



Mental Health and Crisis Resources

Crisis/Emergency Services**

CommCare Crisis Line and referral line:
1-888-279-8188

988 Suicide & Crisis Line
Call or text 988 or chat at [988lifeline.org](https://www.988lifeline.org)

Tri-County Mental Health Center-Maple Woods Campus
3100 NE 83rd St., KC, MO 64119
Crisis Support: 816-468-0400. Monday-Friday 8:30 a.m. to 5:00 p.m.

Synergy Crisis Line: 816-741-8700

****In case of immediate danger, call 911 or go to the nearest emergency room. Emergency responders & local hospital emergency rooms are equipped to provide immediate safety, assessment, and support for a mental health crisis. No appointment is necessary for an emergency room visit.**

Adolescent Intensive Outpatient Services (IOP)

Lilac Center (844) 207-4511 www.lilaccenter.org

- Accepts most private insurance and private pay
- 3 evenings per week, 3 hours per session. 6 week intensive
- Group therapy for males & females age 13-17
- DBT, Family support, phone coaching, adolescent psychiatric & medication management

Research Psychiatric Center (844) 207-4511 Teen Behavioral Health Care in Kansas City

- Accepts most private insurance and private pay
- 12-18 years old, Group therapy 3 evenings per week, 3 hours per session
- *Adolescent psychiatric and medication services available*

Cottonwood Springs (Olathe, but offers transportation assistance for 25 miles) (913) 274-1460

- Partial hospitalization & intensive outpatient programs
- Accepts most private insurance (BCBS, UHC, Cigna, Aetna, Humana) and private pay
- Group therapy
- *Adolescent psychiatric and medication services available*

Renew Counseling Center (Olathe, KS) (913)-768-6606 ext.5 www.renewKC.com

- Adolescent IOP for 12-18 years old, Mon- Thursday, 2:00-5:00 p.m
- Some insurance, scholarships & payment plans available.

Kids TLC Lotus Clinic (Olathe, KS) (913) 324-3658 www.kidstlc.org

- Group for children ages 6 through 17, Mon- Thursday, 3:30 p.m. to 6:30 p.m
- Private pay

Psychiatric Hospitals for Children in Greater KC area:

St. Luke's Hospital Crittenton Children's Center (ages 5-18)	(816)-765-6600
Research Psychiatric Center	(844) 207-4511
Marillac (University of Kansas Health System)	(913)-574-3800
Camber Kansas City (previously KVC Hospitals)	(913) 890-7400

****IF YOU HAVE PRIVATE INSURANCE, WE RECOMMEND YOU CONTACT YOUR INSURANCE PROVIDER FOR A REFERRAL AND SPECIFIC BENEFIT INFORMATION****

Outpatient Therapy Services

Tri-County Mental Health Center-Maple Woods Campus 816-468-0400 www.tri-countymhs.org

- All Access walk-in intakes Monday-Friday 8:30am-1:00pm (no appointment necessary)
- Family/individual/group therapies for children and adults
- Accepts ALL MO Medicaid plans for children and adults
- Sliding scale reduced fee, private insurance plans, and Medicare
- Case management, groups and home-based services for some qualifying consumers
- *Psychiatric and medication services available*

Synergy Services 816-505-4874 www.synergyservices.org

- Sliding scale reduced fee, private insurances plans, Accepts *most* MO Medicaid plans
- Family and individual therapies for children and adults **current waitlist 4-6 months*
- No psychiatric or medication services

Best Life Therapy KC (816)-368-1322 www.bestlifetherapykc.com

- Family and individual therapies for children and adults
- Private pay

Blooming Minds, LLC (816)-510-3953 www.bloomingmindskc.com

- Family, individual & group therapies for children and adults
- Accepts UHC, Cigna, Aetna, Sliding Scale, Private pay

Brooke & Associates Counseling Company, LLC (816) 500-1355 www.brookecounselingcompany.com

- Family and individual therapies for children, teens & adults
- Accepts most private insurance plans and private pay (No Medicaid)

Clinical Counseling Associates (816) 781-8550 www.clinicalcounselingassociates.org

- Individual, family, couples, play & group therapies for children, teens & adults
- Accepts BCBS, UHC/Optum, UMR, Cigna, Aetna, Tricare & private pay.
- Evaluations for ADHD & Autism available from 1yr through adulthood.

Center for Healing and Recovery- not accepting new clients at this time.

Cornerstones of Care (816) 508-1600 www.cornerstonesofcare.org

- Family and individual therapies for children and teens
- Northland location can see Uninsured in Platte, Ray & Clay county.
- Most private insurance plans accepted (No Medicaid)

Diakonos Counseling (816)-373-9240 www.diakonoscounseling.com

- Family, individual, couples, play & group therapies for children and adults
- Accepts most private insurance plans and private pay (No Medicaid)
- Multiple locations, including northland in Liberty, MO.

