



Adolescent Brain Cognitive Development®
Teen Brains. Today's Science. Brighter Future.



The ABCD Study at Washington University in St. Louis

Resource Packet

Thank you for your participation in the ABCD Study! Here are some resources that we give to everyone after their visit. If you or someone you know is having a problem with depression, anxiety, alcohol, drugs, or other emotional or life concerns, help is available! Asking for help is not a sign of weakness but a sign of strength.

NATIONAL HOTLINES (24/7)



988 Suicide and Crisis Lifeline

Dial 988 (24h) | <https://988lifeline.org/>

- New three-digit dialing code routing callers to the National Suicide Prevention Lifeline.
- Provides free and confidential support for you or your loved ones.
- To message with a counselor, visit the website and click the 'Chat' box.
- TTY (teletypewriter) users: Dial 711 then 988.



National Domestic Violence Hotline

800-799-7233 (24h) | <https://www.thehotline.org/>

- Text "START" to 88788
- To message with a counselor, visit the website and click the 'Chat' box.



National Sexual Assault Hotline (Rape, Abuse, and Incest National Network)

800-656-4673 (24h) | <https://www.rainn.org/>

- The nation's largest anti-sexual violence organization providing free and confidential support.
- To message with a counselor, visit the website and click the 'Chat' box.

Resources for St. Louis and the Greater Area

CRISIS AND SUICIDE INTERVENTION



Behavioral Health Response
314-469-6644 (24h) | <https://bhrstl.org/>
Youth Support: 844-985-8282 (24h)

- Local free and confidential support for the eastern regions of Missouri.
- Provides crisis support, mental health resources, and telephone counseling for adults and youth.



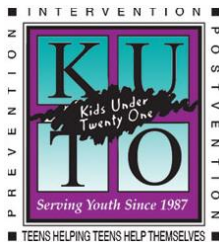
St. Louis Children's Hospital Behavioral Health Unit
800-678-5437 | <https://www.stlouischildrens.org/conditions-treatments/behavioral-health-unit>

- Mental health crisis inpatient care for patients aged 5-17 years.
- Most kids spend 5-7 days on the unit, though it can be longer or shorter depending on your child's needs.



Communities Healing Adolescent Depression and Suicide
314-952-8274 (call/text, M-F, 9am-5:30pm) | <https://www.chadscoalition.org/>

- Provides counseling services and educational programs to families and young adults aged 25 years and under.
- Call/text to schedule an appointment, receive information about the Family Support Program, and for more mental health resources.



Kids Under Twenty-One – “Teens Helping Teens”

314-644-5886 | <http://www.kuto.org/>

Toll-free: 888-644-5886

- Provides youth-focused crisis prevention and suicide intervention in the greater St. Louis area.
- Trained youth volunteers help callers work through feelings of anxiety, loneliness, depressions, or suicidal thoughts and develop strategies to manage them.



Deaf Crisis Line

Text “HAND” to 839863 | <https://www.deafinc.org/deaflead/index.html>

Videophone: 573-303-5604

- Crisis intervention, advocacy, case management, interpretation, and mental health services to Deaf, Hard of Hearing, DeafBlind, and late-deafened individuals.

MENTAL HEALTH AND COUNSELING



St. Louis Behavioral Medicine Institute

314-289-9411 (new patients) | <https://slbmi.com/>

- Locations in Macklind, West County, and Belleville, IL, serving compassionate, interdisciplinary behavioral health treatment and many specialty programs.
- *Programs:* General Mental Health, Eating Disorders Program, Anxiety and OCD Program, Dialectical Behavior Therapy (emotional dysregulation), Reproductive Mental Health, Gender Affirming Program, Psychology and Religion (clergy), Child, Adolescent, and Family Program (ages 2+ years), and Health Psychology.



Hopewell Center

314-531-1770 | <https://hopewellcenter.com/>

- Provides comprehensive mental health services to children and adults in the Northern and Central parts of St. Louis City.
- Services designed to help improve the quality of life for Adults and Children/Adolescents with mental illness.
- *Fees based on a sliding scale.*



Provident Behavioral Health

314-371-6500 | <https://www.providentstl.org/>

- Four locations in Downtown, NW County, South County, and Jefferson County serving behavioral health services accessible to all adults and children.
- *Services:* Psychiatric Evaluations, Medication Management, and Therapy Appointments for individuals, couples, and families.
- *Fees based on a sliding scale.*



McCallum Place Eating Disorder Centers

877-268-3075 | <https://www.mccallumplace.com/>

- Eating Disorder Treatment Center for ages 10+ years in St. Louis and 12+ years in Kansas City.
- A safe space providing comprehensive and compassionate care for people who struggle with all types of eating disorders.
- Offers residential treatment for those who need 24-hour support and partial hospitalization programs.



