HEALTH INSURANCE
Family Support Division, State of Missouri 855-373-4636
Medicare 1-800-633-4227
Federal Marketplace 1-800-318-2596
Local Marketplace Assistance:
- Boone Hospital 815-3268
- Central Missouri Community Action 443-8706
- Central Missouri Area Agency on Aging 443-5823
- Family Health Center 886-6790
- MO Health Net 1-855-373-4636
- Primaris 817-8338
- Spectrum Health Care (formerly RAIN for Central MO) 875-8687

MEDICAL PROVIDERS | HIV/AIDS TESTING
Columbia/Boone County Department of Public Health & Human Services (free) 874-7356
Spectrum Health Care (formerly RAIN for Central MO) (free) 875-8687

MEDICAL PROVIDERS | PRIMARY CARE
Family Health Center (MO Health Net, MC+, Medicare, commercial insurance, sliding fee scale) 214-2314
Boone Hospital Center (physician referral service) 815-6400
University Hospital and Clinics (physician referral service) 882-7000
MedZou Clinic 214-2314

MEDICAL PROVIDERS | STD TESTING AND TREATMENT
Columbia/Boone County Department of Public Health & Human Services 874-7356
Spectrum Health Care (formerly RAIN for Central MO) 875-8687
Planned Parenthood Columbia Health Center 443-0427

MEDICAL PROVIDERS | URGENT CARE
Boone Convenient Care (walk-in clinic) 874-0008
University Physicians (urgent care) 882-1662
Providence Urgent Care 874-6824
Broadway Urgent Care 777-5880
Mizzou Quick Care Clinic-Conley 884-0169
Mizzou Quick Care Clinic-Broadway 884-0036

MEDICAL PROVIDERS | WOMEN’S HEALTH
Columbia/Boone County Department of Public Health & Human Services 874-7356
Planned Parenthood Columbia Health Center 443-0427
Family Health Center 214-2314

MEDICAL PROVIDERS | VETERANS’ HEALTH
Harry S. Truman Memorial Veterans’ Hospital 814-6000 EXT. 0
MENTAL HEALTH
Burrell Behavioral Health (MO HealthNet, insurance, walk-in clinic, intake appt.) 777-8300
Family Access Center for Excellence (FACE) 771-3223
Family Counseling Center (MO HealthNet, insurance & sliding scale) 449-2581
Mid MO Crisis Line 445-5035 or 1-888-761-4357
Missouri Psychiatric Center (MO HealthNet, insurance, cash pay) 884-1300
Missouri Psychiatric Center (outpatient clinic) 882-2511
New Horizons (MO HealthNet) 443-0405
UMC Psychological Services Clinic (insurance and sliding scale) 882-4677

SUBSTANCE USE DISORDER TREATMENT AND SUPPORT
AA/NA (Focus on Recovery) 800-234-0420
BHG (methadone clinic) 449-8338
McCambridge Center (for women) 449-3953
Pathways (adolescents) (MO HealthNet, private, sliding fee scale) 449-4770
Phoenix Programs (for men, women and adolescents)(insurance and cash pay) 875-8880
Family Counseling Center 449-2581

OTHER HEALTH RESOURCES | DENTAL
Columbia Dental Care Center (MO HealthNet for Pregnant Women & Children) 441-9442
Community Health Center of Central Missouri - Fulton (MO Health Net) 826-2700
Community Health Center of Central Missouri - Jefferson City (MO Health Net) 632-2777
Family Dental Center (Medicaid/sliding scale) 777-8997
Family Dental Center - Salisbury (sliding scale) 660-388-6950
King’s Daughters (referral made by school nurse)
Mid-Missouri Dental Center (MO HealthNet for Pregnant Women & Children) 814-1694
UMKC Dental School 816-235-2111
Vanderveen Dental (MO HealthNet for Pregnant Women & Children) 443-8100
Voluntary Action Center (co-pay assistance) 874-2273

OTHER HEALTH RESOURCES | MEDICATION ASSISTANCE
Columbia/Boone County Department of Public Health & Human Services 817-6430
Voluntary Action Center 874-2273

OTHER HEALTH RESOURCES | OPTICAL
Saving Sight (glasses only) 443-1471
Prevention of Blindness Program, State of Missouri 800-592-6004 EXT. 8

OTHER HEALTH RESOURCES | PREGNANCY TESTING AND SUPPORT
Columbia/Boone County Department of Public Health & Human Services 874-7356
Lutheran Family and Children’s Services (no testing) 815-9955
My Life Clinic 874-3561
Planned Parenthood Columbia Health Center 443-0427

