



National Alliance on Mental Illness

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Southwest Missouri

# **WHERE TO TURN GUIDE**

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**Mental Health & Related Services  
Resource Guide**

## *VISION*

A world without shame where all persons impacted by mental illness experience optimal health.

## *MISSION*

To improve the lives of persons affected by mental illness and their families through support, education and advocacy.

## *SERVICES*

- Hope Center: A peer operated drop-in center where those living with mental illness can feel welcome, safe, understood and be a part of a family of friends. 417-864-3027
- Warm Line: A toll-free warm line for persons with mental illness, staffed by persons in recovery with a mental illness. Local: 417-864-3676; Toll Free: 877-535-4357
- Support Groups for Consumers and Family Members
- NAMI Signature Programs:
  - NAMI Homefront: An education program for family, friends and partners of Military Service Members and Veterans with mental health conditions.
  - NAMI Family to Family: An educational and support program for relatives and close friends of those with mental illness.
  - NAMI Basics: An education program for parents and family caregivers of children and teens who are experiencing symptoms of a mental illness or whom have already been diagnosed.
  - Family Support Group: A peer-led support group for family members, caregivers and loved ones of individuals living with mental illness.
  - In Our Own Voice: Community presentations that change attitudes, assumptions and stereotypes about people with mental health conditions.
  - NAMI Connection Recovery Support Group: peer-led support group for adults living with mental illness.

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This book is not intended to give medical or psychiatric advice.

Address inquiries to

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www.namiswmo.com

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# TABLE OF CONTENTS

<u>TOPIC</u>	<u>PAGE</u>
24 Hour Hotlines .....	1
Other Crisis Hotlines .....	2
Toll Free Numbers.....	2
Anger Management .....	4
Assisted Living .....	5
Benefits (Government) .....	6
Children and Adolescent Services.....	7
Counseling Services.....	11
Developmental Disabilities .....	14
Eating Disorder Therapy .....	14
Homeless Services.....	15
Hospitals and Clinics .....	16
Mental Health Resources.....	18
Mental Health Websites and Apps .....	20
Non-Profit Organizations .....	22
Psychiatrists .....	27
Related Services .....	28
Employment/Vocational .....	28
Financial .....	28
Food/Shelter/Clothing .....	29
Government .....	31
Legal Services .....	32
Medical Health .....	33
Veterans .....	33
Senior Adult Services .....	34
Sexual Addiction.....	35

# TABLE OF CONTENTS

Substance Abuse Services .....	36
Support Groups .....	37
Transportation .....	41
Index by Topic and Agency .....	42

While NAMI Southwest Missouri has attempted to include as many resources as possible, this guide is not intended to be a complete listing of agencies and resources in Southwest Missouri. Additional resources can be found at the following locations:

**Polk County Health Center, Bolivar, Missouri**

Call 417-326-7250 for the list.

**Taney County Area Agency Listing: Provided by Our Lady of the Lake Catholic Church, Branson, Missouri**

<http://images.acswebnetworks.com/1/2947/olc2017julyagencylistword.pdf>

**Substance Abuse Resources, Taney and Stone County, Missouri**

<https://drugfreeozarks.org/wp-content/uploads/2019/01/taney-county-1-16-2019.pdf>

**United Way 211**

<http://www.211helps.org/>

## 24 Hour Crisis Hotlines

Burrell Crisis Assist Team	417-761-5555 800-494-7355	Southwest Missouri
Burrell Crisis Assist Team	800-395-2132	Central Missouri
Clark Community Mental Health Center	800-801-4405	Barry, Lawrence & Dade Counties
Compass Health Network	800-833-3915	
COPE	417-533-5201	
Crisis Text Line (CTL)	741741	
Emergency	911	
Harmony House & Victim Center	417-864-SAFE (7233)	
Heartland Behavioral Health Services	800-654-9605	Children's behavioral health hospital offering both acute hospitalization and residential programming.
Lafayette House (Family Self Help Center Inc.)	800-416-1772 417-782-1772	Joplin, Missouri Area
LFCS – Lutheran Family and Children's Services of Missouri	417-268-8997	Services for young women in crisis pregnancies, parenting, adoption, mental health counseling and psychological evaluation services.
Missouri Poison Control	800-366-8888	
National Domestic Violence Hotline	800-799-7233	<a href="http://www.hotline.org">www.hotline.org</a> Crisis intervention, safety, planning, information and referrals
National Suicide Prevention Hotline	800-273-8255	<a href="http://www.suicidepreventionlifeline.org">www.suicidepreventionlifeline.org</a> Callers will be connected to a skilled trained counselor at a local crisis center
Ozark Center Crisis Line	800-247-0661	Barton, Jasper, Newton, & McDonald Counties
Ozarks Psychological Associates	417-882-4485	
Rape, Abuse & Incest National Network (RAINN)	800-656-HOPE (4673)	<a href="http://www.rainn.org">www.rainn.org</a> Anonymous and confidential hotline for sexual assault/abuse. Offers Live Chat option.
Royal Oaks Hospital	800-456-2634	Acute care hospital offering behavioral health services to children, adolescents and adults.
Spanish Suicide Prevention Hotline	800-784-2432	Callers will be connected to a skilled trained counselor
Veterans Crisis Line	800-273-8255 Press 1 Or Text 838255	
Women's Crisis Center	417-561-5105 866-379-0074 717-744 TEXT	

## Other Crisis Hotlines

Al Anon/Alateen Hotline	800-344-2666	Give hope and help the young people who are the relatives and friends of the problem drinker
Alcohol/Drug Abuse Hotline	800-662-4357	
COPE (domestic violence)	417-532-2885 877-275-0903	Lebanon, MO
Heartland Behavioral Health Services	800-654-9605	
Seniors and Adults With Disabilities	800-392-0210	Operates from 7:00 a.m. to midnight daily
Teen Text Crisis Line	TEXT ONLY 855-449-1212	Operates from 3:00 p.m. to midnight daily
Women's Crisis Center	417-561-5105 866-379-0074 717-744 TEXT	

## Toll Free Numbers

Addiction Treatment and Support	800-662-4357
Adults with Disabilities Abuse and Neglect (Missouri DHSS)	800-392-0210
AIDs Antibody Testing and Counseling (Center for Disease Control)	800-232-4636
Al Anon Family Group Headquarters	800-356-9996
Alzheimer's Support Group	800-272-3900
American Cancer Society	800-ACS-2345
American Foundation for Suicide Prevention	888-333-2377
American Kidney Fund	800-638-8299
Arthritis Consulting Services	800-327-3027
Attorney General – MISSOURI	800-392-8222
Borderline Personality Disorder Hotline	888-482-7227
Boys Town	800-448-3000
Cancer Information Center	800-422-6237
CHAD-Children and Adults with ADHD Disorder	800-233-4050
Child Abuse/Neglect	800-392-3738
Child Find	800-I Am Lost (426-5678)
Consumer Fraud Hotline (Missouri Attorney General)	800-392-8222
COPE	877-275-0930
Cox Air Care (outlying counties only)	800-333-5269
Cox Air Care (greater Springfield area)	417-269-3773
Dental Referral Service	800-917-6453
Department of Veteran Affairs	800-827-1000
Downs Syndrome Society	800-221-4602
Elderly Abuse and Neglect (Missouri DHSS)	800-392-0210
Eye Care America	877-535-4357

## Toll Free Numbers (continued)

Federal Information Center	800-688-9889
Federal Tax Information	800-829-1040
Financial Planning Association	800-282-7526
Harmony House	800-831-6863
Hearing Aid Information	800-521-5247
Heartland Behavioral Health Services	800-654-9605
Highway Patrol (Emergency) – MISSOURI	800-525-5555
Lafayette House (Family Self Help Center, Inc.)	800-416-1772
Lakeland Behavioral Health ( 24 hour help line)	800-423-1210
LGBT Hotline	888-843-4564
LFCS – Lutheran Family and Children’s Services of Missouri	866-326-LFCS (5327)
MADD Hotline – Mothers Against Drunk Driving	800-736-6233
Medicaid Services	800-392-2161
Medical Alert System	800-273-8255
Medicare	800-MEDICARE (633-4227)
Mercy Life Line	800-433-5433
Missouri Career Center	800-392-2949
Missouri Child Abuse and Neglect Hotline	800-392-3738
Missouri Council of the Blind	800-342-5632
Missouri Public Service Commission (Utility Complaints)	800-392-4211
NAMI Help Line – Info Only	800-950-6264
NAMI Southwest Missouri Warm Line	877-535-4357
National Parkinson Foundation	800-327-4545
Poison Control	800-392-9111 or 800-366-8888
Referrals for Home & Community Based Services	866-835-3505
Report Abuse of Seniors and Adults with Disabilities	800-392-0210 TTY 800-735-2966 TDD 800-735-2466
Royal Oaks Hospital	800-456-2634
Runaway Switchboard	800-RUNAWAY (786-2929)
Shriner’s Hospital	800-237-5055
SIDS (Sudden Infant Death Syndrome)	800-421-3511
Social Security Information & Income	800-772-1213
Spina Bifida Information	800-621-3141
Stop Smoking	800-4-CANCER (422-6237)
Suicide/Abuse Crisis Line	800-999-9999
Supplemental Security Income	800-772-1213
United Way 211	211
U.S. Department of Health & Human Services Web Site	www.dhhs.gov
U.S. Department of Housing & Urban Development	800-767-7468
Veterans Affairs	800-827-1000
Women’s Crisis Center	866-379-0074

# Anger Management

Betty and Bobby Allison Ozarks Counseling Center	614 South Avenue, Springfield	417-869-9011
Burrell Behavioral Health	1300 E. Bradford Parkway, Springfield	417-761-5020
The Brook Wellness Center	895 State Hwy 248, Suite C, Branson	417-527-8877
Ed Derr Personal Counseling LLC	1736 E. Sunshine, Suite 510, Springfield	417-848-1849
Heartland Behavioral Health Services	1500 W. Ashland, Nevada	800-654-9605
Lifecare Counseling	227 E. Sunshine, Springfield	417-234-9023
Ozarks Psychological Associates	1736 E. Sunshine, Suite 811, Springfield	417-882-4485
Recovery Outreach Services	1925 E. Bennett, Suite L, Springfield	417-823-9691
Southern Light Counseling	1901 S Wommack PO Box 967, Bolivar	417-850-4555



TREATMENT | SUPPORT | RECOVERY

The only impossible journey is the one you never begin.  
You're not alone. Call 417-269-2273.

CENTER FOR ADDICTIONS  
coxhealth.com





## Assisted Living

Bradford Court	902 N. Main, Nixa	417-725-0177
Burrell Behavioral Health	Sassafras, 2810 S. Meadowbrook Ave. Springfield	417-849-3433
	South Creek Apartments, 2767 S. Forest Village Dr, Springfield	
	Clifton Apartments, 1020 S. Clifton Ave., Springfield	417-761-6400
	Catalpa Apartments, 2550 W. Catalpa, Springfield	417-761-6405
	Gardine Apartments, 235-A S. National, Springfield	417-761-6430
	Wilkinson Apartments, 904 S. Campbell, Springfield	417-761-6410
	Park Apartments, 800 S. Park Street, Springfield	417-862-3362
	Milano (children)	417-761-5495
	Bramblewood (children)	417-761-5490
	START (Transitions), 323 E. Grand, Springfield	417-761-6420
Century Pines	709 E. McCracken, Ozark	417-581-7278
Culpepper Place	3540 E. Cherokee, Springfield	417-889-2222
	2410 W. Chesterfield Blvd, Springfield	417-886-4000
	5351 Gretna Road, Branson	417-334-3336
Joy Assisted Living	2030 W. Mt. Vernon, Springfield	417-864-8805
Lakewood of Springfield	4685 S. Robertson, Springfield	417-881-1411
Manor Care Health Services	2915 S. Fremont, Springfield	417-883-4022
North Park Village of Ozark	4449 N. Highway NN, Ozark	417-581-3200
Oxford Health Care	3660 S. National, Springfield	417-883-7500
	1550 E. Sunshine, Springfield	
Ravenwood of Springfield	1950 E. Republic Road, Springfield	417-890-6000
Spring Ridge of Springfield	2828 S. Meadowbrook, Springfield	417-889-7100
The Gardens	1302 W. Sunset, Springfield	417-889-7600
Waterford at Ironbridge	1131 E. Lakewood, Springfield	417-881-5088

*Recovery is not one and done. It is a lifelong journey that takes place one day, one step at a time.*

**HealthyPlace.com**

## Benefits (Government)

Income	Allsup	800-279-4357	www.allsup.com Non-Lawyer representation for applying for SSDI.
	National Association of Disability Representatives (NADR)	800-747-6131	www.nadr.org Offers referral services for lawyers and non-lawyer representatives who can assist in accessing SSI/SSDI.
	National Organization of Social Security Claimants Representatives (NOSSCR)	800-431-2804	www.nosscr.org Provides referrals to representation for persons seeking SSDI & SSI.
Insurance	Foundation for Health Coverage Education (renamed from Uninsured Helpline)		www.coverageforall.org Provides specific info about coverage options. Includes public programs and private options.
	Medicare Rights Center	800-333-4114	www.medicarerights.org Helpline responds to questions about Medicare rights, benefits, income based premium assistance.
	National Association of Insurance Commissioners		www.naic.org Can connect caller with state insurance boards for general information regarding insurance laws, complaints, etc. Click on State and Jurisdiction map link.



