

Mental Health Resources

Below you will find a list of local resources that offer a wide variety of mental health support. The programs are listed in alphabetical order, with a brief description to help guide you to the right resource for you and your student. These programs are not affiliated with the Mehlville School District. If you need more information or help selecting a service, please contact your student's School Counselor for assistance.



Annie's Hope's mission is to provide comprehensive grief support services for children, teens and their families through individual and family counseling, group sessions, and summer opportunities. Please visit their website at annieshope.org or call 314-965-5015 for more information.



©2012-2018 Aunt Bertha

The Aunt Bertha website provides connections to a wide variety of resources on topics ranging from safe housing, emergency food needs, mental health, and legal services. Visit their website at auntbertha.com.



BHR offers assessment services, as well as family counseling and resources. Please call 314-206-3900 or visit their website at bhrstl.org. They also maintain a full time helpline, which can be reached at 800-811-4760 or 314-469-6644.



©1997-2018 BJC Healthcare

BJC Behavioral Health offers services such as family counseling, out-patient therapy, individual and group counseling, and crisis beds. For more information, you can visit their website at bjcbehavioralhealth.org or by calling 314-747-7491.



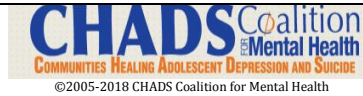
CATHOLIC FAMILY SERVICES
WHERE GOOD PEOPLE GET BETTER.

© Catholic Family Services

Catholic Family Services provides counseling to county students and their families. For more information, please call 314-544-3800. Office visits will be charged to your insurance; however, the St. Louis Children's Service Fund grant can cover co-pay costs. You may also visit their website at cfsstl.org for more information.



CenterPointe Hospital offers a variety of care for families and adolescents, including assessment, in-patient treatment, out-patient treatment, and substance abuse treatment. For more information, call 800-345-5407 or visit their website at centerpointehospital.com.



CHADS Coalition offers individual and family support in the form of counseling, mentoring, and support groups through funding by the St. Louis Children's Service Fund. For more information, please call 314-952-8274 or visit their website at www.chadscoalition.org.



©2013-2018 Crisis Text Line

Crisis Text Line offers a free, 24/7 crisis counselor staffed support line for those in crisis. For support, students can text "Home" to 741741 to connect with a counselor.



Epworth offers both residential and outpatient treatment services for students age 11-18. These programs do require families to have private insurance. For more information, call 314-819-3398 or visit their website at epworth.org.



Every Child's Hope (Evangelical Children's Home) partners with the Presbyterian Children's Home to provide "Family Solutions for Kids". This program provides free, in-home interventions for students and families in need. They can be reached at 314-504-1935 or at everychildshope.org.



Great Circle provides services utilizing DBT interventions through day programs, evening group sessions, home-based services, and parent support. For more information, please contact them at 844-GCHELPS (424-3577) or visit their website at greatcircle.org.

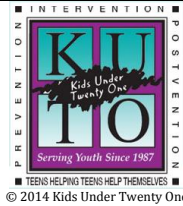
Hyland Behavioral Health

©2017 St. Anthony's Medical Center

Hyland Behavioral Health is located at St. Anthony's Hospital – Mercy Hospital South. They provide emergency services, in-patient treatment, and out-patient treatment. Please contact them at 314-525-1000 or take your student to their facility if intervention is needed immediately.



Jewish Family and Children's Service provides individual and family counseling, as well as assessment opportunities, to those in need. For more information, please visit their website at jfcs-stl.org or call 314-993-1000.



Kids Under Twenty One (KUTO) provides a youth staffed afternoon crisis helpline that can be reached at 888-644-KUTO (5886). They also provide other youth friendly hotlines that are staffed by adults. A list of resources, along with other information, can be found on their website at kuto.org or by calling 314-963-7571.



Lutheran Family & Children's Services provides free counseling to students that are county residents under the St. Louis Children's Service Fund. Please contact them at 314-787-5100 or 866-326-LFCS (5327). You may also visit their website at lfcsmo.org for more information.



Mercy Hospital offers assessment for patients in crisis at their main hospital, as well in-patient and out-patient treatment through Edgewood. For more information, please call 314-628-6550.



The National Suicide Prevention Lifeline offers free, confidential, 24/7 support for people in distress. They can also provide prevention resources. You can contact them by calling 800-273-TALK (8255).



The NCADA offers comprehensive adolescent evaluations and counseling for youth up to age 19 who are struggling with alcohol/drug abuse or experimentation. For more information, please call 314-962-3456 or visit their website at ncada-stl.org.



©2014 Preferred Family Healthcare, Inc.

Preferred Family Healthcare works with students struggling with addiction and substance abuse, or who are at risk for these behaviors. For more information, please visit their website at pfh.org or call their office at 314-729-7050 for more information or assessment services.



© Provident, Inc. 2011

Provident Healthcare offers counseling to youth under the age of 20, and their families, who reside in St. Louis County with no out-of-pocket expenses. To arrange an appointment with Provident, please call 314-533-8200 or 1-800-782-1008 or visit their website at providentstl.org for more information.



©2013 Safe Connections

Safe Connections offers free counseling to students from age 12 to 19 that struggling with abusive relationships, have witnessed domestic violence, experienced dating violence, or experienced rape and/or childhood sexual abuse. For more information, please call 314-646-7500 x118, visit their website at safeconnections.org, or call the crisis helpline at 314-531-2003.

St. Louis County Children's Service Fund *Keeping Kids First*

The St. Louis County Children's Service Fund has a free helpline allows students to access resources 24/7. To access the helpline, students and families can call 314-628-2929 or 877-928-2929. For more information, you can visit the website at keepingkidsfirst.org for a list of more resources.



Supporting Positive Opportunities for Teens (SPOT) is run by Washington University and offers HIV/STD testing, mental health counseling, substance abuse counseling, and LGBT positive services. Their location offers a space for students to connect with counselors and peers in a safe place. They can be contacted at theSPOT.wustl.edu or by calling 314-535-0413.



©2018 Youth in Need

Youth in Need provides services such as counseling, emergency shelter, teen parent programs, and family counseling. You can visit their website at youthinneed.org or call 636-946-5600. They also run a crisis helpline at 636-946-3771.