



Hixson Middle School
Family Wellness Resource List

Hixson Middle Counseling Department
Webster Groves School District

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SUBSTANCE ABUSE TREATMENT

All resources that are Highlighted in Yellow indicate the offering of Telemental Health Services or providing a virtual platform for discussion.

EMERGENCY/CRISIS SUPPORT

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

<https://suicidepreventionlifeline.org/>

BEHAVIORAL HEALTH RESPONSE (BHR)

<http://bhrstl.org/> 24 hour Crisis Lines 314-469-6644 or 800-811-4760

Missouri Crisis Hotlines BHR provides the ACI crisis hotline and mobile outreach services.

CRISIS TEXT LINE: Text "HOME" to 741-741

<https://www.crisistextline.org/>

Crisis Text Line serves young people (and others) in any type of crisis, providing access to free, 24/7, emotional support and information. A live, trained specialist receives the text and responds quickly.

NAMI ST LOUIS

National Alliance on Mental Illness

<https://www.namistl.org/> Crisis Hotline 800-811-4760

314-962-4670 (St. Louis Helpline)

NAMI Helpline 800-950-6264

or TEXT NAMI to 741741

Kids Under Twenty One (KUTO)

<http://www.kuto.org/> Crisis Hotline 314/888-644-5886

Youth-focused programming regarding crisis prevention, suicide intervention, outreach and education, and support for survivors of a completed suicide attempt.

ST. LOUIS COUNTY CHILDREN'S SERVICES FUND (CSF) RESOURCES

(These are resources available to children and adolescents - up until 19 years of age - free of cost who reside within St. Louis County boundaries)

CHADS Coalition for Mental Health

<https://www.chadscoalition.org/> or call 314-952-8274

Offers a wide variety of services tailored to suicide awareness and prevention, family support, and social emotional well-being. Counseling services and educational resources are available to youth 25 and under.

Provident Behavioral Health

<https://www.providentstl.org/> or call 314-533-8200

Provides counseling for individuals and families along with a variety of other supports to meet one's needs.

Safe Connections

<https://safeconnections.org/> or call 314-533-8200

Provides counseling for individuals (12 and up) and families along with a variety of other supports who have experienced domestic violence or dating abuse (physical, sexual, or emotional).

Saint Louis Counseling Inc.

<https://saintlouisounseling.org/> or call 314-544-3800

Provides a variety of mental health treatments for children, adolescents, adults and seniors.

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ST. LOUIS CITY MENTAL HEALTH RESOURCES

Family Forward

<https://familyforwardmo.org/> or call 314-534-9350 (There are several locations - this number is for the South City location)

Provides a variety of services including therapy, education/training, teen services, community services, support for child related developmental disability supports, etc.

Hopewell Center

<https://hopewellcenter.com/> or call 314-531-1770 (There are 2 different locations within the St. Louis City area)

Provides adult and child/adolescent services through outpatient, psychiatric rehabilitation, and residential services.

Places for People

<https://www.placesforpeople.org/> or call 314-535-5600

Crisis Line: 1-800-811-4760

Cost effective services for individual, group, or family therapy services, services for substance abuse, or outpatient treatment for children and adolescents (**call 314-330-2403**).

LOCALIZED THERAPEUTIC RESOURCES

(This list comprises mental health agencies and practices advertised within the Webster Groves Community)

Karen Geren Counseling

<https://www.kgcounseling.com/> or call 314-584-0606

Private Practice offering individual, family, couples, parenting support therapy, and tele/virtual health services through a wide variety of specialities.

Empowered Therapy, LLC

<https://www.kellycaul.com/> or call 314-952-3199

Private Practice with services aimed towards teens, women and parents.

Foundations Counseling, LLC

<https://www.adolescentcounselingstl.com/> or 314-707-3722

Practice that offers a variety of services including individual, group, parent education and coaching, crisis intervention, etc., focusing on teenage development.

Artemis Counseling

<https://www.artemis-counseling.com/> or call 314-732-4507

Practice that provides individual (adolescent to adult), family, and co-parenting supports

Lifepointe Counseling, LLC

<https://lifepointecounseling.com/fiona-hill/> or call 314-849-2120

Practice that specializes in EMDR, Trauma-focused Cognitive Behavioral Therapy, Child-Parent Relationship and more. Works with children between the ages of 4 and 18.

Dr. Agnes Meyo, Clinical Psychologist

<http://drmeyo.com/index.html> or call 314-780-3621

Specializes in the testing and counseling of gifted children and adults.

Clayton Behavioral

<https://www.claytonbehavioral.com/> (visit the website for the contact directory)

Treatment Center that provides a variety of services including behavioral specific programs (MBCT, Personality testings, Addiction, etc.), general psychiatry, child & adolescent psychiatry, psychotherapy, psychoeducational testing & academic coaching, and more.

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TREATMENT SPECIFIC TO GRIEF + LOSS

Annie's Hope

<http://annieshope.org/> or call 314-965-5015

Provides for children, teens, and families that are grieving death.

LGBTQ RESOURCES

Kathryn Stinson, LPC

<https://www.kathrynstinson.com/> or call 314-827-6803

Practice that provides a variety of services; specializes in Gender non-conforming or LGBTQIA issues and support.

Q Chat Space

<https://www.qchatspace.org/> or call 954-765-6024

Provides an online discussion platform for LGBTQ+ youth between the ages of 13-19. This platform is facilitated by experienced staff from around the country who have worked within LGBTQ centers and facilities. (The website notes that facilitators *are not* mental health professionals).

Metro Trans Umbrella Group

<https://www.stlmetrotrans.org/> or email at info@stlmetrotrans.org

A local Saint Louis based organization that provides transgender support, advocacy, educational, and ally support to community members. This resource is open to any individual who falls under the Trans umbrella including transsexuals, genderqueer, androgynous, agender, intersex, drag, and questioning.

PFLAG

<https://pflagstl.clubexpress.com/> or email pflagstl@gmail.com

Local chapter provides support groups and education for parents, friends, allies of individuals identifying LGBTQIA+ .

Meetings: Third Saturday, 7:00pm

Parkway UCC Church

2841 N Ballas Road, 63132

True You Recovery at Centerpointe Hospital

<https://centerpointehospital.com/true-you-recovery-opening-december-16-2019/#>

Call: 800-345-5407 or toll free 636-477-2136, Admission Option 1

Residential treatment facility of substance abuse dedicated to members of the LGBTQ+ community.

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Urban League of Metropolitan St. Louis

<https://www.ulstl.com/> or call 314-615-3600

Provides many services for the community including: financial literacy, housing assistance, utility assistance, LIHEAP, clothing and food pantries, and job assistance.

Epworth, Webster Groves Campus

<https://www.epworth.org/> or call 314-961-5718

Provides foster care services (youth emergency services), mental health services (psychological services), housing, crisis and outreach, home and community based (food pantry, drop-in center, 24/7 helpline, family support), and virtual care (family support services and foster care case management).