

Mental Health Hotlines

Hotlines are mental health services that are available 24/7. Because hotlines are there to help people immediately in a time of crisis, it's not necessary (or even possible) to make an appointment to talk to someone. Mental health hotlines are staffed by trained personnel who listen and offer support. They also frequently provide people with resources in their community where they can go for in-person help.

Hotlines provide help in different formats. Hotlines can offer support via telephone, texting, online chat, and even e-mail. Reach out in any way you feel comfortable. These are reputable mental health hotlines:

- [988 Suicide & Crisis Lifeline Missouri](https://988lifeline.org/chat). You can call or text 988 or chat online at 988lifeline.org/chat
- [Missouri Crisis Line](https://www.missouricrisisline.org). Call 888-761-4357 or Text "HAND" to 839-863
- [Burrell Behavioral Health Crisis Hotline](https://www.burrellcenter.com). 800-395-2132 or 988
- [MU Counseling Center](https://www.mu.edu/counseling). 573-882-6601
- [Burrell Behavioral Health](https://www.burrellcenter.com). 800-395-2132
- [NAMI Missouri Helpline](https://www.nami.org). 800-374-2138 or 800-950-6264
- [Your Life Your Voice](https://www.yourlifeyourvoice.org). Call 800-448-3000, text (VOICE to 20121), chat, and email.
- [National Parent Helpline](https://www.nationalparenthelpline.org). Call 855-427-2736 for all parents, any issue.
- [MOShowmehope.org](https://www.moshowmehope.org) Call/Text 800-985-5990

Heart Space Clinic.org (Provides mental health support to essential workers) **573-214-0436**

Boone County Mental Health Services Call **573-771-3223**

SAMHSA's (Substance Abuse & Mental Health Services Admin.) National Helpline: **800-662-4357**

www.sanvello.com Get all the support you need to help improve your mental health – on your terms (an app for stress, anxiety and depression is available on website to download)

www.calm.com Goal is to help you improve your health and happiness (app available)

ERE Mental Health Referrals. Call **573-808-0633** or email shumya.garcia@burrellcenter.com

ERE is designed for those needing mental health services that **do not have insurance or have insurance that does not cover their needs**. ERE program is a short term program designed to reduce using the Emergency Room for mental health needs that can be addressed in the community. **There is no charge associated with enrollment in the ERE program**. ERE will advocate and connect those enrolled with services that can meet their needs on a routine basis.

EAP through Guardian (WorkLifeMatters) for full-time employees: **800-386-7055**

Boone County Community Against Violence: **573-819-2244**

Can assist with social resources and supports for those in immediate need as well victim advocacy such as orders of protection, accompanying you to court, etc.

Rainbow House Emergency Shelter (if children are involved) **573-474-6600**

Emergency shelter for children only.

Love Columbia: [573-256-7662](tel:573-256-7662)

Offers support for any kind of need of a community member on a case by case basis.

True North Crisis Line (Emergency Shelter): [573-875-1370](tel:573-875-1370)

Emergency Domestic Violence shelter for both women and children.

Hotline: 800-548-2480

KUTO, Kids Under Twenty One. Bullying Prevention, Crisis Intervention, Mentoring Students,

Suicide Prevention (www.kuto.org) Crisis Helpline: **314/888-644-5886**

Youth Connection Helpline: **844-985-8282** or text BHEARD to 31658