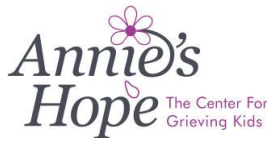
Independence Center

314-533-4245 | <https://independencecenter.org/>

After Hours Crisis Hotline: 314-469-0620

TTY Crisis Hotline for Hearing Impaired: 314-469-3638

- Provides services and resources for Adults (18+) with serious and persistent mental illness needs, symptom management, helping them find a belonging and purpose, and gain independence to lead healthy lives.
- Offers a community (called Clubhouse) where members know they always have somewhere to turn to for help. Membership is voluntary and life-long.
- *Programs & Services:* Educational Programs, Housing Program, Residential Care Facilities, Wellness Programs, Psychiatric Assessments, and Counseling.



Annie's Hope – The Center for Grieving Kids

314-965-5015 | <http://annieshope.org/>

- Free comprehensive support services for children 3-18 years old and their families who are grieving a death.
- *Programs:* Family Support Groups, Camp Courage (5 day/4 night), Weekend Retreats, Family Social Events, School Support and Education, Community Resource Library, Grief Referral Service, and more.



Kids in the Middle

314-909-9922 | www.kidsinthemiddle.org

Mental health, counseling, and education services for children and families experiencing difficult transitions such as divorce and remarriage.



Avenues Counseling

314-529-1391 | <https://avenuescounselingcenter.org/>

- Two locations in St. Louis and Ferguson that offer a comprehensive array of counseling services, regardless of someone's ability to pay.
- Offers counseling scholarship for those who have a need and qualify.
- *Fees based on a sliding scale.*



Epworth Children and Family Services

Office: 314-961-5718 | <https://www.epworth.org/>

Helpline: 800-899-5437 (24h)

- Visit the website to find services that meet your needs and age range.
- *Services:* Foster Care, Mental Health, Housing Services/Transitional Living, Youth Emergency Shelter, Drop-In Center, Family Support, Food Pantry, and LGBTQIA+ Group.



National Alliance on Mental Illness - St. Louis Helpline

314-962-4670 (daily, 9am-5pm) | <https://www.namistl.org/>

Text "NAMI" to 741741

- Dedicated to improving the lives of those with mental illnesses.
- Provides quality education, advocacy, and support to those in need through weekly support groups and free seminars.

HEALTH CARE



People's Health Centers

314-367-7848 | <https://phcenters.org/>

- Four locations in St. Louis and St. Louis County communities providing discounted comprehensive and culturally sensitive primary health care to those who are impoverished and/or uninsured.
- *Services:* Women's Health, Pediatrics, Dental, Social Services, Behavioral Health, Pharmacy, Radiology, Podiatry, Laboratory Services, COVID-19 vaccinations, and more.
- *Fees based on a sliding scale.*



Affinia Healthcare

314-898-1700 | <https://affiniahealthcare.org/>

- Multiple locations in St. Louis and surrounding areas providing affordable primary and preventive health care services to St. Louis residents.
- *Services* (but can differ across locations): Adult Medicine; Dental; Women’s Health/Ultrasounds; Pediatrics; Podiatry; Adult Behavioral Health; Radiology (Plain Film); Pharmacy; Optometry; Audiology; Lab Services; Women/Infants/Children; Homeless Services; Health Records; and outreach.
- Walk-in Urgent Care Services from 8am to 5pm Mon, Tue, and Thu and until 7pm on Wed at the 2220 Lemp Avenue location.
- *Fees based on a sliding scale.*



Volunteers in Medicine

West County: 636-207-5970 | <http://www.vimwestco.org/>

St. Charles: 636-724-4848 | <http://www.volunteersinmedicinestcharles.org/>

- *Free*, non-emergency, by appointment only primary healthcare for patients aged 18-64 years old who are not insured and meet federal 200% poverty guidelines.
- Services are provided by volunteer physicians, nurses, and support staff. Resources are made possible largely through the generous donations of the Muslim Community.
- Services are provided without regard to race, sex, religion, ethnicity, nationality, sexual orientation, and not limited to geographical area.



CareSTL Health

314-367-5820 | <https://carestlhealth.org>

After Hours: 314-273-0935

- *Services:* COVID-19 Vaccinations for Adults and Children (walk-ins welcome), Behavioral Health, Chiropractic Services, Dental, Family Practice, Health Education, Laboratory, Pediatrics, Pharmacy, Podiatry, Radiology, Vision, Women’s Health.
- See website for details on locations and services.