**COMPASS HEALTH NETWORK**

**Our Services**

- Psychiatric Health & Wellness
- Outpatient Behavioral Health
- Substance Use Disorder Treatment
- Residential Treatment
- Developmental Disabilities Support
- Dental Care
- Family Medicine/Primary Care

**888-403-1071**  
**CompassHealthNetwork.org**

• INSPIRE HOPE • PROMOTE WELLNESS •

## Children and Adolescent Services

Arc of the Ozarks	1501 E. Pythian, Springfield, <a href="http://www.thearcoftheocarls.org">www.thearcoftheocarls.org</a> <i>Services individuals with disabilities in directing their own lives as valued members of the community.</i>	417-864-7887
Art Inspired Academy	230 S. Market St., Springfield <i>Provides an inclusive experience for individuals to express themselves through creative art classes.</i>	417-886-0404
Ashley House	2740 E. Pythian, Springfield, MO <i>Residential treatment center for girls 12-21 years.</i>	417-862-9634
Autism Project Access	901 S. National, Springfield <i>Educates teachers and parents about autism and Aspergers syndrome.</i>	417-836-6657
Big Brothers Big Sisters of the Ozarks	3372 W. Battlefield Road, Springfield <i>Provides adult volunteers to act as role models for at risk school aged children from single parent families.</i>	417-889-9136
Boys and Girls Clubs of Springfield	1300 N. Boonville, Springfield <i>Provides health, education and social recreation.</i>	417-862-9249
The Brook Wellness Center	895 State Hwy 248, Suite C, Branson <i>Faith based outpatient treatment program for adults and adolescents.</i>	417-527-8877
Burrell Center for Children and Adolescents	1300 Bradford Parkway, Springfield	417-761-5430
Champion Athletes of the Ozarks	3433 S. Campbell, Springfield <i>Helps parents find resources for disabled children.</i>	417-890-1599
Child Abuse/Neglect Hotline	<i>For abused and neglected children under 17 years of age.</i>	800-392-3738
Child Advocacy Center	1033 E. Walnut, Springfield <i>Facilitates investigations of child sexual abuse.</i>	417-831-2327
Child Care Aware	<a href="http://www.ccozarks.org">www.ccozarks.org</a> <i>Assists parents in search of quality child care with information and referrals and technical support and training for child care providers.</i>	417-887-3545
Clark Community Mental Health	PO Box 100, Pierce City	417-476-1000
Court Appointed Special Advocate (CASA)	1111 S. Glenstone, Springfield <i>Volunteers advocate for abused and neglected children in Greene County.</i>	417-864-6202
The Diaper Bank	615 N Glenstone, Springfield <i>Provides diapers to families in need. Distribute cloth diapers as well and provide education on how to use them.</i>	417-848-5049
Developmental Center of the Ozarks	1545 E. Pythian, Springfield <i>Offers services for children and adults with developmental disabilities, including child daycare, senior daycare and community integration for disabled.</i>	417-831-1545
Division of Special Education	<i>Monitors special education services provided by local public schools to children with qualifying disabilities including mental illness.</i>	573-751-0699

## Children and Adolescent Services (continued)

Division of Youth Services	1735 W. Catalpa, Suite B, Springfield, MO <i>Rehabilitates youthful offenders committed by juvenile courts, brief family therapy</i>	417-895-6485
The Doula Foundation	<i>Assists mothers and families before, during, and after pregnancy. Provides birth and post-partum doula services, along with prenatal yoga classes, childbirth classes, and restorative post-partum yoga support group.</i>	417-832-9222
Fair Haven Children's Home	3132 N. Fair Haven, Springfield, MO <i>Provides home for abused, neglected, emotionally disturbed or dependent children.</i>	417-862-6675
First Steps Early Education	230 S. Market, Springfield, MO <i>Early intervention for children birth to 3 years with developmental delays.</i>	417-886-0404
Foster Adopt Connect	509 S Cavalier Ave, Springfield, MO <i>Provides services to support foster and adopted children and the families that care for them. Services include clothing, hygiene items, school supplies, and other care items from Sammy's Window, family finding, advocacy, training and behavioral intervention, as well as support for youth ages 17-26 who have been or are still in care.</i>	417-866-3672
Good Samaritan Boy's Ranch	5549 N. Hwy 13, Brighton, MO <i>Provides a home-like setting for boys who are wards of the Juvenile Court.</i>	417-376-2238
Great Circle	1212 W. Lombard, Springfield, MO <i>Residential treatment center for children 5-17 years with emotional and behavioral problems.</i>	417-865-1646
Greene County Juvenile Justice Center	<i>Provides juvenile detention and shelter care.</i>	417-868-4008
Greene Valley State School for the Severely Handicapped	1601 E. Pythian, Springfield, MO <i>Offers services for the severely handicapped.</i>	417-895-6848 Area Office 417-895-6850
Head Start Central Office	215 S. Barnes, Springfield, MO <i>Pre-school program for four-year-olds from low income families.</i>	417-864-3430
Heartland Behavioral Health Services	1500 W. Ashland, Nevada, MO <i>Children's behavioral health hospital with both acute short term crisis stabilization and residential longer-term with very specialized programming catered to each individual.</i>	800-654-9605
Isabel's House	2750 W. Bennett, Springfield, MO <i>Crisis nursery for children 12 and under.</i>	417-865-2273

## Children and Adolescent Services (continued)

Job Corps	1824 S. Stewart , Springfield, MO <i>Vocational, academic and social skills training for disadvantaged youth ages 16-24.</i>	417-887-8130
KLASS - Kids Learning About Social Skills	Burrell Center, 1300 E. Bradford Parkway, Building B, Springfield	417-761-5392
Lafayette House (Family Self Help Center, Inc.)	PO Box 1765, Joplin, MO <i>A safe sanctuary, offering compassionate and empowering services to heal the effect of domestic violence, sexual assault and substance use disorders.</i>	417-482-1772
Lakeland Behavioral Health System	440 S. Market, Springfield <i>Psychiatric facility for children and youth.</i>	417-865-5581 800-432-1210
Lost & Found Grief Center	1555 S. Glenstone, Springfield <i>Grief support services for children 3-18 years.</i>	417-865-9998
LFCS - Lutheran Family and Children's Services of Missouri	2130 N. Glenstone, Springfield <i>Services for women in crisis pregnancies, parenting, adoption, mental health counseling services and psychological evaluation services.</i>	417-862-1972 866-326-LFCS (5327) 24-hr Hotline 417-268-8997
Mercy Child Adolescent Psychiatry	1965 S. Fremont, Springfield <i>Outpatient services.</i>	417-820-3128
Missouri Division of Child Support Enforcement	<i>Assists parents in getting child support payments; locator services for parents whose whereabouts are unknown.</i>	417-895-6338
Ozark Center, Leffen Autism Center	<i>Provides services for children from birth to age 21 with autism spectrum disorders.</i>	417-347-7850
Ozark Center, Will's Place	1632 Missouri Avenue, Carthage 1800W. 30 <sup>th</sup> St., Joplin 204 N. Lincoln St., Neosho <i>Provides services for youth up to 18 years of age.</i>	417-358-7728 417-347-7580 417-347-7835
Ozarks Psychological Associates	1736 E. Sunshine, Suite 811, Springfield	417-882-4485
Ozarks Teen Challenge	PO Box 2066, Branson West <i>A 15 month residential rehabilitation program whose mission is to facilitate life transformation through Christ-centered programs.</i>	417-272-3784
Parent Link	1205 University Ave., Springfield <i>Helping Missouri's parents provide safe, healthy and nurturing environments for their children.</i>	800-552-8522 888-460-0008
Perimeter Behavioral Hospital of Springfield	2828 N. National Ave., Springfield <i>Operates to provide hope and transformation for patients and their families through compassionate, evidence-based care in a warm professional environment.</i>	417-799-7474
Piney Ridge Center	100 Hospital Road, Waynesville	573-774-5353
Polk County Health Center	1317 W Broadway, Bolivar <i>Public Health Department, WIC services, immunizations, free medical clinic, mental health counseling services, screening services, laboratory services, STD/HIV screening and treatment, blood pressure screening</i>	417-326-7250

## Children and Adolescent Services (continued)

Preferred Family Healthcare	5620 W. Wildwood Ranch Parkway, Joplin <i>Provides outpatient and residential treatment for substance abuse and mental health for ages 12-18.</i>	417-623-1990
Rare Breed Youth Services	301 N. Main, Springfield <i>Provides assistance to homeless, runaway and at-risk youth ages 13-24 through outreach and housing.</i>	417-865-6400
Royal Oaks Hospital	307 N. Main St., Windsor <i>An acute care hospital offering behavioral health services to children (age 4-12), adolescents (age 13-17), and adults (age 18 and over). Admissions accepted 24 hours a day, seven days a week and transportation is provided.</i>	800-456-2634
Southern Light Counseling	1901 S Wommack PO Box 967, Bolivar <i>Mental health services in office or in home. Male or female therapist available. Some evening appointments available.</i>	417-850-4555
Springfield Dream Center	829 W Atlantic St., Springfield <i>Community resource center providing help and hope to the families of zone 1 in Springfield, MO. Equipped with a food pantry, clothing closet, community meal, and after school program.</i>	417-720-1065
Springfield Regional Center for Developmental Disabilities	1515 E. Pythian, Springfield <i>Serves individuals with developmental disabilities as part of Missouri Division of Mental Health Developmental Disabilities.</i>	417-895-7400
The Next Step	1370 E. Primrose, Suite A, Springfield <i>Provides support coordination for individuals with developmental disabilities in Greene County.</i>	417-886-0404
The Victim Center	819 N. Boonville, Springfield <i>Aid to victims of violent and sexual crime; crisis support and counseling; court advocacy.</i>	417-863-7273 Hotline 417-864-7233
Underprivileged School Children's Fund	<i>Provides clothing, shoes, glasses, school supplies and medical services to underprivileged school children.</i>	417-523-1630
WIC Program, Women, Infant & Children	<i>Provides nutrition, education and supplemental food packages to pregnant and breast feeding women and children under 5 years old who meet guidelines.</i>	417-851-1581
Women's Crisis Center	PO Box 282, Branson <i>A 24-hour emergency shelter for victims of domestic and sexual violence offering shelter, transitional housing and non-residential services to women, men, and children.</i>	417-561-5105

## Counseling Services

A & M Recovery	3322 S. Campbell, Springfield	417823-3808
Alternatives Counseling Service	5337 S. Campbell #F, Springfield	417-883-7227
Besuda Psychological Center LLC	445 E. South St., Ozark	417-581-0077
Betty and Bobby Allison Ozarks Counseling Center	614 South Avenue, Springfield <i>Sliding scale fee available.</i>	417-869-9011
The Brook Wellness Center	895 State Hwy 248, Suite C, Branson <i>Faith based outpatient treatment program for adults and adolescents. The program includes Recovery Support Services, assessments, education classes and recovery groups. Staff is MRT trained (drug courts). Program is state certified and funding is available. Services offered in Missouri and all counties at the Branson location.</i>	417-527-8877
Burrell Behavioral Health	1300 Bradford Parkway, Springfield	-417-761-5000
Catholic Charities of Southern Missouri, Housing and Financial Counseling	Intensive case management for low-income individuals and families who are at imminent risk of losing their housing. ----403 E. 4 <sup>th</sup> Street, Joplin: for those living in Barry, Barton, Cedar, Dade, Jasper, Lawrence, McDonald or Newton Counties ----424 E. Monastery St., Springfield: for those living in Greene, Christian or Webster Counties	417-624-3790  417-720-4213
CC Counseling Service	380 E. Highway CC, Suite A, Nixa	417-725-8810
Center City Counseling Missouri State University	Park Central Office Building 156, Corner of South and McDaniel, Springfield <i>Reduced fee schedule.</i>	417-836-3215
Center for Self Control	1736 E. Sunshine, Suite 309, Springfield	417-882-9734
Christian Associates	13192 State Hwy 13, Kimberling City	417-739-3200
Christian Counseling Center	1519 E. Sunshine, Suite B, Springfield	417-881-2848
Clark Community Mental Health	PO Box 100, Pierce City	417-476-1000
Compass Counseling	332 Springfield Ave, Suite 3, Bolivar <i>Individual, family, couples, and group therapy. Psychological evaluations. Outpatient for adults.</i>	417-597-4572
COPE	201 Lawson Avenue, Lebanon	417-533-5201
Counseling Associates of Springfield	1722 S. Glenstone, Suite H, Springfield	417-881-9518
Counseling Solutions	1531 E. Sunshine, Springfield	417-887-9950
Darrow Psychological Services	1525 W. Sunshine, Springfield	417-890-0066
Drury University Counseling Services	900 N Benton Ave, FSC 106, Springfield <i>Provides short-term mental health counseling to Drury University students.</i>	417-873-7418

