



# Quick

# Reference Guide

# Substance Use Disorder Resources

Treatment / Program Services	Website	Phone Number	Email Address
<b>Help for Substance Use Disorders</b> MO Department of Mental Health	<a href="https://dmh.mo.gov/alcohol-drug/help">https://dmh.mo.gov/alcohol-drug/help</a>	573-751-4942	<a href="mailto:dbhmail@dmh.mo.gov">dbhmail@dmh.mo.gov</a>
<b>State-Funded Treatment Programs for Opioid Use Disorder</b>	<a href="https://www.nomodeaths.org/get-treatment">https://www.nomodeaths.org/get-treatment</a>	573-751-4942	<a href="mailto:dbhmail@dmh.mo.gov">dbhmail@dmh.mo.gov</a>
<b>Opioid STR Recovery Community Centers</b> St. Louis (2): <ul style="list-style-type: none"> <li>Missouri Network for Opiate Reform &amp; Recovery</li> <li>St. Louis Empowerment Center</li> </ul> Kansas City <ul style="list-style-type: none"> <li>Healing House</li> </ul> Springfield <ul style="list-style-type: none"> <li>Better Life in Recovery</li> </ul>	<a href="https://www.monetwork.org/">https://www.monetwork.org/</a>  <a href="https://dbsaempowerment.org">https://dbsaempowerment.org</a>   <a href="https://healinghousekc.org">https://healinghousekc.org</a>   <a href="https://www.betterlifeinrecovery.com/">https://www.betterlifeinrecovery.com/</a>	844-732-3587  314-652-6100   816-920-7181   417-368-0852	See websites for groups & activities

# Mental Illness

Treatment / Program Services	Website	Phone Number	Email Address
<b>Help for Mental Illness</b> MO Department of Mental Health (Community Mental Health Centers)	<a href="https://dmh.mo.gov/mental-illness/help/community-mental-health-centers">https://dmh.mo.gov/mental-illness/help/community-mental-health-centers</a>	573-751-8017	<a href="mailto:dbhmail@dmh.mo.gov">dbhmail@dmh.mo.gov</a>
<b>Drop-In Centers</b> A safe place where consumers can go to find recovery programs and services provided by their peers. They offer a wide variety of services including recovery focused support groups, life enhancement skills, goal setting, problem solving, computer and internet access as well as socialization with others in recovery.  <a href="https://dmh.mo.gov/media/pdf/missouri-consumer-operated-drop-centers-0">https://dmh.mo.gov/media/pdf/missouri-consumer-operated-drop-centers-0</a>			
Northwest Region	The PEER Center, Truman Behavioral Health, 2211 Charlotte, Kansas City	816-404-6384	
Eastern Region	St. Louis Empowerment Center 1908 Olive St., St. Louis	314-652-6100	
Southwest Region	NAMI Hope Center, 1443 N. Robberson, Ste. 408, Springfield	417-864-3027	
Southeast Region	Peer Impact Center, 113 S. Silver Springs Rd, #101, Cape Girardeau	573-803-0322	

# Behavioral Health

Treatment / Program Services	Website	Phone Number	Email Address
MO Department of Mental Health Substance Use Disorders	<a href="https://dmh.mo.gov/alcohol-drug/help">https://dmh.mo.gov/alcohol-drug/help</a>	573-751-4942	dbhmail@dmh.mo.gov
MO Department of Mental Health Mental Illness	<a href="https://dmh.mo.gov/mentalillness/">https://dmh.mo.gov/mentalillness/</a>	573-751-8017	dbhmail@dmh.mo.gov
Missouri Mental Health Foundation	<a href="http://www.missourimhf.org/">http://www.missourimhf.org/</a>	573-635-9201	mmhf@missourimhf.org
Missouri Coalition of Recovery Support Providers	<a href="http://mcrsp.org">http://mcrsp.org</a>	573-649-7869	
Better Life in Recovery (Springfield)	<a href="https://www.betterlifeinrecovery.com/">https://www.betterlifeinrecovery.com/</a>	417-368-0852	David@betterlifeinrecovery.com

# Behavioral Health

Treatment / Program Services	Website	Phone Number	Email Address
MO Hope Project (expanded access to overdose education and naloxone, public awareness, etc.)	<a href="https://mohopeproject.org/">https://mohopeproject.org/</a>	314-962-3456	
Mental Health First Aid Missouri (learn to identify, understand and respond to signs of mental illness and substance use disorders)	<a href="http://mhfamissouri.org/">http://mhfamissouri.org/</a>	573-751-4122	<a href="mailto:info@mhfamissouri.org">info@mhfamissouri.org</a>
NAMI Missouri	<a href="https://namimissouri.org/">https://namimissouri.org/</a>	(573) 634-7727	<a href="mailto:info@namimissouri.org">info@namimissouri.org</a>
Missouri Opioid State Targeted Response	<a href="https://www.nomodeaths.org/">https://www.nomodeaths.org/</a>		
United Way 211 (day care to rental assistance to counseling to vocational training)	<a href="https://www.uwheartmo.org/united-way-2-1-1">https://www.uwheartmo.org/united-way-2-1-1</a>	211	

# Hotlines

Treatment / Program Services	Website	Phone Number	Email Address
Missouri Behavioral Health Crisis Hotline (Access Crisis Intervention Line)	<a href="https://dmh.mo.gov/mental-illness/program-services/behavioral-health-crisis-hotline">https://dmh.mo.gov/mental-illness/program-services/behavioral-health-crisis-hotline</a>	By County	By County
National Suicide Prevention Lifeline	<a href="https://suicidepreventionlifeline.org/">https://suicidepreventionlifeline.org/</a>	1-800-273-8255	
The Trevor Project	<a href="https://www.thetrevorproject.org/get-help-now/">https://www.thetrevorproject.org/get-help-now/</a>	1-866-488-7386	
National Eating Disorders Hotline	<a href="https://www.nationaleatingdisorders.org/tags/helpline">https://www.nationaleatingdisorders.org/tags/helpline</a>	800-931-2237	<a href="mailto:info@NationalEatingDisorders.org">info@NationalEatingDisorders.org</a>
Trans Lifeline	<a href="https://www.translifeline.org/">https://www.translifeline.org/</a>	877-565-8860	
Veteran's Crisis Line	<a href="https://www.veteranscrisisline.net/about/when-to-call">https://www.veteranscrisisline.net/about/when-to-call</a>	800-273-8255	
Narcotics Anonymous (Find a meeting)	<a href="https://www.na.org/meetingsearch/">https://www.na.org/meetingsearch/</a>		
Alcohol Anonymous (Find a meeting)	<a href="https://www.aa.org/">https://www.aa.org/</a>		
Al-Anon (Find a Meeting)	<a href="https://al-anon.org/al-anon-meetings/">https://al-anon.org/al-anon-meetings/</a>		