Provided by:

Lincoln County Health Department

Last update May, 2019
ADOPTION/FOSTER CARE

The Adoption Exchange.................................................................11
Children’s Division........................................................................13
Christian Family Services, Inc......................................................14
Lutheran Family and Children’s Services......................................20

ADVOCACY

The Child Center...........................................................................13
Community Opportunities..............................................................14
Family Advocacy and Community Training (F.A.C.T.)....................16
National Alliance on Mental Illness (NAMI).................................23
Victim’s Advocate.........................................................................28

COUNSELING

Affinia Health Care........................................................................11
Bridgeway Behavioral Health........................................................12
Catholic Family Services - See Saint Louis Counseling
CenterPointe Hospital....................................................................13
The Child Center...........................................................................13
CHIPS.............................................................................................14
Compass Health (formerly Crider)..................................................15
Familyz & Kidz Counseling............................................................16
Harvester Christian Church............................................................17
Lutheran Family and Children’s Services......................................20
Midwest Counseling and Consulting.............................................22
Preferred Family Healthcare........................................................25
Presbyterian Children’s Homes/Services.................................25
Saint Louis Counseling (formally Catholic Family Services)...........26
## CRISIS INTERVENTION

<table>
<thead>
<tr>
<th>Service</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Behavioral Health Response (BHR)</td>
<td>11</td>
</tr>
<tr>
<td>Christian Family Services, Inc.</td>
<td>14</td>
</tr>
<tr>
<td>Domestic Violence Outreach/Shelter Services</td>
<td>15</td>
</tr>
<tr>
<td>Kids Under Twenty One Hotline</td>
<td>19</td>
</tr>
<tr>
<td>Life Crisis Hotline</td>
<td>19</td>
</tr>
<tr>
<td>National Domestic Violence Hotline</td>
<td>23</td>
</tr>
<tr>
<td>National Suicide Prevention Lifeline</td>
<td>24</td>
</tr>
<tr>
<td>Saint Louis Crisis Nursery- Wentzville</td>
<td>26</td>
</tr>
<tr>
<td>Suicide Prevention Hotline</td>
<td>27</td>
</tr>
</tbody>
</table>

## DISABILITY SERVICES

<table>
<thead>
<tr>
<th>Service</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community Opportunities</td>
<td>14</td>
</tr>
<tr>
<td>Delta Center for Independent Living</td>
<td>15</td>
</tr>
<tr>
<td>Easter Seals Midwest</td>
<td>15</td>
</tr>
<tr>
<td>Family Advocacy and Community Training (FACT)</td>
<td>16</td>
</tr>
<tr>
<td>Good Shepherd</td>
<td>17</td>
</tr>
<tr>
<td>OATS</td>
<td>24</td>
</tr>
<tr>
<td>Tree House of Greater St. Louis</td>
<td>27</td>
</tr>
<tr>
<td>Walker Scottish Rite Clinic</td>
<td>28</td>
</tr>
</tbody>
</table>

## DOMESTIC VIOLENCE SHELTERS AND COUNSELING

<table>
<thead>
<tr>
<th>Service</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bridgeway Behavioral Health</td>
<td>12</td>
</tr>
<tr>
<td>Domestic Violence Outreach/Shelter Services</td>
<td>15</td>
</tr>
<tr>
<td>National Domestic Violence Hotline</td>
<td>23</td>
</tr>
<tr>
<td>Robertson Center - See Domestic Violence Outreach/Shelter Services</td>
<td></td>
</tr>
<tr>
<td>Saint Louis Crisis Nursery- Wentzville</td>
<td>26</td>
</tr>
<tr>
<td>Turning Point</td>
<td>28</td>
</tr>
</tbody>
</table>

## EDUCATION

<table>
<thead>
<tr>
<th>Service</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>HSE (GED) Classes</td>
<td>18</td>
</tr>
</tbody>
</table>
EMERGENCY ASSISTANCE

God’s Kitchen- St. Paul United Church of Christ Food Pantry..................................................17
Greater Troy Ministerial Alliance............................................................................................................17
NECAC...............................................................................................................................................24
Sacred Heart Church- SVDP Food Pantry...............................................................................................25
Salvation Army Lincoln County................................................................................................................26