## Counseling Services (continued)

Duncan Brown & Associates	604 S. Pickwick, Springfield	417-831-7999
Eaglecrest Counseling Center	636 W. Republic Road, Suite G-100, Springfield	417-862-8282
Ed Derr Personal Counseling LLC	1736 E Sunshine St., Springfield <i>Individual and couples counseling. Practice was developed to address men's issues, depression, anxiety, anger, sex addiction, grief, and gambling addiction.</i>	417-848-1849
Family Institute of the Ozarks	315 S. Main, Bolivar	417-326-2902
Family Therapy Center	1736 E. Sunshine, Springfield	417-887-1411
Harms & Hodgson Counseling	2200 E. Sunshine, Springfield	417-823-8000
Heartland Behavioral Health Services	1500 W. Ashland, Nevada Acute short term crisis stabilization and residential long term for children.	800-654-9605
Insight Counseling Associates	1736 E. Sunshine, Springfield	417-885-1364
Jordan Valley Community Health Center	440 E. Tampa, Springfield	417-831-0150
Lafayette House (Family Self Help Center, Inc.)	PO Box 1765, Joplin, MO <i>A safe sanctuary, offering compassionate and empowering services to heal the effect of domestic violence, sexual assault and substance use disorders.</i>	417-482-1772
Lakeland Behavioral Health System	440 S. Market, Springfield Acute and residential behavioral health services for children and adolescents and acute behavioral health services for older adults.	417-865-5581 877-7833693
LFCS - Lutheran Family and Children's Services of Missouri	2130 N. Glenstone, Springfield <i>Services for women in crisis pregnancies, parenting, adoption, mental health counseling services and psychological evaluation services.</i>	417-862-1972 866-326-LFCS (5327) 24-hour Hotline 417-268-8997
Lifecare Counseling	227 E. Sunshine, Springfield	417-234-9023
McGuire Christian Counseling	3101 S. Kimbrough, Suite C, Springfield <i>Biblically-based counseling center with the mission to bring glory to Christ through providing clients with the quality of counseling to equip them for success.</i>	417-866-7773
Mercy Neuropsychology & Rehabilitation	1235 E. Cherokee, Springfield	417-820-7708
Murrell Counseling Services LLC	1358 E. Kingsley, Suite B, Springfield	417-881-1580
Neuropsychological Associates of Southwest Missouri	4350 S. National, Suite B116, Springfield	417-880-1810
Nixa Counseling Center	214 S. Village Center, Nixa	417-725-8922
Ozarks Psychological Associates	1736 E Sunshine, Springfield	417-882-4485



## Counseling Services (continued)

Perimeter Behavioral Hospital of Springfield	2828 N. National Ave., Springfield <i>Operates to provide hope and transformation for patients and their families through compassionate, evidence-based care in a warm professional environment.</i>	417-799-7474
Polk County Health Center	1317 W Broadway, Bolivar <i>Individual, couples, and family therapy; behavior modification; CBT</i>	417-326-7250
Pomme DeTerre Wellness Clinic	714 N. Pomme DeTerre Road, Bolivar	417-326-7272
Recovery Outreach Services	1925 E. Bennett, Suite L, Springfield	417-823-9691
Southern Light Counseling	1901 S Wommack PO Box 967, Bolivar <i>Mental health services in office or in home. Male or female therapist available. Some evening appointments available.</i>	417-850-4555
Springfield Counseling Services	1722 S. Glenstone, Suite W115, Springfield	417-889-9267
Springfield Dream Center	829 W Atlantic St., Springfield <i>Community resource center providing help and hope to the families of zone 1 in Springfield, MO.</i>	417-720-1065
Springfield Marriage & Family Institute	3734 South Avenue, Suite C, Springfield	417-882-6767
Stress Management Center	2269 E. Seminole, Springfield	417-823-8308
The Victim Center	819 N. Boonville, Springfield	417-863-7273
Tri-County Psychological	541 W. Hubble Drive, Marshfield	417-859-7746
Tynes Consulting	2021 S. Waverly Ave. #700, Springfield	414-569-2398



**BETTY AND BOBBY ALLISON**  
**OZARKS COUNSELING CENTER**  
helping you find your way

**AFFORDABLE COUNSELING**

**Sliding Scale Fee**  
 We also take Medicaid for children and some insurance

**Therapy for Individuals, Couples & Families**

**Play Therapy for Age 3 & up**

**Daytime, Evening & Saturday Appointments**

**(417) 869-9011**  
[occ@ozarkscounselingcenter.org](mailto:occ@ozarkscounselingcenter.org)  
 614 South Avenue, Springfield, MO 65806



nami

National Alliance on Mental Illness

[www.nami.org](http://www.nami.org)

## Counseling Services (continued)

Whole and Balance Therapy	1459 E Broadway, Bolivar P.O. Box 347 <i>Individual therapy for adults only and some adult testing.</i>	417-777-5314
Women's Crisis Center	PO Box 282, Branson <i>A 24-hour emergency shelter for victims of domestic and sexual violence offering shelter, transitional housing and non-residential services to women, men, and children.</i>	417-561-5105

## Developmental Disabilities

Arc of the Ozarks	<a href="http://www.thearcoftheozarks.org">www.thearcoftheozarks.org</a> <i>Services individuals with disabilities in directing their own lives as valued members of the community.</i>	417-864-7887
Burrell Behavioral Health	1370 E. Primrose, Suite M, Springfield	417-761-6320
Developmental Center of the Ozarks	<i>Offers services for children and adults with developmental disabilities, including child daycare, senior daycare and community integration for disabled.</i>	417-831-1545
Greene Valley State School for the Severely Handicapped	<i>Educational programs and transportation for severely handicapped children 5-21 years.</i>	417-895-6848
Ozarks Psychological Associates	1736 E. Sunshine, Suite 811, Springfield	417-882-4485
Southern Light Counseling	1901 S Wommack PO Box 967, Bolivar <i>Mental health services in office or in home. Male or female therapist available. Some evening appointments available.</i>	417-850-4555
Springfield Regional Center for Developmental Disabilities	<i>Serves individuals with developmental disabilities as part of Missouri Division of Mental Health Developmental Disabilities.</i>	417-895-7400

## Eating Disorder Therapy

Burrell Behavioral Health	1300 E. Bradford Parkway, Springfield	417-761-5000
Heartland Behavioral Health Services	1500 W. Ashland, Nevada	800-654-9605
Libby Bennett, PsyD	1320 E. Kingsley, Suite A, Springfield	417-882-4110
Ozarks Psychological Associates	1736 E. Sunshine, Suite 811, Springfield	417-882-4485
Paula Sivils, LPC	1320 E. Kingsley, Suite A, Springfield	417-882-4110
Perimeter Behavioral Hospital of Springfield	2828 N. National Ave., Springfield	417-799-7474
Southern Light Counseling	1901 S Wommack, Bolivar	417-850-4555

## Homeless Services

Alpha House	2300 E. Division, Springfield	417-831-3033
Burrell Behavioral Health	1300 E. Bradford Parkway, Springfield	417-761-5000
Clark Community Mental Health	PO Box 100, Pierce City	417-476-1000
Harmony House	<i>Provide shelter, advocacy and education to survivors of domestic violence and promote the principle that all individuals have the right to a life free of abuse. Services provided for both men and women.</i>	417-837-7700 417-864-7233
One Door Affordable Housing	<i>Provides a central point of entry for many of the shelters and shelter related services in the Greene, Christian, and Webster Continuum of Care geographic area.</i>	417-225-7499
Rare Breed Youth Services	301 N. Main, Springfield, MO <i>Drop in center for youth.</i>	417-865-6400
Salvation Army	1700 W. Chestnut Expressway, Springfield <i>Shelter for women and children.</i>	417-862-5509 Ext. 112
Salvation Army Harbor House	636 N. Boonville, Springfield <i>Shelter for men.</i>	417-831-3371
Veterans Coming Home Center/NLEC	806 N. Jefferson Avenue, Springfield <i>A division of the New Life Evangelistic Center. The facility provides shelter, food, clothing and many other services to veterans as well as the homeless.</i>	417-866-3363
Victory Mission	1715 N. Boonville, PO Box 2884, Springfield <i>We share God's love through intentional relationships for the restoration of a broken-hearted world. Our services include food pantry, evening meal, men's lodging, recovery programs and job preparation/training. Also offered is a monthly lunch for seniors and Christian ministry if desired.</i>	417-864-2200
Victory Square (men only)	1610 W. Broadway, Springfield	417-864-2235
Women's Crisis Center	PO Box 282, Branson <i>A 24-hour emergency shelter for victims of domestic and sexual violence offering shelter, transitional housing and non-residential services to women, men, and children.</i>	417-561-5105

### The Hope Center

The NAMI SWMO Hope Center provides support groups, advocacy, education, social activities, computer lab and more.

Visit the Hope Center  
1443 N. Robberson, Suite 408, Springfield, MO 65802  
Monday – Friday 9:30 am – 5:00 pm; Saturday 9:30 am – 3:30 pm  
417-864-3027

## Hospitals and Clinics

Citizens Memorial Hospital	1500 N. Oakland, Bolivar	417-328-6255
Cox Health Center Branson	525 Branson Landing Blvd, Branson	417-335-7000
Cox North Hospital	1423 N. Jefferson, Springfield <i>Urgent care &amp; psychiatric units</i>	417-269-3000
Cox Medical Center South	3801 S. National, Springfield	417-269-6000
Cox Walnut Lawn Hospital	1000 E. Walnut Lawn, Springfield	417-269-9800
Fordland Clinic	1059 Barton Drive, Fordland <i>A non-profit community health center serving all patients, regardless of income. Services provided: medical, dental, mental health, assistance signing up for health insurance. Accept Medicare, Medicaid, most commercial insurance. Sliding fee scale based on income for uninsured.</i>	417-767-2273
Freeman Health System	Freeman Hospital West 1102 W. 32 <sup>nd</sup> , St. Joplin Freeman East 932 E. 34 <sup>th</sup> St., Joplin	417-347-1111 417-347-1111
Heartland Behavioral Health Services	1500 West Ashland, Nevada <i>Children's behavioral health hospital with acute short term crisis stabilization and residential longer term with very specialized programming catered to each individual.</i>	800-654-9605
Jordan Valley Community Health Center	440 E. Tampa St., Springfield	417-831-0150
Lafayette House (Family Self Help Center, Inc.)	PO Box 1765, Joplin, MO <i>A safe sanctuary, offering compassionate and empowering services to heal the effect of domestic violence, sexual assault and substance use disorders.</i>	417-482-1772
Lakeland Behavioral Health System	440 S. Market, Springfield <i>Acute and residential behavioral health services for children and adolescents and acute behavioral health services for older adults.</i>	417-865-5581 877-7833693
Mercy Hospital	1235 E. Cherokee, Springfield	417-820-2000
Mercy Hospital Joplin	100 Mercy Way, Joplin	417-781-2727
MSU Care	640 E. Cherry St., Springfield	417-837-2270
Osage Beach Center for Cognitive Disorders	840 Passover Road, Osage Beach <i>14-bed inpatient, acute stay hospital specializing in treating mental illnesses for adults 18 and older throughout Missouri.</i>	573-302-0319
Perimeter Behavioral Hospital of Springfield	2828 N. National Ave., Springfield <i>Operates to provide hope and transformation for patients and their families through compassionate, evidence-based care in a warm professional environment.</i>	417-799-7474
Royal Oaks Hospital (Compass)	307 N Main St., Windsor <i>Acute care hospital offering behavioral health services to children, adolescents, and adults. Accept admissions 24 hours a day, seven days a week. Transportation is provided.</i>	800-456-2634



### Lakeland Behavioral Health System

Springfield, MO  
lakelandbehavioralhealth.com

#### Admission Criteria

Males & Females ages 9-20  
Minimum IQ of 65

#### Who We Serve:

Military family members ages 9 to 20 who have been struggling with mental and/or behavioral health challenges.

## Lakeland Behavioral Health System

Lakeland Behavioral Health System is Missouri’s premier provider of programming for children, adolescents, and young adults whose lives have been impacted by a variety of mental and/or behavioral health concerns.

Lakeland is an optimal treatment environment for young people who are struggling with issues such as attention-deficit/hyperactivity disorder (ADHD), depression, posttraumatic stress disorder (PTSD), bipolar disorder, oppositional defiant disorder (ODD), anxiety, self-harm, and suicidal ideation.

To ensure that members of military families receive the focused care and comprehensive support that they deserve, we have created a Tricare-certified Integrity Unit for dependent children (ages 9 to 20) of active duty and retired members of the uniformed services.

The Integrity Unit includes care at both the acute inpatient and residential levels. At both levels, all young people follow personalized treatment plans that have been developed based upon a thorough assessment of their strengths, needs, and treatment goals. We also involve parents and guardians in their children’s care to the greatest degree possible.

Young people who are healing in the Integrity Unit can also continue their education while in treatment by working with certified teachers at our nationally accredited Lakeland Regional School.