Dipoto Counseling Services (816)-268-8501 www.dipotocounselinggroup.com/services

- Family and individual therapies for children and adults
- Accepts private insurance plans and private pay (No Medicaid)
- *Medication services, but no psychiatric services available*

Embark Counseling Services (913) 257-3161 www.embark-counseling.com

- Individual, Group & Family therapies for children and adults.
- Support groups for Teens (Neurodivergent & LGBTQ+) that meet biweekly.
- Most insurance plans accepted, some medicaid & private pay.

Empowered Counseling LLC (816) 359-1102 www.empoweredcounselingllc.com

- Family and individual therapies for children and adults, Availability Monday-Saturday
- Sliding scale & private pay only

Equality Counseling- Donna Davis, LPC (816) 326-1996 *See Psychology Today Profile

- Individual, family and couples therapy; specializes in trauma, anxiety & LGBTQ+ services
- Accepts most UHC/Optum, GEHA, Healthy Blue/Missouri WellCare, Cenpatico, & Medicaid

Healing Grace Counseling (816) 246-4465 www.healing-grace.com

- Family and individual therapies for children and adults & Psychological testing
- Evening & weekend availability
- Accepts BCBS, UHC, Cigna, Aetna, Humana private insurances

Lilac Center 816-221-0305 www.lilaccenter.org

- Individual, group and family treatment specializing in Dialectical Behavioral Therapy (DBT)
- Accepts most private insurances and private pay (No Medicaid)
- *Psychiatric and medication services available*

Madison Avenue Psychological Services (816) 587-4900 www.mapskc.net

- Counseling for all ages and families
- Accepts most private insurance plans (No Medicaid)

Metis Counseling 816-399-4204 www.metiscounseling.com

- Accepts BCBS, UHC/Optum, UMR, Cigna, Aetna, Tricare & private pay. (No Medicaid)
- Children, adolescents, adult, and family counseling
- Groups to start in Fall/Winter of 2023

NOVO Counseling 816-841-7735 www.novocounselingkc.com

- Counseling for all ages and families
- Accepts private insurance plans (No Medicaid)

Norcon Family Counseling Services 816-781-2349 <https://www.norconfc.com>

- Individual & family counseling for 12 yrs. and up. *Hiring a play therapist in October.
- Addictions counseling: Substance abuse, technology, food, porn, gambling, or others.
- Accepts BCBS, UHC, Cigna, Aetna. No Medicaid. Sliding scale & private pay available.

Northland Behavioral Health & Wellness 816-420-8419 www.nbhw.org

- Individual therapy. Only Jenny Noelle sees children/teens. Contact her directly at (816) 459-0209
- Accepts UHC, Cigna, & Aetna

Northland Counseling Services 816-420-8419

- Only Jenny Noelle sees children/teens for therapy. Contact her directly at (816) 459-0209
- Accepts UHC, Cigna, & Aetna

Owings Counseling 816-200-1547 www.owingscounselingkc.com

- Private pay with sliding scale available
- Family and individual therapies for children and adults & Psychological testing

Priority Care Pediatrics (Liberty & Parkville locations) (816) 412-2900

- Only established patients can access mental health services with referral from their pediatrician.

Resolve Counseling & Wellness 816-575-7717

- Private pay only (Fees range from \$100-\$150 depending on licensed provider)
- Family and individual therapies for children and adults **After school availability M-Thurs*

Sana Holistic Care

816-645-2215

www.sanakc.com

- Private-Pay only, Ambetter is in network
- Family and individual therapies for children and adults

Sunrise Counseling Services 816-805-2638

- Sliding Scale, Private-Pay only, Super bills for Out-of-Network
- Family and individual therapies for children and adults

Watercolor Counseling

816-265-1550

www.watercolorcounselingkc.com

- Accepts BCBS, Sliding scale and private-pay
- Family and individual therapies for children and adults
- **Spanish-speaking & evening/weekend availability*

Waters Street Family Counseling

(816)286-3878

www.waterstreetfamilycounseling.com

- Family and individual therapies for children and adults.
- Private pay only.

[Psychiatric Medication Services](#)

Dr. Michelle Birdsell (Private pay)

816-741-4800

Dr. Chinnaswamy

816-454-8475

Dr.'s Mahmood and Fadare

816-505-3311

Dr. Innocent Anya

816-283-3396

Pediatric Care North (affiliate of Children's Mercy- Dr. Jill Rosbrugh)

(816) 587-3200. **Takes some insurances & only sees established patients of Pediatric Care North.*

Children's Mercy Developmental & Behavioral Sciences Clinic

(816) 234-3674 (Intake) Therapy services for ages 2-18. Psychological assessments and Psychiatric services also. Accepts most insurances, including Medicaid.

Northland Child Psychiatry (Dr. Willis)

816-819-5166 **Fee for service/Private pay clinic.* www.northlandchildpsychiatry.com

Medication management & telepsychiatry. New patient eval \$400, follow-up appt. is \$250.

ReDiscover's Youth Behavioral Health Urgent CareClinic 24-hour Crisis Line: (888) 279.8188

Call: (816) 416-8417 for same-day access to treatment and medications during acute and crisis situations

[Outpatient Therapy Services & Specialized Services \(Greater KC Metro\)](#)

Autism & Neurological Disorders-

Autism Support Now (816) 831-1777

www.autismsupportnow.com

- Psychological assessments, ABA therapy & family guidance.
- Most insurance accepted, including MoMed, MoCar and TriCare.

