



RESOURCES

NATIONAL HOTLINES

National Suicide Prevention Lifeline

1-800-273-8255

The Trevor Hotline

1-866-488-7386 or text START to 678678

The Gay and Lesbian National Hotline 1-888-843-4564

True Colors United

<https://truecolorsunited.org/coronavirus-action-resource-center/>

National Diaper Bank Network

203-821-7348

Disaster Distress Helpline

1-800-985-5990 or text TalkWithUs to 66746

crisis counseling and support

Crisis Text Line

text MHA to 741741 to be connected to counselor

National Domestic Violence Hotline

1-800-799-7233 or text LOVEIS to 22522

Love is Louder

text START to 741741 for support

TrustandWill.com

online resource to create a living will and basic estate planning resources

Office of Mental Health Emotional Support Line

1-844-863-9314

USDA National Hunger Line

1-866-348-6479

SUPPORT FOR PARENTS OF YOUNG CHILDREN

Hello, I'm a Virus, Cousins with the Flu and the Common Cold by Manuela Molina at MindHeartKids.

Comic exploring COVID-19

https://drive.google.com/file/d/1PYrKYfO-Ba4p-azl5z_46KJMbi1FSmL_Y/view

The Story of the Oyster and the Butterfly: The Corona Virus and Me by Ana Gomez.

Circle Time; kids classes from home for ages 0-6

<https://circletimefun.com/>

PBS At Home Learning

<https://www.pbssocal.org/education/at-home-learning/how-to-watch/>

All Kids;

worksheets and crafts for children of all ages

<https://www.allkidsnetwork.com/>

Why Can't I Go To School by Abbi Kruse

Coronavirus Is A Big Word

My Mommy/Daddy Is A Safe Keeper

Missouri RESOURCES

Missouri Social Services
573-751-3221

Missouri's COVID-19 Information Line
877-435-8411

United Way
for referrals to community services
Dial 211 or call 1-800-427-4226

Suicide Prevention Access Crisis Intervention (ACI) Hotline by county for MO
<https://dmh.mo.gov/mental-illness/program-services/behavioral-health-crisis-hotline>

Veteran Crisis Line
1-800-273-8255, press #1
Text MOSAFE to 741741

Interpersonal Violence/ Domestic Abuse ALIVE (Alternatives to Living in Violent Environments)
Crisis Line STL 314-993-2777
Office Line 314-993-7080

Safe Connections
Crisis Line 314-531-2003
Therapy 314-646-7500 x 118

24 hour crisis help line, individual free therapy, support groups

Kansas Coalition Against Sexual and Domestic Violence
1-888-363-2287

Substance Abuse DBH Division of Behavioral Health (formerly the Divisions of Alcohol and Drug Abuse and Comprehensive Psychiatry Services)
573-751-4942

myStrength
a self-help resource available 24/7 provided by the Missouri Coalition for Community Behavioral Healthcare
<https://app.mystrength.com/signup/mocoalitioncbh?pc=MO-community>

Imani House, Kansas City
816-929-2600

Midwest Institute for Addiction Treatment
816-407-9596

Food (Meals for Kids/WIC) Feed My People STL
314-631-4900 provides food help (short and long term)

SNAP
(Supplemental Nutrition Assistance Program) 1-855-373-4636

WIC
(Women, Infant, Children food assistance program)
1-800-835-5465

TANF Missouri Temporary Assistance Program
1-800-392-1261
Can help with emergency financial/money needs

St. Louis Hunger Hotline
call 314-726-5355 x1
or text your zipcode to 785-503-3310

Child Meal Map
<https://www.operationfood-search.org/covid-19-meal-map/>

Pandemic EBT (P-EBT)
temporary school meal replacement benefit for families who qualify for free or reduced lunches, coming soon
<https://www.operationfood-search.org/covid-19-meal-map/>

Diapers STL Diaper Bank
providing diapers at local libraries every Friday, along with period supply kits for women

Columbia, MO My Life Clinic
573-874-3561

Diaper Bank of the Ozarks
417-848-5049

Kansas City, MO Happy Bottoms
855-479-2867

Childcare Child Care Subsidy Program
apply online
<https://dss.mo.gov/fsd/child-care.htm>

Crisis Care
St. Louis Crisis Nursery
24/7 hotline 314-768-3201

Rainbow House Columbia MO
573-474-6600
Isabel's House Springfield, MO
417-865-2273

TLC Family Care
314-725-5660
currently offering free membership and discounted agency fees to medical professionals and first responders

One to One Campaign
is offering essential in-home childcare for American workforces, prioritizing childcare for essential industries and employees, offering safe in-home childcare in multiple states.
<https://www.onetoonechild-care.com/get-started/>

Mercy Volunteer Office
is offering childcare
314-251-6180

Mortgage Assistance
Mortgage forbearance is offered by numerous home loan lenders, for a temporary suspension of their mortgage payments.

Associated Bank
to help with those who are unemployed stay in their homes
800-236-8866

HUD (Housing and Urban Development)
STL/Eastern MO office
314-418-5400
Kansas City/Western MO office
913-551-5462

4-Sight Counseling, Cape Girardeau
573-334-7995

Clearpoint Financial Solutions, Jefferson City 877-877-1995

Legal Aid of Western MO Kansas City
816-474-9868

CCCS of Springfield, MO
417-889-7474

Mental Health (free/low cost therapy and psychiatry)

Missouri Mental Health Service Locator by country
<https://dmh.mo.gov/mental-illness/help/community-mental-health-centers>

Mid-Missouri Crisis Line
573-445-5035

Temporary Housing while Facing COVID-19 Exposure

St. Louis University
has opened the Reinert building for members of SLUCare and SSM Health who do not feel comfortable to return home and potentially expose their families. Grand Forest Apartments on SLU campus is available for medical providers who have tested positive or are awaiting test results.

LBGTQIA LGBTQ Counseling St. Louis
314-602-5534

The St. Louis Queer and Support Hotline 314-380-7774
Runs Friday-Sunday, 1-5pm

Kansas City Anti-Violence LGBT hotline 816-561-0550

GLO Center of the Ozarks
417-869-3978

Mid-Missouri Crisis Line
573-445-5035

Wills Husch Blackwell
launched a COVID-19 response team COVID19response@huschblackwell.com

St. Louis Bar Association
Pro Bono Attorney assistance with basic estate planning needs

The state of Missouri does not recognize electronic wills as a viable will —you need a traditional, signed in person, hard copy will made with a licensed estate planning attorney