### Services and Specialties

- ★ Acute inpatient care
- ★ Residential programming
- ★ Educational support services for students through grade 12
- ★ Strong family support
- ★ Swimming pool
- ★ Full-size gymnasium
- ★ Recreational therapy
- ★ Music therapy
- ★ Pet therapy

## Mental Health Resources

ACSU – Adult Crisis Stabilization Unit		417-761-5540
Burrell Behavioral Health	1300 E. Bradford Parkway, Springfield <i>A private, not for profit organization that provides a wide range of mental health services for individuals and families, business and industry, and educational programs for community and professional groups. Services are designed to be responsive to the specific needs of the individuals served. New services are developed as the needs of our community are recognized and defined. It is the mission to continue to provide, develop and refine services which have been demonstrated to work.</i>	Springfield: 417-761-5000 Bolivar: 417-761-5920 Branson: 417-893-7740 Hollister: 417-337-9790 Marshfield: 417-761-5900 Monet: 417-761-5810
Citizens Memorial Healthcare	1500 N. Oakland, Bolivar	417-326-6000
Clark Community Mental Health	PO Box 100, Pierce City	417-476-1000
Compass Counseling	332 Springfield Ave, Suite 3, Bolivar <i>Individual, family, couples, and group therapy. Psychological evaluations. Outpatient for adults.</i>	417-597-4572
COPE	201 Lawson Avenue, Lebanon	417-533-5201
The Doula Foundation	<i>A not-for-profit organization providing birth doula services, prenatal yoga, childbirth classes, postpartum doula services and postpartum yoga and support group.</i>	417-832-9222
Heartland Behavioral Health Services	1500 West Ashland, Nevada <i>Children’s behavioral health hospital with acute short term crisis stabilization and residential longer term with very specialized programming catered to each individual.</i>	800-654-9605
Lafayette House (Family Self Help Center, Inc.)	PO Box 1765, Joplin, MO <i>A safe sanctuary, offering compassionate and empowering services to heal the effect of domestic violence, sexual assault and substance use disorders.</i>	417-482-1772
Missouri Department of Mental Health		417-895-6328 <a href="http://www.dmh.mo.gov">www.dmh.mo.gov</a>
NAMI Southwest Missouri	1443 N. Robberson, Suite 408, Springfield <i>Peer support including drop in center, support groups, peer specialists, peer phone support phone line, social activities, educational programs, family support group, family education programs.</i>	Office: 417-864-7119 Hope Center: 417-864-3027 Warm Line: 417-864-3676 Warm Line Toll Free: 877-535-4357

## Mental Health Resources (continued)

Osage Beach Center for Cognitive Disorders	840 Passover Road, Osage Beach <i>14-bed inpatient, acute stay hospital specializing in treating mental illnesses for adults 18 and older throughout Missouri.</i>	573-693-1680
Ozark Center	<i>A not-for-profit organization providing behavioral health services in 30 locations across Jasper, Newton, McDonald and Barton counties.</i>	417-347-7600
Ozarks Psychological Associates	1736 E. Sunshine, Suite 811, Springfield	417-882-4485
Pathways CBH, Inc. (Compass)		Butler: 660-679-4636 Camdenton: 573-317-9100 Clinton: 660-885-8131 El Dorado Springs: 417-9-876-5314 Lebanon: 417-532-7102 Nevada: 417-667-2262 Warsaw: 660-428-1280
Perimeter Behavioral Hospital of Springfield	2828 N. National Ave., Springfield <i>Operates to provide hope and transformation for patients and their families through compassionate, evidence-based care in a warm professional environment.</i>	417-799-7474
Polk County Health Center	1317 W. Broadway, Bolivar <i>Public Health Department, WIC services, immunizations, free medical clinic, mental health counseling services, screening services, laboratory services, STD/HIV screening and treatment, blood pressure screening.</i>	417-326-7250
Preferred Family Healthcare	Joplin <i>Provides outpatient and residential treatment for substance abuse and mental health.</i>	417-347-7600 For more locations: <a href="http://www.pfh.org">www.pfh.org</a>
Royal Oaks Hospital	307 N. Main St., Windsor <i>An acute care hospital offering behavioral health services to children (age 4-12), adolescents (age 13-17), and adults (age 18 and over). Admissions accepted 24 hours a day, seven days a week and transportation is provided.</i>	800-456-2634
Southern Light Counseling	1901 S Wommack PO Box 967, Bolivar <i>Mental health services in office or in home. Male or female therapist available. Some evening appointments available.</i>	417-850-4555
Victim Center	<i>Provide assistant to victims of violent and sex crimes, advocacy, counseling and hotline.</i>	Office: 417-863-7273
Women's Crisis Center	PO Box 282, Branson <i>A 24-hour emergency shelter for victims of domestic and sexual violence offering shelter, transitional housing and non-residential services to women, men, and children.</i>	417-561-5105

## Mental Health Websites and Apps

**Source:**

The websites and apps listed on this page were located through various resources. This list of websites and apps are provided for information only and does not signify endorsement by NAMI Southwest Missouri.

App	Description	Format/Cost
ACT Coach	Teaches users how to tolerate negative thoughts and feelings by virtually guiding them through awareness exercises and giving tips on how to ditch self-doubt. Includes an extra focus on mindfulness and provides a log to track progress.	iOS/Free
AETAS	Designed by therapist Rosemary Sword. Uses Time Perspective Therapy, a method developed to unglue us from unhelpful or obsessive thoughts. Includes visual aids to encourage relaxation and self-soothing and arms users with a time perspective inventory.	iOS/\$4.99
A Friend Asks	Designed to help provide information, tools, and resources to help a friend (or yourself) who may be struggling with thoughts of suicide. Sponsored by The Jason Foundation, Inc.	iOS and Android/Free
Breathe2Relax	Created by the National Center for Telehealth and Technology. Teaches users how to do diaphragmatic breathing. Includes educational videos on the stress response, logs to record stress levels and customizable guided breathing sessions.	iOS and Android/Free
DBT Diary Card and Skills Coach	Works as a daily mood and thought diary. Includes a coaching module providing tips on emotional situations. Provides positive reinforcement to users when they are consistent with their entries. Includes DBT reference section for more info on coping skills.	iOS/\$4.99
Depression CBT Self-Help Guide	Allows users to monitor dips in mood, learn about clinical depression and treatments, try guided relaxation techniques and learn strategies to challenge negative thinking.	Android/Free
Happify	Provided engaging games, activity suggestions, and gratitude prompts. Designed with input from 18 health and happiness experts. Positive mood-training program is psychologist approved. Provides website links to bonus videos.	iOS/Free
How Are You	Allows users to track their feelings and teaches them to tune into positive things. Allows for comparison between moods and worldwide averages, track the emotion felt the most and export mood tracking data to share with mental health professional or trusted friend.	iOS and Android
MindShift	Stress management tool helps users re-think what is stressing them through a variety of on-screen prompts. Encourages new ways to take charge an anxiety and tune into body signals.	iOS and Android/Free
NAMI Discussion Groups	Through NAMI's online discussion groups you can find support, share knowledge, ask questions and interact with people who have similar experiences. <a href="http://www.nami.org/discussiongroups">www.nami.org/discussiongroups</a> .	Online



## Mental Health Websites and Apps (continued)

NIAAA Alcohol Treatment Navigator	The <i>Navigator</i> helps adults find treatment for themselves or an adult loved one. Developed by the National Institute on Alcohol Abuse and Alcoholism (NIAAA). <a href="https://alcoholtreatment.niaaa.nih.gov/">https://alcoholtreatment.niaaa.nih.gov/</a>	Online
Operation Reach Out	Mood tracker and resource locator designed by Emory University researchers to aid in suicide prevention. Users create personal profile that includes emergency contact information, current medications, safety plans, and reminders for appointment and medications. Uses GPS to locate mental health care services nearby.	iOS and Android/Free
PTSD Coach	24-hour tool linked directly with support services. Available as an app or on the web. Allows users to select specific issue they want to deal with and then provides guidance on how to lift their mood, shift their mindset and reduce stress.	iOS and Android/Free
PTSD Family Coach	Provides support for concerned family members of those with PTSD. Developed by the US Department of Veterans Affairs (VA)	iOS/Free
Quit It	Quite smoking app that shows the cost of smoking and the savings each time a person does not smoke.	iOS/\$1.99
SAM	Monitors anxious thoughts, tracks behavior over time, and uses guided self-help exercises to discourage stress. Offers a “Social Cloud” feature allowing users to confidentially share progress with an online community for added support.	iOS and Android/Free
Step Away	Offers tips on maintaining sobriety, encouragement, and strategies to avoid drinking during stressful times. Users can plug in top drinking triggers.	iOS/Free
Stop, Breathe, Think!	Helps cultivate mindfulness and helps improve focus.	iOS and Android/Free
Stop Drinking	Pro-sobriety app relies on powers relaxation, visualization and positive suggestion. Includes a reminder feature that gives periodic chimes to prompt users to breathe and focus on the good.	iOS and Android/\$2.99
Stress and Anxiety Companion	Helps users make the process of releasing negative thoughts and practicing relaxation techniques easier. Guides users through proven techniques to reduce negative thoughts and emotions while cultivating a more present mindset.	iOS/\$4.99
Talkspace	Allows users to text message trained professionals for \$25 a week.	iOS and Android \$25 per week
Vets Prevail	Vets Prevail is an online mental health tool, tailored to today’s veterans –that includes peer coaching. It was created and launched with public and private funding, and was built in collaboration with the Veterans Health Administration, The National Science Foundation, and mental health researchers and clinicians. <a href="http://www.vetsprevail.org">www.vetsprevail.org</a>	Online
Worry Watch	Enables users to track what kick starts their anxiety, note trends, observe when the outcome were harmless and keep tabs on insights to top future anxiety. Password protected.	iOS/\$1.99

## Non Profit Organizations

Affordable Housing Action Board of Springfield, Inc.	<i>Non-profit organization that provides affordable rental homes for low-to-moderate income families.</i>	417-865-4055
American Red Cross, Greater Ozarks Chapter	<i>Provides relief to victims of disaster, military emergency communication, health and safety courses in first aid, CPR, AED and water safety.</i>	417-832-9500
Arc of the Ozarks	<i>Provides an array of programs and services to persons with disabilities, designed to meet residential, social and educational needs.</i>	417-864-7887
Betty and Bobby Allison Ozarks Counseling Center	<i>Provides individual, couples and family counseling for adults, teens and children. Fees are based on a sliding scale.</i>	417-869-9011
Big Brothers /Big Sisters of the Ozarks	<i>Matches dependable, caring adult volunteers with at-risk children for role-modeling, friendship and tutoring.</i>	417-889-9136
Boys & Girls Clubs of Springfield	<i>Focuses on building leadership skills and self-esteem, offering supervised recreational and athletic activities, learning centers, substance abuse prevention programs, career counseling and more.</i>	417-862-9249
Boy Scouts of America, Ozarks Trail Council	<i>Provides value-based education and character-building activities to develop self-esteem, self-confidence and mental, physical and spiritual fitness among youth.</i>	417-883-1636
The Brook Wellness Center	859 State Hwy 248, Suite C, Branson <i>Faith based outpatient treatment program for adults and adolescents including Recovery Support Services, assessments, education classed and recovery groups. MRT trained, state certified.</i>	417-527-8877
Burrell Behavioral Health	1300 E. Bradford Parkway, Springfield <i>A private, not for profit organization that provides a wide range of mental health services for individuals and families, business and industry, and educational programs for community and professional groups. Services are designed to be responsive to the specific needs of the individuals served. New services are developed as the needs of our community are recognized and defined. It is the mission to continue to provide, develop and refine services which have been demonstrated to work.</i>	Springfield: 417-761-5000 Bolivar: 417-761-5920 Branson: 417-893-7740 Hollister: 417-337-9790 Marshfield: 417-761-5900 Monet: 417-761-5810
Child Advocacy Center	<i>Provides a child-friendly environment which offers objective forensic interviews and sensitive medical exams for alleged victims of child abuse.</i>	417-831-2327
Clark Community Mental Health	PO Box 100, Pierce City	417-476-1000

## Non Profit Organizations (continued)

Community Partnership of the Ozarks (CPO)	<i>Facilitates and promotes community problem-solving by coordinating and developing all available resources for the betterment of the community.</i>	417-888-2020
Court Appointed Special Advocates (CASA)	<i>Provides trained volunteers to represent the best interests of victims of child abuse, neglect and severe domestic conflict.</i>	417-864-6202
Developmental Center of the Ozarks (DCO)	<i>Offers services for children and adults with developmental disabilities, including child daycare, senior daycare and community integration for disabled.</i>	417-831-1545
The Diaper Bank of the Ozarks	<i>Provides diapers to families in need. Distribute cloth diapers as well and provide education on how to use them.</i>	417-848-5049
The Doula Foundation	<i>A not-for-profit organization providing birth doula services, prenatal yoga, childbirth classes, postpartum doula services and postpartum yoga and support group.</i>	417-832-9222
Easter Seals Midwest	<i>Helps individuals with developmental disabilities – including autism – learn, live, work and participate in the community.</i>	417-890-1399 800-420-7410
Foster Adopt Connect	<i>Provides services to support foster and adopted children and the families that care for them. Services include clothing, hygiene items, school supplies, and other care items from Sammy’s Window, family finding, advocacy, training and behavioral intervention, as well as support for youth ages 17-26 who have been or are still in care.</i>	417-866-3672
GLO Community Center, Gay and Lesbian Center of the Ozarks	<i>Provides support to the gay, lesbian, bisexual, and transgender (GLBT) community in the greater Springfield region through community activities and education.</i>	417-869-3978
Girl Scouts of the Missouri Heartland	<i>Offers programs for girls ages 5-17 to help develop their fullest potential and become competent, resourceful adults.</i>	417-862-0004 877-312-4764
Grand Oak Mission Center	<i>Food and clothing; help with some household items, dishes, silverware, pots, sheets, and blankets. Everything is free.</i>	417-869-4818
Habitat for Humanity	<i>Works with low-income families to eliminate sub-standard housing using volunteers who build simple, decent and affordable homes. Families contribute “sweat equity” and buy homes with Habitat no-interest, non-profit loans. Call for home repair program availability.</i>	417-829-4001

## Non Profit Organizations (continued)

Harmony House	<i>Provide shelter, advocacy and education to survivors of domestic violence and promote the principle that all individuals have the right to a life free of abuse. Services provided for both men and women.</i>	417-837-7700
KIDSFIRST	<i>Established in 1952, to address health needs thru funding for lunch, milk, clothing and shoes. The program's focus is to remove health and hygiene barriers to learning. The fund has evolved through the years to include support for medical and dental needs including medications and specialty practice physician visits. Funds also provide support for a nursery worker at Study Alternative Center.</i>	Springfield Public Schools Health Services (417) 523-1630
Lafayette House (Family Self Help Center, Inc.)	PO Box 1765, Joplin, MO <i>A safe sanctuary, offering compassionate and empowering services to heal the effect of domestic violence, sexual assault and substance use disorders.</i>	417-482-1772
LFCS – Lutheran Family and Children's Services of Missouri	<i>Services for women in crisis pregnancies, parenting, adoption, mental health counseling services and psychological evaluation services.</i>	417-862-1972 866-326-LFCS (5327) 24-hour Hotline 417-268-8997
March of Dimes	<u><a href="http://www.marchofdimes.org">www.marchofdimes.org</a></u> <i>Helps to improve the health of babies by preventing premature birth, birth defects and infant mortality through research, advocacy and community support.</i>	417-889-9397
NAMI Southwest Missouri (National Alliance on Mental Illness)	<i>Provides over 30 support groups for various mental health issues for individuals with mental illness, their family and friends. The Warm Line is a dedicated peer support phone line for people with mental illness. The Warm Line is open 7 days a week. See website: <a href="http://www.namiswmo.com">www.namiswmo.com</a> for hours of operation.</i>	Office 417-864-7119 Hope Center 417-864-3027 Warm Line 417-864-3676 Warm Line Toll Free 1-877-535-4357
Ozarks Literacy Council	Provides literacy programs for expecting parents all the way through individualized one-on-one tutoring for adults. Three categories of programs are available: Basic Literacy, Child/Family and Reading Advocacy.	417-616-0505
Royal Oaks Hospital	307 N. Main St., Windsor <i>An acute care hospital offering behavioral health services to children (age 4-12), adolescents (age 13-17), and adults (age 18 and over). Admissions accepted 24 hours a day, seven days a week and transportation is provided.</i>	800-456-2634