LGBTQIA+



The Trevor Project

866-488-7386 (24h) | <https://www.thetrevorproject.org/>

Text “START” to 678678

- Volunteers help LGBTQIA+ young people navigate tough times. Their mission is to end suicide among lesbian, gay, bisexual, transgender, queer, and questioning young people.
- Support is 100% confidential and 100% free.
- Also serves as an online support network where one can be themselves, meet new friends, join clubs, share hobbies, get advice, and start discussions with like-minded people.



St. Louis Queer+ Support Helpline

314-380-7774 (Fri-Mon, 1-7pm) | <https://www.thesqsh.org/>

- Free and confidential peer-led identity affirming emotional support and service referrals for the St. Louis LGBTQIA+ community.
- The Helpline Volunteers are non-judgmental, understanding, and empathetic.
- Also welcomes callers from anywhere.

ADOLESCENT COMMUNITY ENRICHMENT



Boys and Girls Clubs of Greater St. Louis

314-335-8000 | <https://www.bgcstl.org/>

- Locations across MO and IL providing a safe place for youth to learn and grow.
- \$25 annual membership fee per child *but offers a sliding fee scale*.
- *Programs:* After School Club (6-18 years), Teen Center (13-18 years), Summer Day Camp (6-18 years), Sports Programs, Health Programs.

The Study Bar

The Study Bar

info@thestudybar.com | <https://www.thestudybar.com/>

- By appointment only (email for more information).
- A co-working space and STEM hub. The Study Bar aims to spark motivation, autonomy, drive, and passion for teens of all ages.
- *Services:* quiet work spaces, academic coaching, collaborative learning, study lounge, coding lessons, free Wi-Fi, drinks/snacks, student path and progress tracking.



Fun 4 STL Kids

<https://fun4stlkids.com/>

- A local resource for family-friendly events and activities in St. Louis and St. Louis County.
- *Directory:* Upcoming Local Events, Things To Do, Children Programs and Classes, Education and Childcare, Family and Health Resources, Youth Sports, Kids Eat Free Directory, Birthday Party Resources, Rainy Day Activities, Tutoring Resources, **and more!**

ABUSE RESOURCES



Safe Connections

314-531-2003 (24h) | <https://safeconnections.org/>

The largest, most established nonprofit in the St. Louis area. Provides counseling, crisis intervention, education, and referrals for additional services to reduce the impact and incidence of relationship violence and sexual assault.



Alternatives to Living in Violent Environments

314-993-2777 (24h) | <https://alivestl.org/>

Franklin County: 636-583-5700 (24h)

- Empowers domestic abuse survivors and their children through counseling, emergency shelter, and other critical services.
- *Services:* emergency transportation, individual and group adult counseling, children’s treatment program, court advocacy, community outreach and education.



St. Louis Crisis Nursery

Helpline: 314-768-3201 (24h) | <https://www.crisisnurserykids.org/>

- A premier child abuse and neglect prevention program with locations in St. Louis, St. Charles, and Wentzville.
- Provides short-term care for young children ages 0-12 years in a safe and nurturing environment.
- *Programs:* 24hr Crisis Care, Family Empowerment, Community Outreach, Art and Play Therapy, Latinx Outreach.



Annie Malone Children and Family Service Center

Office: 314-531-0120 | <https://www.anniemalone.com/>

Crisis Care and Emergency Placement: 844-803-7233 (24h)

Prevents child abuse and neglect through providing crisis alleviation, emergency shelter, food, clothing, educational needs, conflict resolution, emergency medical attention, and counseling referral to prevent child abuse and neglect.



Children’s Advocacy Services of Greater St. Louis

314-516-6798 | <http://www.stlouiscac.org/>

- Affiliated with University of Missouri St. Louis (UMSL). Works with children aged 0-18 years who have experienced any kind of trauma and provides forensic interviewing services and trauma-focused counseling interventions for youth and their caregivers.
- Three locations in UMSL South Campus, Kirkwood, and West Pine.

SUBSTANCE ABUSE / ADDICTION SERVICES



The Crossroads Program

Chesterfield: 636-532-9991 | <https://www.thecrossroadsprogram.com>

Columbia: 573-256-8020 | Kansas City: 816-941-4000

- A drug and alcohol rehab center providing enthusiastic approaches to sobriety and recovery for youth aged 13-25 years and their families across 3 locations.
- *Programs:* Counseling, Intensive Outpatient Counseling, Support Groups.
- Substance use counseling and support groups for youth



Preferred Family Healthcare

<https://pfh.org/substance-use>

- 40 locations in MO providing Adult and Youth services and rehabilitation to help stabilize lives and move toward healthy living.
- See website for details on locations and services.