OTHER HEALTH RESOURCES | SMOKING CESSATION
Columbia/Boone County Department of Public Health & Human Services 874-7356
MO Tobacco Quit Line 1-800 QUIT NOW
### AGING AND DISABILITY SERVICES

- Boone County Family Resources: 874-1995
- Bureau of Special Health Care Needs, State of Missouri: 751-6246
- Central Missouri Area Agency on Aging (CMAAA): 443-5823
- Central Missouri Regional Center, State of Missouri: 441-6278
- Meals on Wheels (home delivered meals): 886-7554
- Senior and Disability Services Hotline: 800-392-0210
- Services for Independent Living: 874-1646
- Senior and Disability Services, State of Missouri: 800-392-0210
- MU Thompson Center for Autism and Neurodevelopmental Disorders: 884-6052

### BASIC NEEDS | CLOTHING

- Goodwill: 442-4050
- Love Seat: 447-7328
- Once Upon a Child: 445-1151
- Salvation Army: 442-3229
- Upscale Resale: 445-4803
- Voluntary Action Center (clothing items for employment): 874-2273
- Wardrobe: 442-3260

### BASIC NEEDS | DROP IN CENTER

- Turning Point: 214-4077
- Salvation Army Harbor House: 442-1984

### BASIC NEEDS | EMERGENCY SHELTER

- Lois Bryant House (for women and families): 875-7874
- New Life Evangelistic Center (for men): 875-0603
- Red Cross (for disaster relief): 445-9411
- Rainbow House (for children and teens): 474-3558
- Salvation Army Harbor House: 442-1984
- St. Francis House (for men): 875-4913
- True North (domestic violence): 875-1669
- Welcome Home (for veterans): 443-8001
- Reality House-PMI/Pannell House (re-entry): 449-8117

### BASIC NEEDS | FOOD

- WIC (Women, Infants, and Children): 874-7384
- Central Missouri Area Agency on Aging (age 60+, delivered): 449-8000
- Food Bank Central Pantry: 874-7848
- Loaves and Fishes: 875-0826
- Meals on Wheels (delivered meals): 886-7554
**BASIC NEEDS | FOOD (CONTINUED)**
- Salvation Army (commodities) 442-3229
- Salvation Army Harbor House (daily lunch) 442-1984
- Voluntary Action Center 874-2273

**BASIC NEEDS | HOMELESSNESS RESOURCES**
- Turning Point 214-4077

**BASIC NEEDS | TRANSITIONAL SHELTER**
- Reality House 449-8117
- Salvation Army Harbor House 442-1984

**CHILDREN/YOUTH**
- Child Abuse and Neglect Hotline 800-392-3738

**CHILDREN/YOUTH | CHILD CARE AND PRESCHOOL INFORMATION**
- Child Care Aware of Central Missouri 445-5437
- FSD Child Care Assistance (eligibility required) 855-373-4636
- Head Start 443-8706
- Project REACH 866-973-2240
- Title I Preschool 214-3585

**CHILDREN/YOUTH | CHILD SAFETY**
- Car Seats- Columbia Fire Department (by appointment only, safe installation) 874-7556
- Voluntary Action Center (obtain a car seat) 874-2273
- SAFE CRIBS Program 777-1815 EXT. 204

**CHILDREN/YOUTH | CHILD SUPPORT**
- Child Support Enforcement, State of Missouri 573-751-4224

**CHILDREN/YOUTH | EMERGENCY AND TRANSITIONAL SHELTER**
- Rainbow House 474-6600

**CHILDREN/YOUTH | MENTAL HEALTH**
- Burrell Behavioral Health 777-8455
- Family Access Center for Excellence (FACE) 771-3223
- Missouri Psychiatric Center (Children’s Hospital) 884-1002
- Missouri Psychiatric Center (outpatient clinic) 884-1130
- MU Thompson Center for Autism and Neurodevelopmental Disorders 884-6052

**CHILDREN/YOUTH | PARENTING HELP**
- First Chance for Children 777-1815 EXT. 0
- ParentLink 800-552-8522
- Parents as Teachers 214-3955
- Love, Inc. 256-7662

**CHILDREN/YOUTH | RESPITE CARE**
- Rainbow House 474-6600
CHILDREN/YOUTH | YOUTH EMPLOYMENT
City of Columbia C.A.R.E. (Career Awareness Related Experience) 874-6300
Youth Empowerment Zone 256-1896
Job Point 449-3431