## Non Profit Organizations (continued)

RSVP – Retired and Senior Volunteer Program	<i>Provides seniors ages 55 and older opportunities to use their skills and resources in volunteer services meeting critical community needs.</i>	417-862-3595
Salvation Army	<i>Works with individuals and families in need of emergency assistance such as shelter, housing, utilities, rent, food, clothing and furniture. Provides after-school recreational program, summer day camp program, senior programs and disaster relief assistance.</i>	417-862-5509
Simmering Center, Inc.	360 Rinehart Road, Branson <i>Structured sober living, some recovery support services included, self-pay, \$125/week, food not included.</i>	417-320-6380
Special Olympics Missouri, Southwest Area	<i>Funds are designated for athletic programs for children and adults with developmental disabilities. Programs are designed to build self-esteem, confidence and life skills through sports activities.</i>	417-624-5505
Springfield Family YMCA	<i>Provides before and after school child care programs for children, scholarships for low-income families and individual for all ages, compressive health, fitness, aquatics, youth, sports, camping and educational programs for all.</i>	Ward Branch 417-862-7456 Jones Branch 417-881-1599
United Way of the Ozarks	<u><a href="http://www.uwozarks.com">www.uwozarks.com</a></u> <i>United Way of the Ozarks is improving the live in the Ozarks by uniting community support. The United Way goal is to be the premier organization effectively addressing critical issues and making our community a great place to live, work and raise a family.</i>	417-863-7700
United Way 2-1-1	<i>Helps organizations providing help to get their resources listed, and helps those looking for help find the resources they need. Anyone seeking help calls 211 from their phone or search <a href="http://www.211helps.org">www.211helps.org</a> to locate the local agencies who provide the type of service they need. The SWMO Resource Specialist is available to assist agencies with getting listed in the 211 database, provide training on how to search for resources and/or update agency listings.</i>	211 to search for resources 417-863-7700

## Non Profit Organizations (continued)

The Victim Center	<i>Serves victims of violent and sexual crimes in Southwest Missouri including homicide survivors, rape, assault, people who have lost loved ones to suicide, child sexual abuse, sexual assault/harassment, family violence, adult survivors, family members of those killed or injured by drunk drivers, robbery, sodomy, stalking and other secondary crime victims (witnesses to crimes or have a loved one that is a victim to a crime). Services are provided for all ages, both genders, group and individual counseling, safety planning, assistance with applications for emergency ex parte orders of protection, court support, advocacy and crime prevention education programs. All services are provided free of charge.</i>	417-863-7273 24 hour Crisis Hotline 417-864-7233
Victory Mission	1715 N. Boonville, PO Box 2884, Springfield <i>We share God's love through intentional relationships for the restoration of a broken-hearted world. Our services include food pantry, evening meal, men's lodging, recovery programs and job preparation/training. Also offered is a monthly lunch for seniors and Christian ministry if desired.</i>	417-864-2200
Vision Rehabilitation Center of the Ozarks	<i>Provides hope to those in southwest Missouri experiencing vision loss by providing quality care and specialized services to all patients, regardless of their ability to pay.</i>	417-831-0555
Women's Crisis Center	PO Box 282, Branson <i>A 24-hour emergency shelter for victims of domestic and sexual violence offering shelter, transitional housing and non-residential services to women, men, and children.</i>	417-561-5105

*We need to change the culture of this topic and make it OK to speak about mental health and suicide.*

**Luke Richardson**

## Psychiatrists

Bright, James MD	1736 E. Sunshine, Springfield	417-882-9002
Burrell Behavioral Health	1300 Bradford Parkway, Springfield	417-761-5000
Citizens Memorial Healthcare	1500 N. Oakland, Bolivar	417-326-6000
Clark Community Mental Health	PO Box 100, Pierce City	417-476-1000
Heartland Behavioral Health Services	1500 W. Ashland, Nevada	800-654-9605
Jordan Valley Community Healthcare	618 N. Benton, Springfield	417-831-0150
Lakeland Behavioral Health Systems <i>Children &amp; Adolescents</i>	440 S. Market Avenue, Springfield	417-865-5581 800-432-1210
Mendez, Maria Aracelli MD	1331 N. Stewart, Springfield	417-881-8375
Mercy Behavioral Health Evaluation Center		417-820-7447
Mercy Psychiatry – Fremont	1965 S. Fremont, Springfield	417-820-8180
Osage Beach Center for Cognitive Disorders	840 Passover Road, Osage Beach	573-693-1680
Perimeter Behavioral Hospital of Springfield	2828 N. National Ave., Springfield	417-799-7474
Royal Oaks Hospital	307 N. Main St., Windsor	800-456-2634
Warren, Julie MD <i>Adults</i>	1911 S. National, Springfield	417-881-6533

### Warm Line

Peer Support Phone Line  
 417-864-3676  
 877-535-4357 – Toll Free  
 Monday – Friday: 9:30 am – 5:00 pm  
 Saturday: 9:00 am – 3:30 pm  
 Sunday: 10:00 am – 4:00 pm



## Related Services

<b>Employment/Vocational</b>		
Burrell Behavioral Health	1300 E. Bradford Parkway, Springfield <i>A private, not for profit organization that provides a wide range of mental health services for individuals and families, business and industry, and educational programs for community and professional groups. Services are designed to be responsive to the specific needs of the individuals served. New services are developed as the needs of our community are recognized and defined. It is the mission to continue to provide, develop and refine services which have been demonstrated to work.</i>	417-761-5000
Lafayette House (Family Self Help Center, Inc.)	PO Box 1765, Joplin, MO <i>A safe sanctuary, offering compassionate and empowering services to heal the effect of domestic violence, sexual assault and substance use disorders.</i>	417-482-1772
Missouri Career Center	2900 E. Sunshine, Springfield <a href="http://www.springfieldmo.gov/careercenter">www.springfieldmo.gov/careercenter</a> <i>Provides job training and placement assistance.</i>	417-887-4343
Ozark Center, Community Care Program	<i>Supported employment services.</i>	417-347-7630
Preferred Employment Services	<i>Supported employment services.</i>	877-869-8911
TRIO Student Support Services, Missouri State University	Assist qualified students in attending and graduating from college. TRIO Student Support Services provides a supportive environment assisting students with tutoring, academic advising, and study skills.	417-836-6220
Vocational Rehabilitation	Springfield North VR 613 E. Kearney, Springfield  Springfield South VR 1735 W. Catalpa, Ste C, Springfield  <i>Helps disabled people develop employment skills and obtain employment.</i>	417-895-5863 877-222-8965  417-895-5720 887-222-8967
<b>Financial</b>		
Consumer Credit Counseling	<i>Counsels persons in debt reduction, budgeting and bill paying.</i>	417-889-7474
COPE	201 Lawson Avenue, Lebanon	417-533-52016
Drury University Breech School of Business Tax Service Walk-In Site	<i>Offers limited free income tax preparation services in early spring only. Please call for specific dates and times.</i>	417-873-7522
Missouri Higher Education Student Loan Authority (MOHELA)	<i>Provides information and help with student loans.</i>	800-666-4352



## Related Services (continued)

Food/Shelter/Clothing		
Catholic Charities of Southern Missouri, Homeless Prevention Services, Rental Assistance	<p><i>Intensive case management for low-income individuals and families who are at imminent risk of losing their housing.</i></p> <p>-----403 E. 4<sup>th</sup> Street, Joplin: <i>For those living in Barry, Barton, Cedar, Dade, Jasper, Lawrence, Mc Donald or Newton Counties.</i></p> <p>-----424 E. Monastery St., Springfield:  <i>For those living in Dallas, Dent, Douglas, Howell, Laclede, Ozark, Polk, Stone, Taney, Texas or Wright Counties.</i>  <i>For those living in Greene, Christian or Webster Counties, contact One Door</i></p>	<p>417-624-3790</p> <p>417-720-4213</p>
Catholic Charities of Southern Missouri, LifeHouse Crisis Maternity Home	<p>424 E. Monastery St., Springfield</p> <p><i>A comprehensive program for homeless pregnant women and their children, including shelter, food and clothing, access to health care, counseling and case management. Residents can stay for up to one year after delivery as they work toward self-sufficiency. For residents living in any of the 39 counties served by CCSOMO.</i></p>	417-720-4213
Christian Foundation of the Ozarks, Inc.	<p>203 E. South St., Ozark</p> <p><i>Programs include on-site evening meals, emergency assistance (clothing &amp; furniture) and overnight lodging for men if available.</i></p>	417-581-1302
Convoy of Hope	<p>330 S. Patterson, Springfield</p> <p><a href="http://www.convoyofhope.org">www.convoyofhope.org</a></p> <p><i>Partners with communities, providing a platform for touching lives and bringing hope to thousands of individuals and families.</i></p>	417-823-8998
COPE	<p>201 Lawson Avenue, Lebanon</p>	417-533-5201
Crosslines – Council of Churches of the Ozarks	<p>615 N. Glenstone, Springfield</p> <p><i>Providing emergency services for families. Services include food, household cleaning supplies, laundry detergent, personal hygiene items, children's vitamins, diapers, coats, prenatal vitamins, voicemail for jobs, Thanksgiving food baskets, Christmas food baskets, Christmas toy store.</i></p>	417-869-0563
The Diaper Bank of the Ozarks	<p><i>Provides diapers to families in need. Distribute cloth diapers as well and provide education on how to use them.</i></p>	417-848-5049
Fresh Start	<p>428 E. Commercial, Springfield</p> <p><i>Provides furniture and household items.</i></p>	417-837-1550
Grand Oak Mission Center	<p><i>Provides clothing and a food pantry for those in need.</i></p>	417-869-4818
Habitat for Humanity	<p>2410 S. Scenic, Springfield</p> <p><i>Housing construction for low-income.</i></p>	417-829-4001

## Related Services (continued)

<b>Food/Shelter/Clothing (continued)</b>		
Housing Assistance Program (OACAC)	<a href="http://www.oacac-cao.org">www.oacac-cao.org</a> , Provides financial assistance to low-income residents. To locate county contact info: <a href="https://oac.ac/housing-assistance/">https://oac.ac/housing-assistance/</a>	417-862-4314
Housing Authority of Springfield (HAS)	421 W. Madison, Springfield Oversees rental property and rental assistance at reduced rates (Section 8)	417-866-4329
Housing First	Works to end homelessness by providing stable housing and by meeting basic needs.	417-837-1500
Immaculate Conception Church St. Vincent DePaul	Food Pantry – no walk-ins accepted; Call ahead Monday and Thursday between 10:00 am and 12:30 pm.	417-887-0600
Lafayette House (Family Self Help Center, Inc.)	PO Box 1765, Joplin, MO A safe sanctuary, offering compassionate and empowering services to heal the effect of domestic violence, sexual assault and substance use disorders.	417-482-1772
Least of These Food Pantry	511 Kathryn, Nixa Food pantry and clothing bank for low-income individuals in Christian County.	417-724-2500
Ozarks Area Community Action Corporation (OACAC)	Assists qualifying individuals or families with housing, home winterization, energy crisis assistance, emergency food and shelter, Head Start, job training and employment.	417-862-4314
Ozarks Food Harvest	2810 N. Cedarbrook, Springfield A clearinghouse to accept and distribute donated food items.	417-865-3411
Rapid Re-Housing	Intervention program designed to help families out of homelessness and into permanent housing.	417-837-1500
Salvation Army	1700 W. Chestnut Expwy, Springfield Shelter, food, utility assistance, clothing, furniture, emergency rental assistance and temporary housing for homeless families with children.	417-862-5509
Southwest Center for Independent Living	2864 S. Nettleton, Springfield <a href="http://www.swcil.org">www.swcil.org</a> ; Helps disabled people live more independently by assisting in locating food, shelter, clothing and basic necessities.	417-886-1188
Springfield Dream Center	829 W. Atlantic Street, Springfield A community resource center providing help and hope to the families in Zone 1. Equipped with a food pantry, clothing closet, community meal and after school program.	
Veterans Coming Home Center/NLEC	806 N. Jefferson Avenue, Springfield A division of the New Life Evangelistic Center. The facility provides shelter, food, clothing and many other services to veterans as well as the homeless.	417-866-3363