EMPLOYMENT

Community Opportunities.........................................................................................................................14
Missouri Job Center of Warrenton...........................................................................................................22

FAMILY AND YOUTH SERVICES

45th Judicial Circuit Supervised Visitation - See Children’s Division
Annie’s Hope...........................................................................................................................................11
Children’s Division..................................................................................................................................13
Christian Family Services, Inc...............................................................................................................14
Easter Seals Midwest...............................................................................................................................15
Family Advocacy and Community Training (FACT) ............................................................15
Family Support Division.......................................................................................................................16
Head Start/Youth in Need.....................................................................................................................17
Lincoln County Resource Board...........................................................................................................20
Lutheran Family and Children’s Services............................................................................................20
Missouri First Steps...............................................................................................................................22
National Alliance on Mental Illness (NAMI).....................................................................................23
Parents as Teachers...............................................................................................................................25
Saint Louis Crisis Nursery- Wentzville..................................................................................................26
Walker Scottish Rite Clinic.....................................................................................................................28
FOOD PANTRIES
All You Need is Love Food Pantry.................................................................11
Asbury United Methodist Food Pantry......................................................11
Bread for Life Food Pantry........................................................................12
Calvary Chapel Food Pantry.......................................................................12
CCW Food Pantry .....................................................................................13
First Baptist Church of Troy, Food Pantry................................................16
God’s Kitchen- St. Paul United Church of Christ Food Pantry....................17
Hawk Point Food Pantry............................................................................17
Hope Ministries of St. Charles County Food Pantry...................................18
Immaculate Conception Food Pantry..........................................................18
Lucky Paws Pet Food Pantry.......................................................................20
Moscow Mills Community Food Pantry....................................................23
New Salem Baptist Church- Product Pantry..............................................24
Sacred Heart Church - SVDP Food Pantry.................................................25
Saints Joachim and Ann Care Services.....................................................27

HEALTH ADVOCACY AND INFO
American Cancer Society Helpline...........................................................11
BJC Healthcare Physician Referral and Information Service....................12
Drug and Alcohol Information Line..........................................................15
National Alliance on Mental Illness (NAMI).............................................23
Substance Abuse and Mental Health (SAMSHA) Helpline.......................27
United Way Referral Service....................................................................28
HEALTHCARE

Affinia Health Care ......................................................................................................................... 11
Bhaiji Dental Arts .......................................................................................................................... 11
CHIPS ............................................................................................................................................... 14
Compass Health (formerly Crider Health Center) .......................................................................... 15
Crossroads Clinic (formerly Volunteers in Medicine) ................................................................. 15
Family Care Health Centers ........................................................................................................ 16
Finklang Eye Health Associates .................................................................................................. 16
Heartland Women’s Healthcare (formerly Midwest OB/GYN) ....................................................... 18
Lincoln County Health Department .............................................................................................. 20
Mercy Clinic General Surgery ...................................................................................................... 21
Mercy Family Medicine ................................................................................................................ 21
Mercy Family Medicine-Elberry .................................................................................................... 21
Mercy Family Medicine-Winfield ................................................................................................. 21
Mercy Home Health and Hospice-Lincoln ..................................................................................... 22
Mercy JFK Clinic ........................................................................................................................... 22
Mercy Urgent Care ........................................................................................................................ 22
Nurses for Newborns ..................................................................................................................... 24
SSM Glennon Care Pediatric ......................................................................................................... 26
Vision USA ...................................................................................................................................... 28
Volunteers in Medicine – See Crossroads Clinic

HOMELESS SERVICES

Cooling Centers ............................................................................................................................... 15
First Step Back Home .................................................................................................................... 16
Our Lady’s Inn ................................................................................................................................. 25
Saint Louis Crisis Nursery- Wentzville .......................................................................................... 26
Salvation Army Shelter ................................................................................................................ 26
The Sparrow’s Nest Maternity Home ............................................................................................ 26
St. Patrick’s Center ........................................................................................................................ 27
Sts Joachim and Ann Care Services .............................................................................................. 27
United Way Referral Service ......................................................................................................... 28
Warming Centers ........................................................................................................................... 29
HOTLINES

