

Crisis Lines - 24/7



Burrell | 1-800-395-2132
Missouri Crisis Line | 1-888-761-4357,
Text "HAND" to 839863 for text assistance

Rainbow House - Safe Places | 573-239-7511
TXT 4 Help | Text the word SAFE and your current location to 69866
The Trevor Project (LGBTQ) | 1-866-488-7386

Alcohol and Drugs

Ala-Teen/Ala-non | 573-442-4424 | www.missouri-al-anon.org
Support for teens or families affected by alcohol

Alcoholic's Anonymous (AA) | 573-449-2581 | www.d12aa.org
Meeting info and support for those having problems with alcohol

Crossroads Group | 573-256-8020
12-step drug/alcohol treatment and after-care

Narcotics Anonymous (NA) | 1-800-945-4673 | www.midmissourina.org
24-hour line for help with drugs

Pathways NAVIG8 Adolescent Treatment Program | 573-449-4770
Drug and alcohol assessments; outpatient and residential substance abuse counseling and treatment for teens; family therapy and education groups

Project Apex | 573-875-8880 or 573-817-2739
<http://phoenixhealthprograms.com/wp-content/uploads/2011/10/Project-APEX-2011.pdf>
Phoenix Programs' outpatient treatment for adolescents/young adults 12-20 years old

Youth Community Coalition (YC2) | 573-449-1993 | www.yc2.org
Empowering youth to make healthy choices about drugs and alcohol

Asthma

Department of Child Health Asthma Ready Services | 573-884-8629
www.asthmaready.org

Division of Pulmonary Medicine and Allergy | 573-882-6921
www.muhealth.org

Bullying

School Violence Hotline | 1-866-748-7047 | www.schoolviolencehotline.com
Report bullying, threats and weapons by texting "ReportIt" to 847411 - include name of school and city; affiliated with MO Dept. of Social Services - Children's Division

Child Abuse

Abuse & Neglect Hotline | 1-800-392-3738

Rainbow House | 573-474-6600 | www.rainbowhousecolumbia.org
Emergency shelter for children

Counseling and Mental Health

Burrell Behavioral Health | 573-777-8300 | www.burrellcenter.org
Children and adolescent outpatient mental health

Family Counseling Center (Compass Prevention) | 573-449-2581 | www.fccmo.org
Counseling with sliding scale fees

Missouri Psychiatric Center (formerly Mid-Mo) | 573-884-1255
Inpatient mental health care

Pathways NAVIG8 Adolescent Treatment Program | 573-449-4770
Drug and alcohol assessments; outpatient and residential substance abuse counseling and treatment for teens; family therapy and education groups

University of MO | 573-884-1236
Children and adolescent outpatient mental health clinic

Dental Health

Family Dental Center | 573-777-8997 | www.fhcmo.org/columbia
Youth under 21 with various insurance plans. Medicaid and a limited number of self pay options

Mid Missouri Dental Center | 573-814-1694
Youth up to 20 years old who have Missouri Care, Aetna, and Home State Managed Care plans

Education/Tutoring/Job Readiness

Adult Learning Center | 573-214-3690
GED prep, ESL, workplace and basic life skills

C.A.R.E. (Career Awareness Related Experience) | 573-874-6300
Homework help: Mon-Thursday from 3-5pm for all ages, summer employment program for 14-19 year olds

Centro Latino | 573-449-9442 | <http://centrolatino.missouri.org/>
Tutoring for children, ESL and Spanish classes

Columbia After-school programs
Adventure Club | 573-884-2582
Amory | 573-817-5077
CHA Moving Ahead | 573-443-2556 x 1283
Columbia Boys and Girls Club | 573-874-1697
Teen Outreach Program (TOP) | 573-874-7741

Columbia Area Career Center | 573-214-3800 | www.columbia.k12.mo.us

Columbia Public Schools | 573-214-3400 | www.columbia.k12.mo.us

Job Point | 573-474-8560 | www.jobpointmo.com/services/youthbuild
Employment for youth

Missouri Career Center | 1-888-728-JOBS (5627)
Offers services which provide access to education and preparation for employment

Missouri Options Program | 573-751-3190 or 573-751-4426
For students at least one year behind graduating class who want to get their high school diploma; students must be seniors by cohort class, be unable to earn enough credits to graduate, and be employed or employable

Youth Empowerment Zone | 573-256-1896 | www.yezweb.org
Free job readiness training and placement; life skills help and mentoring

Food and Housing

Central Pantry | 573-874-7848
A service of the Food Bank of Central and NE Missouri

Loaves and Fishes | 573-449-4363
Free evening meals seven days a week at Wilkes Blvd. United Methodist Church; 12 and under must be with an adult

Lois Bryant House (females) | 573-874-7874
Emergency homeless shelter

Rainbow House | 573-474-6600
Emergency shelter for children and teens

Rainbow House Homeless Youth Program | 573-814-2797

Salvation Army | 573-442-1984
Emergency housing, clothing and food; 17 and under must be with a parent

St. Francis House (males) | 573-875-4913
Emergency homeless shelter

Sustainable Farms & Communities (Access to Healthy Food program) - provides a weekly \$25 SNAP or WIC match at the farmers market
<http://www.sfandc.org/#laccess-to-healthy-foods/c129g>

Gay/Lesbian/Bi/Trans Resources

Columbia PRISM | 573-449-1188 | www.facebook.com/PrismTCP/
Community gay-straight alliance for teens

Planned Parenthood | 1-800-230-PLAN (7526)
Transgender health care and PrEP clinic - preventative that lowers chances of contracting HIV for those at high risk

