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
Salvation Army  442-3229
Upscale Resale  445-4803
Voluntary Action Center (clothing items for employment)  874-2273
Wardrobe  442-3260

BASIC NEEDS | EMERGENCY SHELTER
Lois Bryant House (for women and families)  875-7874
New Life Evangelistic Center (for men)  875-0603
Reality House-PMI/Pannell House (re-entry)  449-8117
Rainbow House (for children and teens)  474-3558
Red Cross (for disaster relief)  445-9411
Salvation Army Harbor House  442-1984
St. Francis House (for men)  875-4913
True North (domestic violence)  875-1369
Welcome Home (for veterans)  443-8001

BASIC NEEDS | FOOD
Columbia/Boone County 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 (evening meal)  875-0826
Meals on Wheels (delivered meals)  886-7554
Salvation Army (commodities)  442-3229
Salvation Army Harbor House (daily lunch)  442-1984
Voluntary Action Center  874-2273
BASIC NEEDS | HOMELESSNESS RESOURCES
Phoenix Health Programs, Street Outreach 875-8880 EXT. 2131
Turning Point 214-4077

CHILDREN/YOUTH | CHILD CARE AND PRESCHOOL INFORMATION
Child Care Aware of Central Missouri (free child care and school age care referral service) 445-5437
FSD Child Care Assistance (eligibility required) 855-373-4636
Head Start 443-8706
Title I Preschool 214-3585

CHILDREN/YOUTH | CHILD SAFETY
Car Seats- Columbia Fire Department (by appointment only, safe installation) 874-7556
Child Abuse and Neglect Hotline 800-392-3738
SAFE CRIBS Program 777-1815 EXT. 204
Voluntary Action Center (obtain a car seat) 874-2273

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
Creating Lasting Family Connections (ages 9-18) 875-8880 EXT. 2101
Family Access Center for Excellence (FACE) (ages 0-19 and/or parents) 771-3223
Family Counseling Center 443-2204
Missouri Psychiatric Center (Children’s Hospital) 884-1002
Missouri Psychiatric Center (outpatient clinic) 884-1130
MU Bridge Program 268-4921
MU Psychological Services Clinic (ages 2-19 and their caregivers) 882-2254
MU Thompson Center for Autism and Neurodevelopmental Disorders 884-6052
Teen Line Hotline 310-855-4673 or text TEEN to 839863

CHILDREN/YOUTH | OUT OF SCHOOL PROGRAMS
Big Brothers Big Sisters (mentoring) 874-3677
Boys and Girls Club (after school care and activities) 874-1697
Fun City Youth Academy (summer program) 256-1436
Grade A (tutoring) 268-4372
Moving Ahead (after school and summer care) 443-2556 EXT. 1283
CHILDREN/YOUTH | PARENTING HELP
First Chance for Children 777-1815 EXT. 0
Love, Inc. 256-7662
Lutheran Family Children Services 815-9955
MU Healthy Steps for Young Children 884-8045
MU SOAR 884-6324
ParentLink 800-552-8522
Parents as Teachers 214-3955

CHILDREN/YOUTH | RESpite CARE/CRIsIS CARE
Rainbow House 474-6600

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

HEALTH INSURANCE
Family Support Division, State of Missouri 855-373-4636
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
- Medicare 1-800-633-4227
- MO Health Net 1-855-373-4636
- Primaris 817-8338
- Spectrum Health Care (formerly RAIN for Central MO) 875-8687

HOUSING | AFFORDABLE HOUSING
City of Columbia, Community Development (home loans) 874-7239
Columbia Housing Authority (public housing/Housing Choice Vouchers 443-2556
Columbia Square 445-1721
Habitat for Humanity 499-1202
Hanover Estates 474-0550
Lakewood Apartments 442-2720
Veterans Administration 814-6244
### HOUSING | HOME REPAIR
- Central Missouri Community Action (weatherization) 443-8701 EXT. 1958
- City of Columbia, Community Development 874-7239
- USDA Rural Development 875-5540 EXT. 4

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

### 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
- Federal Equal Employment Opportunity Commission 800-669-4000
  Investigates employment discrimination complaints 800-669-6820 (TTY)
- Missouri Commission on Human Rights 886-4082
  Investigates complaints of discrimination in employment, housing, and public accommodation
- 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 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

### 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
Boone Hospital Center (physician referral service) 815-6400
Family Health Center 214-2314
MedZou Clinic 356-2499
University Hospital and Clinics (physician referral service) 882-7000

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

MEDICAL PROVIDERS | VETERANS’ HEALTH
Harry S. Truman Memorial Veterans’ Hospital 814-6000 EXT. 0

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

MENTAL HEALTH
Burrell Behavioral Health 777-8300
Family Access Center for Excellence (FACE) (ages 0-19 and/or parents) 771-3223
Family Counseling Center 449-2581
Mid MO Crisis Line (mental health hotline) 445-5035 or 1-888-761-4357
Missouri Psychiatric Center 884-1300
Missouri Psychiatric Center (outpatient clinic) 882-2511
MU Integrated Behavioral Health Clinic 882-2428 or 884-8276
MU Psychological Services Clinic 882-4677
New Horizons (MO HealthNet) 443-0405

OTHER HEALTH RESOURCES | DENTAL
Columbia Dental Care Center (MO HealthNet for Pregnant Women & Children) 441-9442
Community Health Center of Central Missouri - Fulton 826-2700
Community Health Center of Central Missouri - Jefferson City 632-2777
Family Dental Center 777-8997
Family Dental Center - Salisbury 660-388-6950
King’s Daughters (referral made by school nurse) 814-1694
Mid-Missouri Dental Center (MO HealthNet for Pregnant Women & Children) 816-235-2111
UMKC Dental School 874-2273
Voluntary Action Center (co-pay assistance)
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**
Prevention of Blindness Program, State of Missouri 800-592-6004 EXT. 8
Saving Sight (glasses only) 443-1471

OTHER HEALTH RESOURCES | **PREGNANCY TESTING AND SUPPORT**
Columbia/Boone County Department of Public Health & Human Services 874-7356
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

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

OTHER | **CRISIS HELP NUMBERS**
24 Hour Rape and Abuse Hotline (True North) 800-548-2480
Burrell Behavioral Health Crisis Line 800-395-2132
Child Abuse and Neglect Hotline 800-392-3738
Mid MO Crisis Line 445-5035 or 888-761-4357
Senior and Disability Services Hotline 800-392-0210
Veterans Crisis 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**
CHALIS Money Smart 443-2556 EXT. 1279 or 1257
Consumer Credit Counseling 800-736-0535
Central Missouri Community Action 443-1100
Love, Inc. 256-7662

OTHER | **REFUGEE AND IMMIGRATION SERVICES**
City of Refuge 289-1869
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+)
Go COMO (Columbia Transit) 874-2489
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
Voluntary Action Center (eligibility required) 874-2273
Veterans Administration 814-6002

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

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

CRISIS HELP NUMBERS

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