The Adoption Exchange........................................................................................................... 11
American Cancer Society Helpline............................................................................................ 11
American Red Cross.................................................................................................................. 11
Behavioral Health Response (BHR).......................................................................................... 11
Child Abuse and Neglect Hotline............................................................................................ 13
Childcare Aware........................................................................................................................ 13
Consumer Protection Hotline................................................................................................... 14
Domestic Violence Outreach/Shelter Services.......................................................................... 15
Drug and Alcohol Information Line.......................................................................................... 15
Elder Abuse and Neglect Hotline............................................................................................. 16
Family Support Division Information System.......................................................................... 16
Housing Discrimination Hotline............................................................................................... 18
Human Trafficking National Resource Line............................................................................ 18
Hunger Hotline.......................................................................................................................... 18
Kids Under Twenty One Hotline............................................................................................. 19
Life Crisis Hotline..................................................................................................................... 19
Missouri Arson Hotline............................................................................................................ 22
Missouri School Violence Hotline............................................................................................ 22
The Mom’s Line......................................................................................................................... 23
Mortgage Foreclosure Counseling............................................................................................ 23
Narcotics Enforcement Team Hotline...................................................................................... 23
National Center for Missing and Exploited Children Hotline................................................... 23
National Council on Alcohol and Drug Abuse- St. Louis Area............................................... 23
National Domestic Violence Hotline.......................................................................................... 23
National Problem Gambling Hotline.......................................................................................... 24
National Suicide Prevention Lifeline........................................................................................... 24
Parent Link.................................................................................................................................. 25
Paternity Information.................................................................................................................. 25
Poison Control Hotline............................................................................................................. 25
Runaways Safeline.................................................................................................................... 25
Substance Abuse and Mental Health (SAMSHA) Helpline......................................................... 27
Suicide Prevention Hotline....................................................................................................... 27
Tel-Link..........................................................................................................................27
United Way Referral Service..........................................................................................28
Youth Connection Helpline............................................................................................29

HOUSING RESOURCES
Housing Discrimination Hotline..................................................................................18
Mortgage Foreclosure Counseling..................................................................................23
NECAC............................................................................................................................24

LEGAL SERVICES
Catholic Legal Assistance Ministry...............................................................................12
Legal Services of Eastern MO......................................................................................19
Sheriff’s Department- Lincoln County............................................................................26

PREGNANCY/PARENTING
Birthright of Wentzville...............................................................................................12
Breastfeeding Support Group.......................................................................................12
Christian Family Services Inc......................................................................................14
Harvester Christian Church..........................................................................................17
Head Start.....................................................................................................................17
LaLeche League St. Charles County...............................................................................19
Mary Queen of Angels.................................................................................................21
Missouri First Steps......................................................................................................22
The Mom’s Line............................................................................................................23
Nurses for Newborns....................................................................................................24
Oasis Resource Center .................................................................................................25
Our Lady’s Inn...............................................................................................................25
Parents as Teachers......................................................................................................25
Parent Link....................................................................................................................25
Saint Louis Crisis Nursery- Wentzville.........................................................................26
The Sparrow’s Nest Maternity Home............................................................................26
Thrive-St. Louis.............................................................................................................27
SENIOR SERVICES
Delta Center for Independent Living.................................................................15
Elder Abuse and Neglect Hotline.........................................................................16
Lincoln County Council on Aging........................................................................19

SUBSTANCE ABUSE
Alcoholics Anonymous..........................................................................................11
Bridgeway Behavioral Health.................................................................................12
CenterPointe Hospital............................................................................................13
Drug and Alcohol Information Line.......................................................................15
Narcotics Anonymous.............................................................................................23
National Council on Alcohol and Drug Abuse- St. Louis Area..............................23
Preferred Family Healthcare..................................................................................25
Promises of Hope Ranch (Mission Gate Ministries)..............................................25
Substance Abuse and Mental Health (SAMSHA) Helpline....................................27
Troy Dream Center .................................................................................................27

SUPPORT GROUPS
The Adoption Exchange.........................................................................................11
Alcoholics Anonymous..........................................................................................11
Annie’s Hope............................................................................................................11
Breastfeeding Support Group.................................................................................12
Grief Support Services............................................................................................17
LaLeche League St. Charles County.........................................................................19
Narcotics Anonymous.............................................................................................23
SHARE Pregnancy and Infant Loss Support.........................................................26
Infant Loss Resource (Formerly known as SIDS Resource)....................................19