The Joshua Center 816-763-7605

www.joshuacenter.com

- Specialized services for children and youth with neurological disorders.
- Provides individual & family counseling; as well as social skills groups for ages 5-26yr.
- Self-Pay with sliding scale only.
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Monarch 913-250-5509

www.monarchaba.com

- Applied Behavioral Analysis for individuals with autism.
- Social skills groups for all ages, parent training, & educational advocacy.
- Medicaid & most insurances accepted
- Leavenworth area or within 20 minutes drive of Leavenworth.

KC Autism Diagnosticians:

Children's Mercy Hospital <https://www.childrensmercy.org/autism-services/>

University of Kansas Medical Center <http://www.kcart.ku.edu/families/diagnostic.shtml>

Autism Behavior and Psychological Services: <http://www.familyabps.com/>

Responsive Centers for Psychology and Learning <http://www.responsivecenters.com/>

Midwest Neurological <http://www.neuroeducational.com/contact-us.html>

Dr. Tish Taylor <http://tishtaylor.com>

Kansas City Psychiatric Group <http://kcpsych.com/wp1/>

Centers for Psychology and Learning <https://responsivecenters.com/psych-assessment/>

Dr. Emily Vanleeuwen with Rejuvenate <https://rejuvenatekc.com/dr-emily-vanleeuwen-psychologist/>

Grief/Loss-

The Solace House 913-341-0318

www.solacehouse.org

- Individual, group & family grief & loss counseling for children ages 3 to adult.
- Camp Erin is a free bereavement camp for kids 6-17 during summer.
- Self-Pay with sliding scale only
- No Northland campus any longer- all services at 8012 State Line Rd, Shawnee, KS.

Substance Use & Recovery-

Preferred Family Health (816) 407-1754

www.pfh.org/adolescent-rehab

- Substance use treatment & mental health therapy for adolescents & adults.
- Most insurances & Medicaid accepted.
- Liberty location for outpatient or South KC has residential substance use program for teens

Tri-County Mental Health Center- CStar Program for Alcohol or Drug Use 816-468-0400

- Integrated treatment adolescents with mental health & substance use.
- Insurances & Medicaid accepted.

Victim Services-

Ad Hoc Group Against Crime **816-861-5500** www.adhocgroupkc.com

- Free trauma-informed grief counseling for survivors of violence (children & adults)

Child Abuse Prevention Association **(816) 601--5500, ext. 203** www.capacares.org

- Individual & family counseling for children & adults who have witnessed or survived any crime (trauma, abuse, neglect, etc..). Parenting support classes and in-home family support program.
- All services are free and provided to any residents on KC Missouri or Kansas sides.

The Children's Place **(816) 363-1898** www.childrensplacekc.org

- Individual & family counseling for children up to 8 years.
- Day program for children 18 months to 5 years
- Accepts most insurances, including Medicaid. Sliding scale also offered.
- Catchment area for services: must reside south of the river, West to Hwy 291, East to Sugar Creek

Metropolitan Organization to Counter Sexual Assault (MOCSA) www.mocsa.org
(816) 531-0233 (Intake & Crisis Line)

- Specialized therapy for children (4 years) and up to adult survivors of sexual assault
- 24-hour medical and legal advocacy services.
- All services are free and open to residents in Greater KC area (Missouri & Kansas)
- Northland outreach services a few days/week at 6080 N Oak Trafficway, Gladstone, MO 64118
- Virtual & in-person Group therapy for youth (7-14 yrs) with sexual problematic behaviors. Contact Kristin Kunard directly for group referrals: (816) 285-1399 kkunard@mocsa.org

KC Mothers in Charge **(816)912-2601** www.kcmothersincharge.org

- 6 free Individual or family counseling sessions for family members of homicide victims. .
- Support groups for shooting survivors and family members of homicide victims.

More Mental Health Services in Greater KC metro area:

Samuel U. Rodgers **(816) 474-4920** www.samrodgers.org

- Counseling for children, families, adults & groups.
- Accepts most insurance plans. Accepts uninsured? Medicaid???
- Multiple locations- downtown KC, Liberty & transportation assistance can be provided.

Mattie Rhodes **(816) 413-3780** www.mattierhodes.org

- Youth & family social services. *Spanish-speaking.

University Health- Behavioral Health Services www.universityhealthkc.org/services/behavioral-health

- Walk-in M-F 8am-12(noon) at 300 W. 19th Terrace. Call (816) 404-5709 for more information.

Swope Health- Children's Behavioral Health **(816) 923-5800**

- Walk-in Mon-Friday 8am-3pm. Child must be present, with valid ID, & proof of insurance.
- <https://swopehealth.org/what-we-do/behavioral-health/>

Ellie Mental Health **(816) 653-3927** www.elliementalhealth.com

- Individual & family counseling for children and adults in multiple locations.
- Private insurance and self-pay only. No Medicaid.