

FREE AND INCOME-BASED MENTAL HEALTH RESOURCES

The following resources are located within the St. Louis region and provide mental health, behavioral health, and crisis intervention services. Sliding scale payment methods are based on your income -- these providers will typically request that you provide proof of income and charge you a smaller fee based on your income. If you or someone you love are in need of assistance, please use this resource as a guide to a number of area resources. Additionally, [here](#) is a link on the signs and symptoms of adolescent behavioral health distress.

AFFINIA HEALTHCARE [4414 N Florissant, 2220 Lemp Ave, 1717 Biddle, 1430 Olive St, and 3930 S. Broadway](#)

- Adult behavioral health and psychiatry
- Pediatric behavioral health and psychiatry
- Call 314-898-1700 for a referral

Cost/Payment: Behavioral health services start at \$25 for families at or below 100% of the federal poverty line. See <https://aspe.hhs.gov/poverty-guidelines> for income guidelines. Insurance is accepted.

BEHAVIORAL HEALTH RESPONSE HOTLINE

- Crisis counseling and mobile crisis outreach for children and adults
- 24/7 interpreter available
- Call 1-800-811-4760 or 844-985-8282

Cost/Payment: Free

BILINGUAL INTERNATIONAL ASSISTANT SERVICES

[1329 Macklind Ave #200, St. Louis, MO 63110](#)

- Psychological assessments, crisis intervention, home-based therapy
- Interpreters available
- Call 314-645-7800 to schedule an appointment
- **Cost/Payment:** Sliding scale

CHILD ADVOCACY CENTER

[4443 W Pine, 121 W Monroe](#)

- Therapy for childhood trauma, abuse, and problem sexual behaviors in children.
- Call 314-516-6798 (121 Monroe) or 314-535-3003 (4443 W Pine)
- **Cost/Payment:** Free

CENTER FOR COUNSELING AND FAMILY THERAPY AND CLINIC FOR QUEER AND TRANS YOUTH

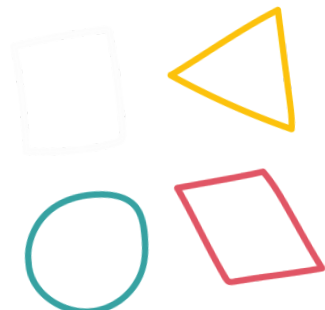
[3700 Lindell St. Louis, MO 63108](#)

- Counseling and group therapy to children, adults, and families, as well as queer and transgender youth.
- Call 314-977-2505 for an appointment
- **Cost/Payment:** Sliding scale

CHILD CENTER MARYGROVE

[2705 Mullanphy, Florissant, MO 63031](#)

- Crisis shelter and respite to children, young adults, and their families
- Call 314-830-6273 for crisis services
- **Cost/Payment:** Free



FREE AND INCOME-BASED MENTAL HEALTH RESOURCES

COMMUNITY PSYCHOLOGICAL SERVICE

UNIVERSITY OF MISSOURI - ST. LOUIS

One University Blvd. 232 Stadler Hall, St. Louis, MO 63121

- Therapy and psychological evaluation services to adults, children couples, and families
- Call 314-516-5824 to schedule a free evaluation
- **Cost:** Free

DEAFLINE MISSOURI

- Crisis hotline serving individuals who are hard of hearing, deaf, or deaf and blind
- Call 888-380-3323 or video phone 573-303-5604
- **Cost:** Free

HOPEWELL CENTER

5701 Delmar Blvd. St. Louis, MO 63112

- Children and adult mental health services
- Call 314-531-1770 for an appointment
- **Cost:** Free

INFANT LOSS RESOURCES

1120 S Sixth, Suite 500, St. Louis, MO 63104

- Trained professionals in infant loss grief support, offering counseling, support groups, and resources
- Call 314-241-7437 to speak with staff
- **Cost:** Free

NATIONAL SUICIDE PREVENTION HOTLINE

- Suicide prevention hotline with a network of crisis centers and free emotional support via telephone
- Bilingual (Spanish)
- Call 800-273-8255 for crisis
- **Cost:** Free

OUR LITTLE HAVEN

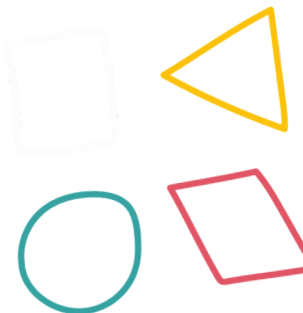
4316 Lindell Blvd, Saint Louis, MO 63108

- Early intervention services for children and counseling for children and families
- Call 314-533-2229 x223 for appointment
- **Cost/Payment:** Sliding scale

PLACES FOR PEOPLE

1001 Lynch Street, St. Louis, MO 63118

- Children and family counseling and support services
- Call 314-535-5600 for an appointment
- **Cost:** Free



FREE AND INCOME-BASED MENTAL HEALTH RESOURCES

A thick yellow wavy line that curves across the top of the page, starting from the left edge and ending at the right edge.

PROVIDENT BEHAVIORAL HEALTH

2650 Olive Street, St. Louis, MO 63103

- Crisis hotline, counseling, and psychiatric support for children and adults
- Call 314-533-8200 for appointments or 314-647-4357 for crisis
- **Cost/Payment:** Sliding scale

RAINN (RAPE, ABUSE, AND INCEST NETWORK)

- Counseling and crisis intervention for victims of rape, abuse, incest, and sexual assault 24/7
- Call 800-656-4673 for support
- **Cost:** Free

SAFE CONNECTIONS

2165 Hampton Ave, St. Louis, MO 63139

- Intimate partner violence and sexual assault 24/7 crisis intervention and counseling for individuals 12 years old and older
- Bilingual therapist available (Spanish)
- Call 314-646-7500 x118 for appointment or 314-531-2003 for crisis
- **Cost:** Free

ST. LOUIS CRISIS NURSERY

1928 Gravois Ave and 11037 Breezy Point Lane

- Emergency respite care and crisis intervention for parents 24/7
- Confidential
- Call 314-768-3201 for crisis
- **Cost/Payment:** Free

ST. LOUIS QUEER + SUPPORT HELPLINE

- Free, identity-affirming emotional support and resources
- Call 314-380-7774 for support
- **Cost:** Free
- Friday-Monday 1:00 PM-7:00 PM

THE SPOT

4169 Laclede Ave, St. Louis, MO 63108

- Mental health, substance use, and sexual health counseling to youth
- Call 314-535-0413 for appointment
- **Cost/Payment:** Free

WOMEN IN CHARGE

733 Union Blvd, St. Louis, MO 63108

- Counseling and other services for mothers and women
- Call 314-432-7300 for appointment
- **Cost/Payment:** Free