## Related Services (continued)

Victory Mission	1715 N. Boonville, PO Box 2884, Springfield <i>We share God's love through intentional relationships for the restoration of a broken-hearted world. Our services include food pantry, evening meal, men's lodging, recovery programs and job preparation/training. Also offered is a monthly lunch for seniors and Christian ministry if desired.</i>	417-864-2200
Well of Life Food Pantry	418 S. Kimbrough, Springfield <i>Monday, Wednesday and Friday 10:00 am – 2:00 pm Second Saturday of the month 10:00 am – 12:00 pm</i>	417-869-2865
<b>Government</b>		
CASA of Southwest Missouri – Court Appointed Special Advocates	1911 S. National, Springfield <i>Provides trained volunteers to speak up in court for the best interests of abused and neglected children.</i>	417-864-6202
City of Springfield	Busch Municipal Building, 840 Boonville, Springfield	417-864-1000
Family Support Division, Missouri Department of Social Services	2900 E. Sunshine, Springfield <i>Food stamps, cash assistance, Medicaid, and Child Care Assistance along with other state assistance programs.</i>	855-373-4636
Greene County Treatment Court	<i>A court program that is designed to meet the needs of individuals charged with or convicted of offenses related to their substance abuse and/or mental health. All participants are assessed to determine services and are required to attend substance abuse treatment or mental health services or both if recommended by the assessment. Every participant is required to appear in court 1-3 times per month to meet with the treatment court Judge and meets regularly with his/her probation officer. The goal of this program is to get the individual out of the criminal justice system and back into the community, however public safety is always the first consideration.</i>	417-829-6159
Missouri Division of Social Services, Springfield Resource Center	101 Park Central Square, Springfield To locate other resource centers: <a href="http://dss.mo.gov/offices.htm">http://dss.mo.gov/offices.htm</a>	85-373-4636 800-392-1261 24 hour info line
Social Security Administration	1570 W. Battlefield, Springfield <i>Issues cards, provides forms, assists with filing claims and maintains all records on Social Security.</i>	877-850-7824
Springfield Police Department	321 E. Chestnut Expressway, Springfield <i>Partnering with the community for quality police service and protection.</i>	417-864-1810

## Related Services (continued)

Legal Services		
Community Alternative Sentencing Program (CASP)	721 N. Main, Springfield <i>Provides community service and probation services in collaborative effort with the court system.</i>	417-865-9460
COPE	201 Lawson Avenue, Lebanon	417-533-5201
David N. Appleby, Attorney	119 N. 2 <sup>nd</sup> St., Ozark	417-581-2411
Lafayette House (Family Self Help Center, Inc.)	PO Box 1765, Joplin, MO <i>A safe sanctuary, offering compassionate and empowering services to heal the effect of domestic violence, sexual assault and substance use disorders.</i>	417-482-1772
Legal Services of Southern Missouri	809 N. Campbell, Springfield <i>Provides legal aid for low income individuals.</i>	417-881-0533
Missouri Protection and Advocacy Services	<i>Nonprofit public interest law firm with federally funded programs to protect the legal rights of people with disabilities.</i>	800-392-8667
ParmeLe Law Firm, PC	844 E. Primrose, Springfield <i>Social Security disability law.</i>	417-889-2570 855-727-6353
Public Defender's Office	630 N. Robberson, Springfield <i>Provides free legal aid for criminal cases.</i>	417-865-6740
RGG Law	1240 E. Independence, Suite 200, Springfield <i>Social Security disability/SSI</i>	864-4700 800-213-9491



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## Related Services (continued)

<b>Medical Health</b>		
American Diabetes Association	2833 E. Battlefield #100, Springfield	417-890-8400
The Doula Foundation	<i>A not-for-profit organization providing birth doula services, prenatal yoga, childbirth classes, postpartum doula services and postpartum yoga and support group.</i>	417-832-9222
Greene County Medical Society	1200 E. Woodhurst, Suite 200, Springfield <i>Advocacy for patients in matters of health care, assuring the members of our community access to quality medical services.</i>	417-887-1017
Health Departments, County	<i>Locate your county health department:</i> <a href="https://health.mo.gov/living/lpha/lphas.php">https://health.mo.gov/living/lpha/lphas.php</a>	
Lafayette House (Family Self Help Center, Inc.)	PO Box 1765, Joplin, MO <i>A safe sanctuary, offering compassionate and empowering services to heal the effect of domestic violence, sexual assault and substance use disorders.</i>	417-482-1772
Prescription and Healthcare Assistance	<a href="http://www.goodrx.com">www.goodrx.com</a> : compares medication prices and offers coupons  <a href="http://www.needymeds.org">www.needymeds.org</a> : information resource providing help locating assistance programs that help people afford their medications and other healthcare costs	
Springfield Greene County Health Department	227 E. Chestnut Expwy, Springfield <i>Helps assure a healthy community through continuous protection, prevention and promotion of the public's health.</i>	417-864-1658
Vision Rehabilitation Center of the Ozarks	<i>Services provided by the optometrists include comprehensive clinical evaluation, personalized treatment plans, and an emphasis on independent living skills (teaching patients how to use aids for the visually impaired, and specially-designed programs for mobility).</i>	417-831-0555
<b>Veterans</b>		
Catholic Charities of Southern Missouri, Supportive Services for Veteran Families (SSVF)	<i>Intensive case management for veterans and their families who are homeless or at imminent risk of becoming homeless.</i> -----403 E. 4 <sup>th</sup> Street, Joplin: for veterans living in Barry, Barton, Cedar, Dade, Jasper, Lawrence, McDonald or Newton Counties. -----424 E. Monastery St, Springfield: <i>For veterans living in Dallas, Dent, Douglas, Howell, Laclede, Ozark, Polk, Stone, Taney, Texas or Wright Counties.</i>	417-624-3790  417-720-4213
Home At Last	1630 N. Jefferson, Springfield <i>Designed to serve veteran families who are homeless or at risk of homelessness without assistance.</i>	417-225-7410
Our House Foundation	5325 S. Maryland, Springfield <i>Dedicated to helping restore the shattered lives of military men and women, addressing their mind, body and expression of their spirit.</i>	417-889-7452

## Related Services (continued)

Springfield Vet Center	3616 S. Campbell, Springfield <i>Readjustment counseling for combat veterans.</i>	417-881-4197
Veterans Coming Home Center/NLEC	806 N. Jefferson Avenue, Springfield <i>A division of the New Life Evangelistic Center. The facility provides shelter, food, clothing and many other services to veterans as well as the homeless.</i>	417-866-3363
Veteran's Commission	1410 S. Kansas Expwy #115, Springfield 5571 N. Gretna Road, Suite C, Branson 730 S. Wall Avenue, Joplin 2639 S. Jefferson #2, Lebanon 1600 S. Hickory, Mt. Vernon	417-895-6532 417-243-2335 417-629-3538 417-532-6754 417-466-7103
Veteran's Health Care System of the Ozarks	1850 W. Republic Road, Springfield	417-891-4800 844-501-8387

## Senior Adult Services

<b>Senior Citizen Centers</b>	
Branson Senior Center, 201 Compton Drive, Branson	417-335-4801
Nixa Senior Center, 404 S. Main Street, Nixa, MO	417-725-2322
Northview Senior Center, 301 E. Talmage, Springfield	417-864-8606
Ozark Senior Center, 729 N. 9 <sup>th</sup> Street, Ozark	417-581-2538
Polk County Senior Center, 1800 W. Broadway, Bolivar	417-326-5570
Republic Senior Friendship Center, 210 E. Hines Street, Republic	417-732-7672
South Side Senior Center, 2215 S. Fremont Avenue, Springfield	417-890-1313
<b>Other Services</b>	
Alzheimer's Association	417-886-2199
Burrell Behavioral Health	417-761-5000
Council of Churches of the Ozarks, 627 N. Glenstone, Springfield	417-862-3586
Cox Medical Centers, Senior Health Center North, 1423 N. National, Springfield	417-269-3915
Cox Medical Centers, Senior Advantage, 3535 S. National, Springfield	417-269-3616
Division of Senior & Disability Services <i>Helps to improve the quality of life and assure the personal dignity of Missouri's older adults.</i>	417-895-6433
Elder Abuse and Neglect Hotline <i>Call if you suspect elder abuse or are concerned about the well-being or safety of an older person.</i>	800-392-0210
Eldercare Information and Services Locator <i>Provides information on senior services throughout the area.</i>	800-677-1116
Elder Care Transit Service <i>Division of Council of Churches. Provides non-emergency medical transportation for the elderly and disabled.</i>	417-882-4243 417-862-3586
Foster Grandparent Program <i>National service program that provides older Americans the opportunity to work with children.</i>	417-864-3420

## Senior Adult Services (continued)

HELP – Helping Elderly Live Productively <i>Loans out medical equipment; canes, crutches, etc.</i>	417-882-4243
Meals on Wheels <i>Provides home-delivered meal services to people in need.</i>	Cox North 417-269-3496 Cox South 417-269-4696
OATS, Inc. – Older Adults Transportation Service	417-887-9272
Ozarks Psychological Services	417-882-4485
Perimeter Behavioral Hospital of Springfield <i>Operates to provide hope and transformation for patients and their families through compassionate, evidence-based care in a warm professional environment.</i>	417-799-7474
Polk County Health Center, Bolivar <i>Public Health Department, WIC services, immunizations, free medical clinic, mental health counseling services, screening services, laboratory services, STD/HIV screening and treatment, blood pressure screening, foot care for seniors</i>	417-326-7250
RSVP – Retired Senior Volunteer Program <i>National service program that provides older Americans the opportunity to apply their life experiences to meeting community needs.</i>	417-862-3595
Senior Age Area Office on Aging <i>Provides information on available services for senior citizens.</i>	800-497-0822 417-862-0762
Victory Mission <i>Food pantry and monthly lunch.</i>	417-864-2200
Vision Rehabilitation Center of the Ozarks <i>Services provided by the optometrists include: comprehensive clinical evaluation, personalized treatment plans, and an emphasis on independent living skills (teaching patients how to use aids for the visually impaired, and specially-designed programs for mobility).</i>	417-831-0555

## Sexual Addiction

Burrell Behavioral Health	1300 E. Bradford Parkway, Springfield	417-761-5000
Charles Collier	1235 E. Cherokee, Springfield	417-820-2128
John Duncan	604 S. Pickwick Avenue, Springfield	417-831-7999
Kris Hamilton	1722 S. Glenstone, Suite W115, Springfield (self-pay only)	417-889-9267
Ozarks Teen Challenge	P.O. Box 2066 , Branson West	417-272-3784
Sling N Stones Ministries	320 S Market Ave, Bolivar <i>Recovery ministry dealing with all addictions.</i>	417-599-9405
Southern Light Counseling	1901 S Wommack, PO Box 967, Bolivar	417-850-4555

*Caring for the mind is as important and crucial as caring for the body.  
In fact, one cannot be healthy without the other.*

*From the book "Approaching the Natural: a Health Manifesto"  
By Sid Garza-Hillman*

## Substance Abuse Resources

<b>Springfield Area</b>	
Alcoholics Anonymous	417-823-7125
Alternatives	417-883-7227
Burrell Adult C-STAR Murney Clinic, 1322 S. Campbell, Springfield	417-893-7760
Burrell C-STAR Adolescent, 1931 E. Cherry Street, Springfield	417-761-5400
Burrell Residential C-STAR, 1949 E. Cherry Street, Springfield	417-761-5399
Center for Addictions, Cox Health Systems	417-823-7125
The Doula Foundation 1111 S. Glenstone, Suite 2-101, Springfield <i>A not-for-profit organization providing birth doula services, prenatal yoga, childbirth classes, postpartum doula services and postpartum yoga and support group.</i>	417-832-9222
NA – House, Inc.: <i>Narcotics Anonymous</i>	855-866-7392
Preferred Family Healthcare <i>Providing a substance abuse treatment services for men and women.</i>	417-862-3455
Recovery Chapel, 1211 E. Cherry, Springfield	417-887-7228
Victory Mission: <i>Services for men, in-house only.</i>	417-864-2200
<b>Southwest Missouri</b>	
Bolivar: Sling N Stone Ministries <i>Recovery ministry dealing with all addictions. Church with free dinner every Saturday evening. AAA-All Addictions Anonymous meeting every Wednesday at 7:00 PM.</i>	417-599-9405
Bolivar: Southern Light Counseling	417-850-4555
Branson: The Brook Wellness Center, 895 State Hwy 248, Suite C <i>Faith based outpatient treatment program for adults and adolescents. Program includes Recovery Support Services, assessments, education classes, recovery groups, and MRT. Program is state certified and funding is available.</i>	417-527-8877
Branson: Burrell Behavioral Health Branson Adult Addiction Services, 155 Corporate Place, <i>Providing CSTAR programs including outpatient day treatment, assessments, co-occurring treatment, community support services, family therapy and transportation services for clients.</i>	417-893-7740
Branson: Simmering Center, Inc. <i>Structured sober living, some recovery support services included, self-pay, \$125/week, food not included.</i>	417-320-6380
Branson: Teen Challenge of the Ozarks	417-272-3784
Branson West: Ozarks Teen Challenge <i>Provides residential services for adolescent boys ages 12-17 who are struggling with life controlling issues including drugs, alcohol and other related issues.</i>	417-272-3784
Butler: Pathways CBH, Inc. (Compass)	660-679-4636
Clinton: Pathways CBH, Inc. (Compass)	660-885-8131
El Dorado Springs: Pathways CBH, Inc. (Compass)	417-876-5314
Joplin: Lafayette House (Family Self Help Center, Inc.) PO Box 1765, Joplin, MO <i>A safe sanctuary, offering compassionate and empowering services to heal the effect of domestic violence, sexual assault and substance use disorders.</i>	417-482-1772
Joplin: Lafayette House	800-416-1772
Joplin: Ozark Center, New Directions	417-347-7730



## Substance Abuse Resources (continued)

Joplin: Preferred Family Healthcare <i>Provides outpatient and residential treatment for substance abuse and mental health for ages 12-18.</i>	417-623-1990
Lebanon: COPE, 201 Lawson Avenue	417-533-5201
Lamar: Ozark Center, New Directions	417-681-0552
Marshfield: Burrell Behavioral Health	417-761-5900
Neosho: Ozark Center, New Directions	417-347-7840
Nevada: Heartland Behavioral Health Services	800-654-9605
Pierce City: Clark Community Mental Health	417-476-1000
Pineville: Lafayette House (Joplin): <i>Women's Substance Abuse</i>	800-416-1772

