

Immediate Crisis & 24/7 Hotlines

National & Local Crisis Support

- **988 Suicide & Crisis Lifeline** – Call or text **988** for free, confidential support available **24/7** if you are in emotional distress, substance use crisis, or thinking about suicide.
 - **Behavioral Health Response (BHR)** – **988 / 314-819-8811 / 1-800-811-4760** – Regional crisis support and telephone counseling for persons in behavioral health crisis in St. Louis *and* St. Charles Counties.
 - **Crisis Text Support** – Text **HOME** to **741741** (national) for 24/7 trained crisis counselor support.
 - In emergencies involving immediate danger, call **911**.
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Community & Behavioral Health Agencies

Local Mental Health Organizations – St. Louis Area

- **Mental Health America of Eastern Missouri** – Nonprofit advocating for mental health, offering resources, referrals, education, and support.
- **Psychological Services of St. Louis, LLC** – Clinical mental health services including therapy and psychological services.

Hospital & Treatment Centers

- **St. Louis Behavioral Medicine Institute** – Behavioral health services (note mixed reviews; research care suitability).
- **Metropolitan St. Louis Psychiatric Center** – State psychiatric center for acute care needs.

Youth & Community Services

- **Places for People** – Outpatient therapy, behavioral health support, and recovery services for adults & youth in the St. Louis region.
- **St. Louis County Library, Social Work Services** – one to one advising and community support to connect patrons to community based resources

Local Community & Support Organizations

Peer Support & Community-Led Services

St. Louis Queer Support & Healing (SQSH) – Grassroots, community-centered organization dedicated to uplifting queer LGBTQIA+ individuals through peer support, community education, healing programs, and access to a large regional resource guide (the *SQSHBook*). Offers a **peer support helpline** that you can call for affirming connection and referrals.

Metro Trans Umbrella Group – LGBTQIA+ and especially transgender-focused support and networking in St. Louis; offers community events and access to support services.

LGBTQ+ Counseling St. Louis – Queer-affirming mental health counseling services in St. Louis.

Peer & Supportive Groups

- **NAMI St. Louis PRISM Support Group** – Free peer-led support group for adults (18+) identifying as LGBTQ+ with lived experience of mental health challenges.

Youth Support & Social Spaces

The SPOT Youth Center – Youth-focused organization providing safe social space and community engagement for adolescents (including LGBTQ+ youth).

Advocacy & Public Policy Organizations

PROMO Missouri – Missouri's statewide LGBTQ+ advocacy nonprofit working to protect rights, expand protections, and mobilize community voices in public policy.

PFLAG (Local Chapters & Support Networks) – National organization supporting LGBTQ+ people, families, and allies with education, advocacy, and support groups. Local St. Louis area chapters and community partners provide monthly meetings, resources, and peer support.

St. Charles & Surrounding Community Resources

Counseling & Behavioral Health

- **Bridgeway Behavioral Health** – Detox, outpatient, group and family therapy in St. Charles County.

- **CRUSH of St. Charles County** – Community coalition for mental wellness and substance use prevention.
- **CenterPointe Hospital (St. Charles)** – Inpatient & outpatient treatment for adult mental health conditions.
- *Psychological Network, Inc.* – Clinic-based psychological services in St. Charles (listed in community resource directories).

Crisis Intervention Support

- **St. Charles County Crisis Intervention Team (CIT)** – Law enforcement-linked behavioral health follow-up support.
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State & Regional Support Systems

- **Missouri Department of Mental Health (DMH)** – Statewide services and support for mental illness, substance use, and developmental disabilities. **800-364-9687**.
 - **Community Mental Health Centers (DMH-contracted)** – Access to psychiatric and therapy services through regional providers (county-based).
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Tips for Accessing Care

- **Insurance/Payment:** Many providers accept Medicaid, Medicare, and private insurance; confirm coverage and provider participation before scheduling.
- **Walk-in/Intake:** Some clinics/hospitals offer walk-in or rapid access for urgent needs — call ahead if possible.
- **Telehealth Options:** Many practices provide teletherapy; ask about virtual care when contacting providers.