HOUSING | AFFORDABLE HOUSING
City of Columbia, Community Development (home loans) 874-7239
Columbia Housing Authority (public housing/Section 8) 443-2556
Columbia Square (private Section 8) 445-1721
Habitat for Humanity 499-1202
Hanover Estates 474-0550
Lakewood Apartments (private Section 8) 442-2720
Veterans Administration 814-6244

HOUSING | HOME REPAIR
City of Columbia, Community Development 874-7239
Central Missouri Community Action 443-1100
USDA Rural Development 875-5540 EXT. 4

HOUSING | TRANSITIONAL HOUSING
Phoenix Programs (for persons in recovery) 442-7026
True North (domestic violence) 875-1369

HOUSING | UTILITY ASSISTANCE
Columbia/Boone County Department of Public Health & Human Services 817-6430
Central Missouri Community Action 443-1100

JUSTICE/LEGAL SERVICES | COURT
Boone County Adult Court Services 886-4180
Boone County Alternative Sentencing Center 886-4082
State of Missouri, Division of Probation and Parole 573-751-8488

JUSTICE/LEGAL SERVICES | HUMAN RIGHTS
City of Columbia- Human Rights 817-5024
Investigates complaints of discrimination in employment, housing, and public accommodation that occur within the City of Columbia
Missouri Commission on Human Rights 886-4082
Investigates complaints of discrimination in employment, housing, and public accommodation

Federal Equal Employment Opportunity Commission 800-669-4000
Investigates employment discrimination complaints 800-669-6820 (TTY)
U.S. Department of Housing & Urban Development 800-669-9777
Investigates housing discrimination complaints 800-927-9275 (TTY)
U.S. Department of Justice- Civil Rights Division 877-218-5228
Enforces federal statutes prohibiting discrimination on the basis of national origin, race, color, religion, disability, sex, and familial status

Federal Equal Employment Opportunity Commission 202-514-0716 (TTY)
U.S. Department of Education- Office for Civil Rights 800-421-3481
Civil rights enforcement for equal access to education 877-521-2172 (TTY)
JUSTICE/LEGAL SERVICES | LEGAL ASSISTANCE
Mid-Missouri Legal Services Corp. (Legal Aid) 442-0116

OTHER | ADULT EDUCATION/LITERACY
Adult Basic Education, Columbia Public Schools 214-3690
MU Family Impact Center 882-2428

OTHER | CRISIS HELP NUMBERS
Mid-Mo Crisis Line 445-5035 or 888-761-4357
Child Abuse and Neglect Hotline 800-392-3738
Senior and Disability Services Hotline 800-392-0210
24 Hour Rape and Abuse Hotline (True North) 800-548-2480
Veterans Suicide Hotline 800-273-8255

OTHER | DOMESTIC AND SEXUAL VIOLENCE
True North 875-1369 or 800-548-2480

OTHER | EMPLOYMENT
Job Point 474-8560
Missouri Career Center 441-6361
Veterans Administration 814-6655
Vocational Rehabilitation, State of Missouri 573-751-3251
Youth Empowerment Zone 256-1896

OTHER | FINANCIAL/BUDGET COUNSELING
Consumer Credit Counseling 800-736-0535
Central Missouri Community Action 443-1100
Money Smart 443-2556 EXT. 1279 or 1257
Love, Inc. 256-7662

OTHER | REFUGEE AND IMMIGRATION SERVICES
El Centro Latino de Salud, Educacion, y Cultura 449-9442
Refugee and Immigration Services 442-7568

OTHER | TAX ASSISTANCE
AARP 573-445-6914
Missouri Department of Revenue Tax Assistance Center 573-751-7191
Volunteer Income Tax Assistance (VITA) 443-8731 EXT. 212

OTHER | TRANSPORTATION
Central MO Area Agency on Aging (age 60+) 443-5823
CMCA MO Rides 777-5213
Columbia Transit 874-7282
Columbia Para Transit (eligibility required) 874-7290
MO Health Net (non-emergency medical transport) 866-269-5927
OATS 449-3789
Services for Independent Living 874-1646
OTHER | TRANSPORTATION (CONTINUED)
Voluntary Action Center (eligibility required) 874-2273
Veterans Administration 814-6002

OTHER | VETERANS’ SERVICES
Veterans Administration 814-6002
Columbia Vet Center 814-6206

OTHER RESOURCES
Missouri/Illinois 2-1-1
Speak to a trained professional and get connected with local resources. Available 24 hours a day, seven days a week, and your phone call is always free and confidential. Multilingual services are also available.
Dial 2-1-1

Other resources include:
- Missouri/Illinois 2-1-1
- Veterans Administration
- Columbia Vet Center

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