## Support Groups

<b>Alcohol Addiction</b>	
Alateen/Alanon Family Groups: <i>For teen alcoholics.</i>	417-885-9114
Alcoholics Anonymous Central Office: <i>For alcoholics.</i>	417-823-7125
The Brook Wellness Center, Branson	417-527-8877
Burrell Behavioral Health	417-761-5000
Clark Community Mental Health, Pierce City	417-476-1000
Lafayette House (Family Self Help Center, Inc.) PO Box 1765, Joplin, MO <i>A safe sanctuary, offering compassionate and empowering services to heal the effect of domestic violence, sexual assault and substance use disorders.</i>	417-482-1772
Overcomers Outreach: <i>Christian 12 Step Program</i>	417-860-2345
Simmering Center, Inc., Branson <i>Support group and other 12 step programs.</i>	417-320-6380
Sling N Stone Ministries, Bolivar <i>Church with free dinner every Saturday evening and All Addictions Anonymous every Wednesday at 7pm.</i>	417-599-9405
Southern Light Counseling, Bolivar <i>Mental health services in office or in home. Male or female therapist available. Some evening appointments available.</i>	417-850-4555
<b>Caregivers</b>	
NAMI Southwest Missouri, Family to Family Support Group <i>Education and support for relatives and close friends of those with mental illness.</i>	417-864-7119
Oxford Health Care <i>Information and support for those involved with care giving for older adults.</i>	417-883-7500
Polk County Health Center, Bolivar	417-326-7250
Southern Light Counseling, Bolivar <i>Mental health services in office or in home. Male or female therapist available. Some evening appointments available.</i>	417-850-4555

## Support Groups (continued)

<b>Drug Addiction</b>	
The Brook Wellness Center, Branson	417-527-8877
Burrell Behavioral Health	417-761-5000
Clark Community Mental Health, Pierce City	417-476-1000
Lafayette House (Family Self Help Center, Inc.) PO Box 1765, Joplin, MO <i>A safe sanctuary, offering compassionate and empowering services to heal the effect of domestic violence, sexual assault and substance use disorders.</i>	417-482-1772
Dual Diagnosis, NAMI Southwest Missouri, Dual Diagnosis <i>Support group for persons with a mental illness and substance abuse.</i>	417-864-3027
Narcotics Anonymous <i>Support for recovering drug addicts who meet to help each other stay clean.</i>	855-866-7392
Sling N Stone Ministries, Bolivar <i>Church with free dinner every Saturday evening and All Addictions Anonymous every Wednesday at 7pm.</i>	417-599-9405
Southern Light Counseling, Bolivar <i>Mental health services in office or in home. Male or female therapist available. Some evening appointments available.</i>	417-850-4555
<b>Families</b>	
Breastfeeding Support Group (Cox Health) <i>Meets first Wednesday at 7 pm in the Women's Center.</i>	417-886-5239
Burrell Behavioral Health	417-761-5000
The Doula Foundation <i>Assists mothers and families before, during, and after pregnancy. Provides birth and post-partum doula services, along with prenatal yoga classes, childbirth classes, and restorative post-partum yoga support group.</i>	417-832-9222
Hope for Dads <a href="http://www.hopefordads.org">www.hopefordads.org</a>	417-860-2345
Lafayette House (Family Self Help Center, Inc.), Joplin <i>A safe sanctuary, offering compassionate and empowering services to heal the effect of domestic violence, sexual assault and substance use disorders.</i>	417-482-1772
NAMI Southwest Missouri, Family to Family Support Group <i>Education and support for relatives and close friends of those with mental illness.</i>	417-864-7119
Polk County Health Center, Bolivar	417-326-7250
Southern Light Counseling <i>Mental health services in office or in home. Male or female therapist available. Some evening appointments available.</i>	417-850-4555
Springfield Marriage and Family Institute <i>Provides marriage enrichment counseling, couples therapy and support groups.</i>	417-882-6767

## Support Groups (continued)

<b>Family Violence and Sexual Assault</b>	
The Brook Wellness Center, Branson <i>Faith based outpatient treatment program for adults and adolescents.</i>	417-527-8877
Clark Community Mental Health, Pierce City	417-476-1000
COPE, Lebanon	417-533-5201
Harmony House, Springfield <i>Support for battered women, shelter, case management and outreach.</i>	417-837-7700
Lafayette House (Family Self Help Center, Inc.) PO Box 1765, Joplin, MO <i>A safe sanctuary, offering compassionate and empowering services to heal the effect of domestic violence, sexual assault and substance use disorders.</i>	417-482-1772
Missouri Department of Social Services, Division of Youth Services <i>Rehabilitates youthful offenders, brief family therapy offered.</i>	417-482-1772
Southern Light Counseling, Bolivar <i>Mental health services in office or in home. Male or female therapist available. Some evening appointments available.</i>	417-850-4555
The Victim Center <i>Aid to victims of violent and sexual crime; crisis support and counseling; court advocacy.</i>	417-863-7273 24 hour Crisis Hotline 417-864-7233
Victory House <i>Services for women and children. Halfway house.</i>	417-831-6387
Women's Crisis Center <i>Aid to victims of domestic and sexual violence – women, men and children</i>	417-561-5105
<b>Grief and Loss</b>	
Burrell Behavioral Health	417-761-5000
Clark Community Mental Health, Pierce City	417-476-1000
Compassionate Friends <i>For parents who have experienced the death of a child (any age) including miscarriage, stillbirth, or infant death.</i>	417-887-7089
Grief Empowerment <i>Support network for the bereaved.</i>	417-883-7500 ext. 32
Lost and Found <i>Loving support in a safe place where children, teens, and their families who are grieving a death can share their experiences as they move through the healing process.</i>	417-865-9998
SIDS <i>Support group for those who have been affected by Sudden Infant Death Syndrome.</i>	800-421-3511
Southern Light Counseling <i>Mental health services in office or in home. Male or female therapist available. Some evening appointments available.</i>	417-850-4555
<b>Medical</b>	
APO Aids Project of the Ozarks: <i>HIV support for individuals and their families.</i>	417-881-1900
Lafayette House (Family Self Help Center, Inc.) PO Box 1765, Joplin, MO <i>A safe sanctuary, offering compassionate and empowering services to heal the effect of domestic violence, sexual assault and substance use disorders.</i>	417-482-1772

## Support Groups (continued)

Mental Health	
Alateen/Alanon Family Groups: <i>For teen alcoholics.</i>	417-885-9114
Alcoholics Anonymous Central Office: <i>For alcoholics.</i>	417-823-7125
Burrell Behavioral Health	417-761-5000
Clark Community Mental Health, Pierce City	417-476-1000
The Doula Foundation, <i>Postpartum yoga and support group.</i>	417-832-9222
NAMI Southwest Missouri <i>Provides over 30 support groups for various mental health issues for individuals with mental illness, their family and friends.</i>	417-864-3027
National Mental Health Institute Info Line <i>Information for those who are affected by anxiety disorders.</i>	888-826-9438
Osage Beach Center for Cognitive Disorders	573-693-1680
Southern Light Counseling <i>Mental health services in office or in home. Male or female therapist available. Some evening appointments available.</i>	417-850-4555
Warm Line, NAMI Southwest Missouri <i>A dedicated peer support phone line for people with mental illness. The Warm Line is open 7 days a week. See website: <a href="http://www.namismwmo.com">www.namismwmo.com</a> for hours of operation.</i>	417-864-3676 877-535-4357

The strongest people are not those who show strength in front of the world but those who fight and win battles that others do not know anything about.

Jonathan Harnisch



National Alliance on Mental Illness

[www.nami.org](http://www.nami.org)

## Transportation

Ability Transportation	<i>Prescheduled transportation for individuals or groups.</i>	417-234-7073
All Around Cab	<i>On-demand cab service.</i>	417-536-3333
Blue Taxi	<i>On-demand cab service.</i>	417-865-2583
City Utilities Transit	<i>Public transit system for Springfield.</i>	417-831-8782
City Utilities Access Express	<i>Origin-to-destination service for riders unable to use the regular bus service due to a disability or health condition. Riders must be pre-approved.</i>	417-831-8711
Elder Care Transit Service	<i>Division of Council of Churches. Provides non-emergency medical transportation for the elderly and disabled.</i>	417-882-4243 417-862-3586
Heartland Behavioral Health Services	1500 W. Ashland, Nevada <i>Transportation to the facility can be provided throughout Missouri.</i>	800-654-9605
Lafayette House (Family Self Help Center, Inc.)	PO Box 1765, Joplin, MO <i>A safe sanctuary, offering compassionate and empowering services to heal the effect of domestic violence, sexual assault and substance use disorders.</i>	417-482-1772
OATS Transit	<i>Provides specialized transportation for rural general public, senior citizens and people with disabilities.</i>	417-887-9272
Royal Oaks Hospital	307 N. Main St., Windsor <i>Transportation to the facility can be provided.</i>	800-456-2634
Women's Crisis Center	PO Box 282, Branson <i>A 24-hour emergency shelter for victims of domestic and sexual violence offering shelter, transitional housing and non-residential services to women, men, and children.</i>	417-561-5105
Yellow Cab	<i>On-demand cab service.</i>	417-862-5511

## Mental Health Calendar

***May: Mental Health Month***

***July: National Minority Mental Health Awareness Month***

***September: Suicide Prevention Awareness Month***

***October: Mental Illness Awareness Week***

## Index by Topic and Agency

24-HOUR CRISIS HOTLINES, 1

### -a-

Ability Transportation, 41  
ACSU (Adult Crisis Stabilization Unit), 18  
Addiction Treatment and Support, 2  
Adults with Disabilities Abuse and Neglect, 2  
Affordable Housing Action Board of Springfield, 22  
AIDs Antibody Testing and Counseling, 2  
Aids Project of the Ozarks, APO, 39  
Al-Anon & Alateen, 2, 37, 40  
Alcohol Addiction Support Groups, 37  
Alcoholics Anonymous, 36, 40  
Alcohol/Drug Abuse Hotline, 2  
All Around Cab, 41  
Allsup, 6  
Alpha House, 15  
Alternatives Counseling Service, 11, 36  
Alzheimer's Association, 34  
Alzheimer's Support Group, 2  
A & M Recovery, 11  
American Cancer Society, 2  
American Diabetes Association, 33  
American Foundation for Suicide Prevention, 2  
American Kidney Fund, 2  
American Red Cross, Greater Ozarks Chapter, 22  
ANGER MANAGEMENT, 4  
APO, Aids Project of the Ozarks, 39  
Appleby, David, Attorney, 32  
ARC of the Ozarks, 7, 14, 22  
Art Inspired Academy, 7  
Arthritis Consulting Services, 2  
Ashley House, 7  
ASSISTED LIVING, 5  
Attorney General, Missouri, 2  
Autism Project Access, 7

### -b-

BENEFITS (GOVERNMENT), 6  
Bennett, Libby, PsyD, 14  
Besuda Psychological Center, LLC (Counseling), 11  
Betty and Bobby Allison Ozarks Counseling Center, 4, 11, 22  
Big Brothers Big Sisters of the Ozarks, 7, 22  
Blue Taxi, 41  
Borderline Personality Disorder Hotline, 2  
Boy Scouts of America, Ozarks Trails Council, 22  
Boys & Girls Clubs of Springfield, 7, 22  
Boys Town, 2

Bradford Court, 5  
Branson Senior Center, 34  
Bright, James MD, 27  
Brook Wellness Center, The, 4, 7, 11, 22, 36, 37, 38, 39  
Burrell Adult C-STAR, 36  
Burrell Behavioral Health, 4, 5, 11, 14, 15, 18, 22, 27, 28, 34, 35, 37, 38, 39, 40  
Burrell Behavioral Health – Bolivar, 14  
Burrell Behavioral Health Branson Adult Addiction Services, 36  
Burrell Center for Children & Adolescents, 7  
Burrell Crisis Assist Team, 1

### -c-

Cancer Information Center, 2  
Caregivers Support Groups, 37  
CASA (Court Appointed Special Advocates), 7, 23, 31  
CASP (Community Alternative Service Program), 32  
Catholic Charities of Southern Missouri, 11, 29, 33  
CC Counseling Service, 11  
Center City Counseling/MSU, 11  
Center for Addictions, CoxHealth, 36  
Center for Self Control, 11  
Century Pines, 5  
CHAD, Children & Adults With ADHD Disorder, 2  
Champion Athletes of the Ozarks, 7  
Child Abuse/Neglect, 2, 7  
Child Advocacy Center, 7, 22  
Child Care Aware, 7  
Child Find, 2  
CHILDREN AND ADOLESCENT SERVICES, 7  
Christian Associates, 11  
Christian Counseling Center, 11  
Christian Foundation of the Ozarks, Inc., 29  
Citizens Memorial Hospital (Bolivar), 16, 18, 27  
City of Springfield, 31  
City Utilities Access Express, 41  
City Utilities Transit, 41  
Clark Community Mental Health, 1, 7, 11, 15, 18, 22, 27, 37, 38, 39, 40  
Collier, Charles, 35  
Community Alternative Service Program (CASP), 32  
Community Partnership of the Ozarks (CPO), 23  
Compass Counseling, 11, 18  
Compass Health Network, 1  
Compassionate Friends, 2, 39  
Consumer Fraud Hotline, 2

