

## **Counseling and Therapy Resources**

### **Brain Injury Foundation of St. Louis**

314-645-7230

[bifstl.org](http://bifstl.org)

Psychotherapy and counseling for individuals with a brain injury or their families. Group and individual therapy is available.

### **Bridges Community Supports**

314-781-7900 Ext. 319 or [hturkcollier@bridgescss.com](mailto:hturkcollier@bridgescss.com)

<https://bridgescss.com/>

Bridges offers counseling to individuals of all abilities.

### **Bryan Thorson, MSW, LCSW**

314-952-2426, [Bryanthorson@me.com](mailto:Bryanthorson@me.com)

[www.ThorsonTherapy.com](http://www.ThorsonTherapy.com)

Bryan Thorson specializes in working with individuals diagnosed Autism Spectrum Disorder (ASD), Anxiety, Depression, Oppositional Defiant Disorder (ODD), Obsessive Compulsive Disorder (OCD) Attention Deficit Hyperactivity Disorder (ADHD) and Attention Deficit Disorder (ADD).

### **Center for Head Injury Services**

314.983.9230 or [cjung@headinjuryctr-stl.org](mailto:cjung@headinjuryctr-stl.org)

[www.headinjuryctr-stl.org](http://www.headinjuryctr-stl.org)

The Center has Licensed Professional Counselors (LPCs) and Certified Rehabilitation Counselors (CRCs) specially trained in the field of developmental disabilities to provide counseling and rehabilitation support that focus on each person's strengths and abilities.

### **Cornerstone**

Katie Worzel, LCSW

314-283-5599

<https://cornerstonecarestl.com/>

Counseling, Care Coordination, Concierge Care Services, Safety Assessment, Senior Care for individuals with mental illness, physical disabilities, chronic and terminal illnesses

## **Funding for Therapy Services**

### **Agape Christian Counseling Services**

In Person Sessions: <https://www.agapechristiancounselingservices.org/about-agape/insurance-and-sliding-fee-scale/>

Virtual Sessions: <https://www.agapechristiancounselingservices.org/how-agape-is-responding-to-covid-19/>

There is information about insurance companies that cover in-person and virtual counseling sessions.

### **Love Will Foundation**

<https://lovewillfoundation.org/>

Learn about funds available for mental health counseling in Saint Charles and Saint Louis counties.

## Suicide or Crisis Services

Individuals at greater risk of suicide are those who experience hopelessness, unexpected loss, extreme and persistent stress, underlying mental health concerns, or have a personal or family history of suicidal attempts.

Use this link to create a safety plan if you are at greater risk of suicide:

[https://suicidepreventionlifeline.org/wp-content/uploads/2016/08/Brown\\_StanleySafetyPlanTemplate.pdf](https://suicidepreventionlifeline.org/wp-content/uploads/2016/08/Brown_StanleySafetyPlanTemplate.pdf)

### **Behavioral Health Network**

314-469-6644 or 1-800-811-4760

<https://www.bhnstl.org/home/>

The numbers listed above will connect you with immediate support and opportunities for further mental health follow-up.

### **Compass Health Network**

1-888-237-4567 or 844-853-8937

<https://compasshealthnetwork.org/>

Compass Health has a 24-hour crisis hotline which can provide immediate access to services.

### **National Suicide Prevention Hotline**

1-800-273-8255

<http://www.suicidepreventionlifeline.org>

If you or someone you know is considering suicide, this hotline connects you with immediate support.

### **SSM Behavioral Health Services**

1-800-428-2083

This number is for the Central Intake Line, a place that can connect you with resources or initiate a hospital admission. If your call is transferred to voicemail, leave a message. A representative will contact you within 24 hours.

## Outpatient Mental Health Services

### **Advent Behavioral Care**

636-939-2550 or 636-477-6111

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

This agency has immediate telehealth appointments for psychiatry, counseling, or intensive outpatient group therapy.

### **BJC Behavioral Health Services**

1-877-729-4004

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

Same Day Access Team will assess anyone interested in starting mental health services. To find the Same Day Access Team nearest you, use this website: <https://www.bjcbehavioralhealth.org/Services/Same-Day-Access>.

### **CenterPointe Hospital**

1-800-345-5407 or 636-477-2136

<https://centerpointehospital.com/>

Call either of these numbers to get an initial assessment or determine the next appropriate level of care (for no cost).

## Supportive Communities (Virtual and In-Person)

### **Brain Injury Association of Missouri**

314-426-4024 or 1-800-444-6443

<https://www.biamo.org/services/>

The time and meeting locations for the support groups change frequently. Call the toll free number for the most up-to-date information.

### **NAMI (the National Alliance for Mental Health)**

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

NAMI offers weekly family support groups and recovery groups for individuals with mental health concerns. There are also daily community check-ins where individuals can gather on Zoom for positive socialization. If you are hoping to learn more about the lived experience of having a mental health concern, register for the speakers series.

### **Preferred Family Healthcare – the Team of Concern**

(636) 946-6376

<http://pfh.org/team-of-concern>

This group offers telehealth social-emotional learning groups for elementary, middle school and high school students. There are also opportunities for parents.

### **St. Louis Arc- Family Support Programming**

314-563-2211

<https://www.slarc.org/programs/family-support/support-groups/>

Support, Networking and Meet-Up Groups for families, siblings, parents, newly diagnosed individuals, and more.

### **Talk Space**

<https://www.talkspace.com/blog/>

This online resources offers online therapy and psychiatry appointments, resources for stress, depression, anxiety and other mental health disorders, and strategies for coping with significant national events (i.e. corona virus or elections).

## Resources for People of Color

### **Balanced Black Girl**

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

This organization was founded on the belief that wellness is not one size fits all. Visit the website to learn more about this safe space created for women of color to have candid conversations about wellness and self-care.

### **Therapy for Black Men**

<https://therapyforblackmen.org/about/>

This site offers free therapy for Black men who do not have insurance. The site also offers mental health guidance for men and boys of color.

### **Ethel's Club**

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

This is a digital membership club for people of color. Visit the website to find creative and inclusive communities.