Bridgeway Behavioral Health

<https://pfh.org/bridgeway>

- Providing addiction treatment and trauma recovery services for over 35 years. There are 12 locations across St. Louis, St. Charles, Montgomery City, Troy, Union, Warrenton, and Winfield.
- See website to find a location near you.

SEXUAL HEALTH AND NEW FAMILY RESOURCES



Supporting Positive Opportunities with Teens – WashU in St. Louis

314-535-0413 | 4169 Laclede Ave. | <https://thespot.wustl.edu>

- Increasing access to healthcare for youth and foster youth who have been disproportionately impacted by HIV, poverty, trauma, and discrimination.
- Services: HIV/STI Testing, STI Treatment, free counseling for youth ages 13-24 years regardless of income or insurance status.
- Call at 9am for a same day appointment.



Nurses for Newborns

314-544-3433 (M-F, 8:30am-5pm) | <https://www.nursesfornewborns.org/>

- Serving families in eastern Missouri and mid-Tennessee.
- Provides in-home nursing visits which promote healthcare, education, and positive parenting skills.
- Specially-trained pediatric nurses visit homes of pregnant women or parents with infants who face medical, social, or environmental risks. They monitor the infant’s health and developmental progress and the family’s progress.



Contraceptive Choice Center (Washington University)

314-747-0800 (M-F, 8am-4:30pm) | <https://contraceptivechoice.wustl.edu>

Women’s Health Center, 4901 Forest Park Ave., Floor 7

- Provides confidential, high quality, gender-inclusive family planning services for adolescents and adults.
- *Services:* annual gynecological exams, pregnancy testing, STI testing and treatment, birth control counseling, and more.



Hope Clinic for Women (Illinois)

618-451-5722 | 1602 21st St., Granite City, IL 62040 | <https://hopeclinic.com>

Provides STI and pregnancy testing, free condoms, counseling services, and abortion services.

LEGAL SERVICES



Legal Services of Eastern Missouri

314-534-4200 (M-F, 8:30am-5pm) | <https://lsem.org/>

Toll-Free: 800-444-0514

- Four offices in St. Louis City and County, Hannibal, and Union providing *free and confidential* civil legal assistance, advice, and information for low-income people and families. If there are court costs, you will be told in advance.
- *Legal services:* Housing Law (landlord/tenant issues, evictions, foreclosure); Domestic Violence; Health Insurance Enrollment; Public Benefits (Medicaid/Medicare, TANF, Food Stamps, Social Security); Consumer Fraud; **and more.**



Arch City Defenders

314-361-8834 | mail@archcitydefenders.org | <https://www.archcitydefenders.org/>

Complete an online application form on the website to apply for legal services.

EMPLOYMENT



Urban League

<https://www.ulstl.com/employment-services.html>

- Free job skills training, employment referral, and career fairs to local residents.
- Provides low-to-moderate income clients with guidance to enable them to secure full- and part-time jobs in St. Louis.



United Way

Dial 211 | <https://helpingpeople.org/>

Text: 800-427-4626 (M-F, 9am-5pm)

TTY: 866-385-6525

- Educational and vocational training, ESL classes, job training, GED prep, financial and transportation assistance.

FOOD AND SHELTER



Operation Food Search

314-726-5355 | <https://www.operationfoodsearch.org/>

Text your zip code to 785-503-3310 to find locations.

- Feeding over 200,000 people monthly, this program ensures all St. Louis area children, individuals, and families have the food they need to live healthy lives.
- Visit the website for the Food Assistance Map to find locations near you.

Helping people.



United Way

Dial 211 | <https://helpingpeople.org/>

Text: 800-427-4626 (M-F, 9am-5pm)

TTY: 866-385-6525

- *Helps with Basic Needs:* food pantries, shelters, rent assistance, utility assistance, and mortgage assistance.
- *Physical and Mental Health Resources:* insurance, prenatal care, crisis intervention, support groups, counseling, alcohol and drug rehabilitation.
- *Seniors and People with Disabilities:* independent living, adult day care, meals at home, respite care, home health care, transportation & recreation.
- *Children, Youth, and Families:* after-school programs, tutoring, mentorship, protective services, child care referrals.
- *Disaster and Weather:* heating and cooling shelters, tornado and flooding resources.



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Fun 4 STL Kids

<https://fun4stlkids.com/Shopping-and-Dining/Kids-Eat-Free/>

OTHER RESOURCE DIRECTORY



Start Here STL Resource Directory

<https://www.startherestl.org/>

- Large resource directory for agencies, shelters, employment resources, food pantries and many organizations throughout the St. Louis area.