

Mental Health and Community Resource Directory

Suicide and Crisis Lifeline: 988

Centerstone (Burrell Behavioral Health):

3401 Berrywood Dr, Columbia, MO 65201

573-777-8300

www.burrellcenter.com

Ages: all ages

Payment: Medicaid, Private Insurance, Sliding Scale

Services Provided: Individual therapy, group therapy, family therapy, case management, psychiatry, ACT-TAY

Areas of Specialty: Mental health, trauma, substance use, DBT

Other: Walk-in Clinic available M-F 8:30 to 4:30. Can also assist with Medicaid.

School-Based Services available *contact your school counselor

Compass Health:

3501 Berrywood Dr, Columbia, MO 65202

573-449-2581

<http://compasshealthnetwork.org/location/columbia>

Ages: walk in for all ages or appointments

Payment: Medicaid, Private Insurance, Sliding Scale

Services Provided: Individual therapy, group therapy, family therapy

Compass Children's Center

200 Portland Street, Columbia, MO 65201

1-844-853-8937

Services Provided: Youth therapy & psychiatry; Medical & dental

Scholar Clinic (Centerstone):

Field Elementary School

1010 Rangeline St, Columbia, MO 65201

573-476-0022

Ages: CPS students only

Payment: All payor sources accepted, if no insurance but on free & reduced meals, free

Services Provided: Full primary care clinic, same day sick visits, preventative care, sports physicals, optometry, vision and hearing screenings, medication management, full lab services and immunizations/vaccinations.

NAVIG8 Adolescent Treatment Program:

3501 Berrywood Drive, Columbia, MO 65201

1-844-853-8937

SUDyouth@compasshn.org (for referrals)

Open Access Walk-in Assessment available M-F/ 8 am-4 pm

Payment: Private insurance, Medicaid, sliding scale, add't funding

Services Provided: Navig8 offers non-traditional substance use and co-occurring mental health services focused on supporting adolescents (ages 9-17) and their caregivers through individual, family, and group therapy, psychiatry, targeted case management, and comprehensive community and peer support services.

Family Access Center of Excellence (FACE):

105 E. Ash Street, Ste 100

Columbia, MO 65203

573-771-3223 (FACE)

<http://faceofboonecounty.org>

Ages: Residents of Boone County ages 0-19

Hours: Monday-Friday 9 am-7 pm

Payment: Free of charge

Services Provided: Clinical case managers can provide a thorough assessment for youth and their families with social, emotional, or behavioral health needs. They can provide choices of services and ongoing case management. School-based, community based services

The Heriford House:

1804 Heriford Rd

Columbia, MO 65202

(573) 639-1094

<https://www.thehouse.org>

Ages: Children and families

Hours: Afternoon, Evening and Saturday

Payment: Private insurance, Medicaid, Sliding Scale, Self-Pay

Services Provided: Individual and family therapy. Heriford House employs diverse therapists/ interns and feel it's important to work with minorities.

Areas of Specialty: Most issues including trauma, anxiety, depression, problematic behaviors, etc.

Mental Health and Community Resource Directory

The Food Bank for Central & Northeast Missouri:

705 Business Loop 70 W
Columbia, MO 65203
573-474-1020
sharefoodbringhope.org

Services available include: Food Bank Market- monthly shopping and share room to replenish; the School Market program that allows schools to partner with the food bank to improve access to nutritious food for students and their families at no cost in the building; Buddy Pack program; Outreach Tool Kits; Cooking Classes; Senior Boxes; Project Dash (delivery within 10 miles); VIP Veteran Packs; and Resource Navigation

Additional Community Agency Options:

- Providence Counseling Center: 573-777-8775
- MU Psychological Services Clinic: 573-882-2254
- Chris Lawrence and Associates: 573-214-0436
- Aspire Counseling: 573-328-2288
- Kindred Collective: 573-340-5145
- The Counseling Hub: 573-586-3204
- Crown Counseling: 573-825-0672
- Cherry Hill Counseling: 573-227-2712
- MU Psychological Services Clinic: 573-882-5805
- Brave: 573-825-6441
- Counseling Associates: 573-874-8818
- Strong Heart Counseling: 573-545-5510
- Meghan Dawson Counseling: 573-982-9170

Other Community Mental Health/Basis Needs Resources:

- Love Columbia: 573-256-7662
- City of Refuge: 573-454-1552
- Thompson Center for Autism & Neurodevelopmental Disorders. Call 573-884-6052.
- Boone County Family Resources-call 573-874-1995
- The Hero Clinic (social skills): www.theheroclinic.com
- Flourish Initiative (Street Outreach): 573-615-6135
- Lutheran Family and Children's Services: 573-815-9955
- CPS Parents As Teachers: 573-214-3955
- MU Battle Avenue Clinic: 573-884-6851
- The Salvation Army-Harbor House: 573-442-1984
- Lois Bryant House (women & children): 573-445-9411
- St. Raymond's Society (new & expectant mothers)
- True North of Columbia: 573-875-1370

Additional Community Resources:

- Columbia Housing Authority: 573-443-2556
- Department of Columbia Public Health & Human Services: 573-817-6404
- or call United Way 2-1-1 (eg food, utilities, medical)
- The Salvation Army: 573-442-3229
- Central Missouri Community Action (CMCA): 573-443-8706
- Voluntary Action Center (VAC): 573-874-2273
- The Wardrobe/Clothing & Shoe Coupons: 573-442-3260
- Columbia/Boone County Public Health: 573-874-7384
- City of Columbia-C.A.R.E.: 573-874-6300
- Mid Missouri Legal Services: 573-442-0116
- MU Family Impact Center: 573-882-2428
- Social Security (S.S., S.S.D.I, S.S.I.): 1-800-772-1213

Additional Mental Health Resources:

- **MU Bridge Program** for Psychological Evaluation and/or services. This is a free service for CPS students: 573-882-3125.
- **Missouri Psychiatric Center (MUPC) Hospital**
573-884-1300
3 Hospital Dr, Columbia MO 65212
Services: assess crisis and acute mental health needs/evaluations
- **Centerpointe Hospital**
855-623-7016
1201 International Dr, Columbia, MO 65202
Services: assess acute mental health needs/evaluations; inpatient and outpatient services

For Immediate Crises:

- 988 (call or text): suicide & crisis lifeline
- 911: a vital, 24/7 lifeline system designed for reporting life-threatening situations or crimes in progress.
- BBH Mental Health Crisis Line: 1-800-395-2132
- Missouri Crisis Line: (573) 445-5035 or 888-761-4357 (V/TTY) or Text HAND to 839863
- National Suicide Prevention Lifeline: 800-273-8255
- 24/7 Crisis Hotline: 1-800-395-3223
- Substance Use Helpline: 1-800-662-4357
- The Trevor Project: 866-488-7386
- Child Abuse and Neglect Hotline: 1-800-392-3738
- Domestic/Sexual Violence Hotline: 1-800-548-2480