MU LGBTQ Resource Center | 573-884-7750 | www.lgbtq.missouri.edu
Education, information, and a supportive space

The Center Project | 573-449-1188
Located at 300 St. James Street, Suite 104 in Columbia; support for the LGBTQQA populations in an eight county area

Health

Columbia/Boone County Dept. of Public Health & Human Services | 573-874-7355 | www.CoMo.gov/health

1005 W. Worley in Columbia. Free or low-cost confidential exams, birth control, condoms, morning after pill, pregnancy and STD testing by appointment

Family Health Center | 573-214-2314 | www.fhcmo.org

Primary care to all people, including MedZou, with referral

MU Women's and Childrens Hospital - Pediatric and Adolescent Specialty Clinic | 573-882-6921

Primary and specialty care for adolescents offering evaluation and treatment for ADHD, eating disorders, diabetes, obesity. "Tigers on Track" helps adolescents and their families develop lifelong healthier habits; accepts Medicaid and private insurance

Planned Parenthood | 573-443-0427 | www.plannedparenthood.org

Low cost physical exams and medicine, pregnancy testing, birth control, morning after pill, STD treatment, and abortion referrals (by appointment)

Legal Info

Mid Missouri Legal Services | 573-442-0116 | www.mmls.org

Legal aid for low-income over 18, assistance and referral for under 18

Mentoring Programs

Big Brothers Big Sisters | 573-874-3667

One-on-one community-based mentoring for teens 14 and under

Successful Young Parents (Lutheran Family & Children Services) | 573-815-9555

Mentoring program for pregnant and parenting teens

Miscellaneous

Poison Control | 1-800-222-1222 | www.poison.org

Call this number 24 hours a day, 7 days a week to talk to a poison expert

Teen Relationship Education Empowerment (TREE) | 573-489-2729

Supporting education and prevention of teen relationship violence

Voluntary Action Center | 573-874-2273

Can help with most emergencies and referrals; Youth Enrichment Fun can help pay some sports, arts and education fees

Pregnancy/Parenting Info and Support

Birthright | www.birthright.org

Catholic Charities | 1-888-626-4245 | www.ccnmo.org

Pregnancy and adoption information

Columbia/Boone County Dept. of Public Health & Human Services | 573-874-7355 | www.CoMo.gov/health

Free or low-cost confidential pregnancy testing, condoms, morning after pill, birth control, case management, and referral

Love Basket, INC | 636-797-4100

Pregnancy and adoption information facilitation

Lutheran Family and Children Services | 573-815-9955 | www.lfcsmo.org

Counseling for teens experiencing an unplanned pregnancy; adoption info and facilitation; Successful Young Parents (see also: Mentoring)

Morning After Pill | www.planbonestep.com

Emergency contraception

My Life Clinic | 573-874-3561 | www.mylifeclinic.org

Pregnancy testing, free sonograms, maternity and baby clothing, parenting classes

Parents as Teachers | 573-214-3955

Free parenting info/support in your home

Planned Parenthood | 573-443-0427 | www.plannedparenthood.org

Options counseling

Rape, Sexual Assault, Intimate Partner or Domestic Violence

Rainbow House | www.rainbowhousecolumbia.org

Advocacy and counseling center for victims of abuse

Rape, Sexual Violence Prevention Center (RSVP) at MU | 573-882-6638 |

www.rsvp.missouri.edu

Comprehensive education and resource center for the MU community

True North (formerly the Women's Shelter) | 573-875-1370 |

www.truenorthofcolumbia.org

Intimate partner, domestic violence, and sexual assault

STD/HIV/AIDS

Columbia/Boone County Dept. of Public Health and Human Services | 573-874-7355 | www.CoMo.gov/health

1005 W. Worley in Columbia; FREE HIV testing; low-cost STD testing; walk-in STD clinic Tues from 5-7 p.m.

Planned Parenthood | 573-443-0427 | www.plannedparenthood.org

Low-cost STD/HIV testing

RAIN | 573-875-8687 | www.missourirain.org

Comprehensive STD, HIV, and Hepatitis education, early detection and care coordination for at-risk individuals, families and communities.

Suicide

Boone County Suicide Prevention Coalition | www.stu22crew.org

Or email beth@STU22crew.org

National Suicide Prevention Lifeline | 1-800-273-TALK

Or email beth@STU22crew.org

Tobacco/Smoking Cessation

Columbia/Boone County Dept. of Public Health & Human Services | 573-874-7355 | www.CoMo.gov/health

1005 W. Worley in Columbia; FREE smoking cessation counseling and patches for teens under 18 with physician's permission

Missouri Tobacco Quit Line | 1-800-QUIT-NOW or 1-800-784-8669

Can send Quit Kit material and reference resource

Other Support

NAMI (National Alliance on Mental Illness) | 1-800-784-8669

Mon-Fri 9am - 5pm; weekends and holidays 3-9pm

Safe Places | 573-239-7511 or 1-888-290-7233

Teens text the word "safe" and your current location (street address, city, and state) to 69866 for immediate help

United Way 2-1-1 | Dail 211

Fast help and local area resources 24/7

National Resources for Youth Health

www.advocatesforyouth.org

www.abovetheinfluence.com

www.thenationalcampaign.org

www.samhsa.gov

www.sexetc.org

www.thecoolspot.you

www.iwannaknow.org

www.kidshhealth.org

www.ashastd.org

STD Hotline: 1-800-227-8922

Columbia/Boone County Dept. of Public Health & Human Services, YC2, June 2016. Get more info from us on Twitter @CoMo_HealthDept, Facebook, www.CoMo.gov/health, or 573-874-7355