Consumer Credit Counseling, 28  
Convoy of Hope, 29  
COPE, 1, 2, 11, 18, 28, 29, 32, 37, 39  
Council of Churches of the Ozarks, 34  
Counseling Associates of Springfield, 11  
COUNSELING SERVICES, 11  
Counseling Solutions, 11  
County Health Departments, 33  
Court Appointed Special Advocates  
(CASA), 7, 23, 31  
Cox Air Care, 2  
Cox Health Center Branson, 16  
Cox Health Centers for Addiction, 36  
Cox Medical Center South, 16, 38  
Cox North Hospital, 16  
Cox Senior Advantage, 34  
Cox Senior Health Center (North), 34  
Cox Walnut Lawn Hospital, 16  
CPO (Community Partnership of the Ozarks), 23  
Crisis Text Line, 1  
Crosslines, Council of Churches, 29  
Culpepper Place, 5

**-d-**

Darrow Psychological Services, 11  
DCO (Developmental Center of the  
Ozarks), 7, 14, 23  
Dental Referral Service, 2  
Department of Veteran Affairs, 2  
Developmental Center of the Ozarks  
(DCO), 7, 14, 23  
DEVELOPMENTAL DISABILITIES, 14  
Diaper Bank, The, 7, 23, 29  
Division of Senior & Disability Services, 34  
Division of Special Education, 7  
Division of Youth Services, Missouri 8, 39  
Doula Foundation, The, 8, 18, 23, 33, 36, 38, 40  
Down's Syndrome Society, 2  
Drug Addiction Support Groups, 38  
Drury University Counseling Services, 11  
Drury University Tax Service, 28  
Duncan Brown & Associates, 12  
Duncan, John, 35

**-e-**

Eaglecrest Counseling Center, 12  
Easter Seals Midwest, 23  
EATING DISORDER THERAPY, 14  
Ed Derr Personal Counseling LLC, 4, 12  
Elder Abuse & Neglect Hotline, 2, 34  
Eldercare Information & Services Locator, 34

Elder Care Transit Services, 34, 41  
Emergency, 1  
Employment/Vocational, 28  
Eye Care America, 2

**-f-**

Fair Haven Children's Home, 8  
Family Institute of the Ozarks, 12  
Family Support Division, Missouri Division of  
Social Services, 31  
Family Support Groups, 38  
Family Therapy Center, 12  
Family Violence and Sexual Assault Support  
Groups, 39  
Federal Information Center, 3  
Federal Tax Information, 3  
Financial, 28  
Financial Planning Association, 3  
First Steps Early Education, 8  
Food/Shelter/Clothing, 29  
Fordland Clinic, 16  
Foster Adopt Connect, 8, 23  
Foster Grandparent Program, 34  
Foundation for Health Coverage Education, 6  
Freeman Health System, 16  
Fresh Start, 29

**-g-**

Gardens, The, 5  
GLO (Gay & Lesbian Community Center of the  
Ozarks), 23  
Girl Scouts of Missouri Heartland, 23  
Good Samaritan Boys' Ranch, 8  
Government, 31  
Grand Oak Mission Center, 23, 29  
Great Circle, 8  
Greene County Treatment Court, 31  
Greene County Juvenile Justice Center, 8  
Greene County Medical Society, 33  
Greene Valley State School for the Severely  
Handicapped, 8, 14  
Grief Empowerment, 39  
Grief & Loss Support Groups, 39

**-h-**

Habitat for Humanity, 23, 29  
HOMELESS SERVICES, 15  
Hamilton, Kris, 35  
Harmony House, 3, 15, 24, 39  
Harmony House and Victim Center Crisis Hotline, 1

Harms & Hodgson Counseling, 12  
 Head Start, 8  
 Health Departments, County, 33  
 Hearing Aid Information, 3  
 Heartland Behavioral Health Services, 1, 2, 3, 4, 8,  
 12, 14, 16, 18, 27, 37, 41  
 HELP (Helping the Elderly Live Productively), 35  
 Highway Patrol, Missouri 3  
 Home at Last, 33  
 Hope for Dads, 38  
 HOSPITALS AND CLINICS, 16  
 Housing Assistance Program, OACAC, 30  
 Housing Authority of Springfield (HAS), 30  
 Housing First, 30

**-i-**

Immaculate Conception Church, St. Vincent  
 DePaul, 30  
 Insight Counseling Associates, 12  
 Isabel's House, 8

**-j-**

Job Corp, 9  
 Jordan Valley Community Health Center, 12, 16, 27  
 Joy Assisted Living, 5

**-k-**

KIDSFIRST, 24  
 KCLASS (Kids Learning About Social Skills), 9

**-l-**

Lafayette House Crisis Hotline, 1  
 Lafayette House, 3, 9, 12, 16, 18, 24, 28, 30, 32, 33,  
 36, 37, 38, 39, 41  
 Lakeland Behavioral Health System, 3, 9, 12, 16, 27  
 Lakewood of Springfield, 5  
 LFCS (Lutheran Family & Children's Services), 3, 9,  
 12, 24  
 LFCS (Lutheran Family & Children's Services)  
 Hotline, 1  
 Least of These Food Pantry, 30  
 Legal Services, 32  
 Legal Services of Southern Missouri, 32  
 LGBT Hotline, 3  
 Lifecare Counseling, 4, 12  
 Lost & Found Grief Center, 9, 39  
 Lutheran Family & Children's Services (LFCS),  
 3, 9, 12, 24

Lutheran Family & Children's Services (LFCS)  
 Hotline, 1

**-m-**

MADD (Mothers Against Drunk Driving), 3  
 Manor Care Health Services, 5  
 March of Dimes, 24  
 McGuire Christian Counseling, 12  
 Meals on Wheels, 35  
 Medical Health, 33  
 Medical Support Groups, 39  
 Medicaid Services, 3  
 Medical Alert System, 3  
 Medicare, 3  
 Medicare Rights Center, 6  
 Mendez, Maria Aracelli MD, 27  
 MENTAL HEALTH WEBSITES & APPS, 20  
 MENTAL HEALTH RESOURCES, 18  
 Mental Health Support Groups, 40  
 Mercy Behavioral Health Evaluation Center, 27  
 Mercy Child & Adolescent Psychiatry, 9  
 Mercy Hospital, 16  
 Mercy Hospital Joplin, 16  
 Mercy Lifeline, 3  
 Mercy Neuropsychology & Rehabilitation, 12  
 Mercy Psychiatry, Fremont, 27  
 Missouri Attorney General, 2  
 Missouri Career Center, 3, 28  
 Missouri Child Abuse & Neglect Hotline, 3  
 Missouri Council of the Blind, 3  
 Missouri Department of Mental Health, 18  
 Missouri Division of Child Support Enforcement, 9  
 Missouri Division of Social Services, Springfield  
 Resource Center, 31  
 Missouri Division of Youth Services, 8, 39  
 Missouri Higher Education Student Loan  
 Authority, 28  
 Missouri Poison Control, 1  
 Missouri Protection & Advocacy Services, 32  
 Missouri Public Service Commission, 3  
 Missouri Highway Patrol, 3  
 Mothers Against Drunk Driving (MADD), 3  
 MSU Care Clinic, 16  
 Murrell Counseling Services, LLC, 12

**-n-**

NAMI Helpline, 3  
 NAMI Southwest Missouri & Hope Center, 18, 24,  
 37, 38, 40  
 NAMI Southwest Missouri Warm Line, 3, 40  
 Narcotics Anonymous, 36, 38



National Association of Disability Representatives, 6  
National Association of Insurance Commissioners, 6  
National Domestic Violence Hotline, 1  
National Organization of Social Security  
Claimants, 6  
National Parkinson Foundation, 3  
National Suicide Prevention Hotline, 1  
Neuropsychological Associates of SW Missouri, 12  
Nixa Counseling Center, 12  
Nixa Senior Center, 34  
NON PROFIT ORGANIZATIONS, 22  
North Park Village, 5  
Northview Senior Center, 34

**-o-**

OACAC (Ozarks Area Community Action Corp), 30  
OATS (Older Adult Transportation Services), 35, 41  
One Door Affordable Housing, 15  
Osage Beach Center for Cognitive Disorders, 16, 19,  
27, 40  
OTHER CRISIS HOTLINES, 2  
Our House Foundation, 33  
Overcomers Outreach, 37  
Oxford Healthcare, 5, 37  
Ozark Center, 19, 28, 36, 37  
Ozark Center Crisis Line, 1  
Ozark Center Will's Place 9  
Ozarks Area Community Action Corp (OACAC), 30  
Ozarks Counseling Center, Betty and Bobby  
Allison, 4, 11, 22  
Ozarks Food Harvest, 30  
Ozarks Literacy Council, 24  
Ozark Psychological Associates, 1, 4, 9, 12, 14, 19,  
35  
Ozark Senior Center, 34  
Ozarks Teen Challenge, 9, 35, 36

**-p-**

Parent Link, 9  
Parmele Law Firm, 32  
Pathways CBH, 19, 36  
Perimeter Behavioral Hospital of Springfield, 9, 13,  
14, 16, 19, 27, 35  
Piney Ridge Center, 9  
Poison Control, 3  
Polk County Health Center, 9, 13, 19, 35, 37, 38  
Polk County Senior Center, 34  
Pomme DeTerre Wellness Clinic, 13  
Preferred Employment Services, 28  
Preferred Family Healthcare, 10, 19, 36, 37  
Prescription and Healthcare Assistance, 33

PSYCHIATRISTS, 27  
Public Defender's Office, 32

**-r-**

Rape, Abuse & Incest National Network, 1  
Rapid Re-Housing, 30  
Rare Breed Youth Outreach Center, 10, 15  
Ravenwood of Springfield, 5  
Recovery Chapel, 36  
Recovery Outreach Services, 4, 13  
Referrals for Home & Community Based Services, 3  
RELATED SERVICES, 28  
Report Abuse of Seniors and Adults with  
Disabilities, 3  
Republic Senior Friendship Center, 34  
Reynolds, Gold & Grosser, PC, 32  
RGG Law, 32  
Royal Oaks Hospital, 1, 3, 10, 16, 19, 24, 27, 41  
RSVP (Retired & Senior Volunteer Program), 25, 35  
Runaway Switchboard, 3

**-s-**

Salvation Army, 15, 25, 30  
Salvation Army Harbor House, 15  
SENIOR ADULT SERVICES, 34  
Senior Age, Area Office on Aging, 35  
Senior Centers, 34  
Seniors and Adults with Disabilities, 2  
SEXUAL ADDICTION, 35  
Shriner's Hospital, 3  
SIDS (Sudden Infant Death Syndrome), 3, 39  
Simmering Center, 25, 36, 37  
Sivils, Paula LPC, 14  
Sling N Stone Ministries, 35, 36, 37, 38  
Social Security Administration, 31  
Social Security Information & Income, 3  
Southwest Center for Independent Living, 30  
South Side Senior Center, 34  
Southern Light Counseling, 4, 10, 13, 14, 19, 35, 36,  
37, 38, 39, 40  
Spanish Suicide Prevention Hotline, 1  
Special Olympics Missouri, SW Area, 25  
Spina Bifida Information, 3  
Springfield, City of, 31  
Springfield Counseling Services, 13  
Springfield Dream Center, 10, 13, 30  
Springfield Family YMCA, 25  
Springfield-Greene County Health Department, 33  
Springfield Marriage & Family Institute, 13, 38  
Springfield Police Department, 31

Springfield Regional Center for Developmental Disabilities, 10, 14  
Springfield Vet Center, 34  
Spring Ridge of Springfield, 5  
St Vincent DePaul Immaculate Conception Church, 30  
Stop Smoking, 3  
Stress Management Center, 13  
SUBSTANCE ABUSE RESOURCES, 36  
Suicide/Abuse Crisis Line, 3  
Suicide Prevention Hotline, National, 1  
Suicide Prevention Hotline, Spanish, 1  
Supplemental Security Income, 3  
SUPPORT GROUPS, 37

**-t-**

Teen Challenge of the Ozarks, 36  
Teen Text Crisis Line, 2  
The Brook Wellness Center, 4, 7, 11, 22, 36, 37, 38  
The Diaper Bank, 7, 23, 29  
The Doula Foundation, 8, 18, 23, 33, 36, 38, 40  
The Gardens, 5  
The Next Step, 10  
The Victim Center, 1, 10, 13, 19, 26, 39  
TOLL FREE NUMBERS, 2  
TRANSPORTATION, 41  
Tri-County Psychological, 13  
TRIO Student Support Services, MSU, 28  
Twenty-four Hour Crisis Hotlines, 1  
Tynes Consulting, 13

**-u-**

Underprivileged School Children's Fund, 10

US Department of Health & Human Services Web Site, 3  
US Department of Housing & Urban Development, 3  
United Way of the Ozarks, 25  
United Way 211, 3, 25

**-v-**

Veterans, 33  
Veterans' Affairs, Department of, 3  
Vet Center, Springfield, 34  
Veteran's Commission, 34  
Veteran's Coming Home, 15, 30, 34  
Veteran's Crisis Line, 1  
Veteran's Health Care System of the Ozarks, 34  
Victim Center, 1, 10, 13, 19, 26, 39  
Victim Center and Harmony House Crisis Hotline, 1  
Victory Mission, 15, 26, 31, 35, 36  
Victory Square, 15  
Vision Rehabilitation Center of the Ozarks, 26, 33, 35  
Vocational Rehabilitation, 28

**-w-**

Warm Line (NAMI SWMO), 3, 184, 40  
Warren, Julie MD, 27  
Waterford at Ironbridge, 5  
Well of Life Food Pantry, 31  
Whole & Balance Therapy, 14  
WIC (Women, Infants & Children Program), 10  
Women's Crisis Center, 1, 2, 3, 10, 14, 15, 19, 26, 41

**-y-**

Yellow Cab, 41

