:

- RAVEN (Men/domestic violence): 314-289-8000
- AWARE (Women/domestic violence): 314-362-9273
- Children's Advocacy Center: 314-516-6798 (free counseling for kids with history of sexual abuse)* Takes Medicaid, Healthcare USA and Molina

Divorce Counseling:

- Kids in the Middle (KIM): 314-909-9922 Group, family and individual therapy
- Central Presbyterian Marriage and Divorce Recovery (Pastor Clay Coffee): 314-727-2777

This handout is for your general information only. The lists above are guidelines and do not include all symptoms. This document is not a substitute for your child being seen by a doctor. Always call your child's doctor if you have any questions or problems. If your child's condition gets worse, call your child's doctor or go to the emergency room.



St. Louis Area Mental Health Resources for Children and Adolescents

Eating Disorders:

McCallum Place: 314-968-1900

- Programs balance structure and independence, helping individuals build the confidence and skills necessary to let go of their patterns of restrictive eating, purging, and compulsive exercise.
- Treat ages 13 to 50. Multiple programs and levels of care. Inpatient and outpatient.

Autism/Mental Retardation/Developmental Disorders:

Touchpoint Autism Services: 314-432-6200

- Parenting Classes, Behavioral therapy, Occupational therapy, sensory integration

STL Regional Center: 314-244-8800/ 314-877-3400 (Mental Retardation)

Presbyterian Children Services: 314-989-9727/1-800-383-8147

- In-home family services and parenting skills

United4Children.org

- Website for families with children with special needs

Chemical Dependence:

Online Resources:

National Council on Alcohol and Drug Abuse: www.ncada-stl.org 314-962-3363

Time to Get Help: Support for Parents of a Child Struggling with Drugs and Alcohol

- Electronic PDF document: How to find help
http://timetogethelp.drugfree.org/sites/default/files/treatment_guide.pdf

The Seven Challenges Program

- Evidenced-based intervention designed for adolescent substance abusing or substance dependent individuals. Helps to motivate a decision and commitment to change.
- www.sevenchallenges.com

SAMHSA.gov (The Substance Abuse and Mental Health Services Administration)

- www.samhsa.gov

Local Treatment Programs:

Mercy St. Louis Medical Center: 314-251-6000

- *Inpatient hospitalization, partial hospitalization (9:30-3:00) and outpatient (9:30-1:45 Mon.-Fri.)*

St. John's Edgewood: 314-251-6565

- *Outpatient program*

This handout is for your general information only. The lists above are guidelines and do not include all symptoms. This document is not a substitute for your child being seen by a doctor. Always call your child's doctor if you have any questions or problems. If your child's condition gets worse, call your child's doctor or go to the emergency room.

St. Louis Area Mental Health Resources for Children and Adolescents

St. Anthony's: 314-525-4403

- *Inpatient hospitalization, partial hospitalization and outpatient programs*

Comtrea: 636-296-6206

Valley Hope: 314-514-9220 (must be 17 years or older)

Crossroads: 636-532-1991

Pineville: 573-774-5353

Heartland: 417-667-2666

New Beginnings: 314-367-8989

Pathways: 573-449-4770

Preferred Family Health (St. Charles): 636-946-6376

Preferred Family Health (Jefferson City): 573-248-1196

Bridgeway: 636-757-2300

Hannibal Counseling and Drug abuse: 573-248-1196

Treatment Resources in Alton, IL area:

Gateway Foundation Alcohol & Drug Abuse Treatment

600 W. Lincoln Ave.

Caseyville, IL

877-505-4673

Chestnut Health Systems

2148 Vadalabene Rd

Maryville, IL

618-288-3100