THRIFT SHOPS/CLOTHING ASSISTANCE
Budget Boutique.......................................................................................................12
Mary Marthas.........................................................................................................20
TRANSPORTATION

LINC..............................................................................................................................................19
Logistic Care Transportation...........................................................................................................20
MO Rides ........................................................................................................................................23
OATS...............................................................................................................................................24
Transportation Resource Catalog.................................................................................................27
The Adoption Exchange
800-554-2222
e-mail: kids@adoptex.org
*Helps potential adoptive families connect children with loving homes & provides ongoing support during and after the adoption process
*Provides training and support to adoptive families interested in adopting children.
http://www.adoptex.org

Affinia HealthCare
Main Line 314-898-1700
Appointments 314-814-8700
Closest Location: 4414 N Florissant Ave
St. Louis, MO 63107
(Multiple locations in the St. Louis City area)
*Provides a wide range of services including primary medical care, family medicine, pediatrics, Ob/Gyn, dental, mental health, and pharmacy, Homeless Services, Audiology, Mammography Van, Radiology, Chiropractic Services, Urgent Care and WIC
*Most insurances accepted, MO HealthNet, Gateway to Better Health, Bluecross/Blueshield, United Health care, Managed Care Plans, and some Market Place Health Insurance as well as sliding fee scale based on income for uninsured
http://www.affiniahealthcare.org/

Alcoholics Anonymous
314-647-3677
14 Sunnen Dr Ste 144, St. Louis, MO 63143
*Central Service office provides info about AA meetings for Greater St. Louis Metropolitan Area.
http://www.aastl.org/

All You Need is Love Food Pantry
573-485-3838
59 Auburn Church Rd, Elsberry, MO 63343
e-mail: mpofnorthlincoln@yahoo.com
*3rd Sat 9:00-11:00 or by appt call for eligibility
*Offer hygiene products and occasional fresh produce
http://www.northlincolnparish.com/Resources.html

American Cancer Society Helpline
1-800-227-2345
*24/7 hotline to provide info on cancer screenings, prevention, treatment, and more
*Can refer to local and national resources
*Reach for Recovery, Wigs, Road to Recovery, Pantene Beautiful Lengths.
http://www.cancer.org

American Red Cross
800-733-2767 Non-Emergency 314-516-2800
M – F 8:00 – 5:00
*Assistance with CPR, First Aid, and Babysitting
*Information on blood drives and volunteer opportunities
www.redcross.org

Annie’s Hope
314-965-5015
1333 W. Lockwood, Ste 104
St. Louis, MO 63122
*Provides grief and bereavement services to children, youth, and families after the loss of someone significant in their life.
*Offers a wide variety of free programs to help support families, including support groups, community referrals, and camps for kids and teen-retreats.
*Provides anticipatory counseling for families before they lose someone.
http://www.annieshope.org/

Asbury United Methodist, Foley-Food Pantry
636-668-8855
2704 South Hwy W, Foley, MO 63347
*Open Wed 10:00-12:00
*Serves Winfield School District (Winfield, Foley, & Old Monroe) call for eligibility requirements
*Household items when available
*Bring a form of ID with you

Behavioral Health Response (BHR)
800-811-4760 or 314-469-6644-Crisis Line
*24/7 confidential emergency hotline for mental health crisis
*Can send a team out for 1-1 assessment if needed
*Information/referrals even if not in a crisis yet
http://www.bhrstl.org/

Bhaiji Dental Arts
636-745-2424
109 Westwoods Rd, Wright City, MO 63390
*Accepts clients age 5-20 & no age limit for prenatals, accepts Medicaid and Managed Care and other insurance (does not accept basic MO Health Net, DentaTrust or DentaQuest)
*Open Mon, Tu, & Th 9am-5pm
Birthright of Wentzville
636-327-8170
1-800-550-4900 24 hr hotline
10 E. Pitman Ave, Wentzville, MO 63385
*Free confidential information and referrals,
pregnancy testing, support, maternity/baby clothes
*M 10:00-1:00, Tu 9-7, Wed 5pm-7pm, Th 9:00-4:00, &
2nd and 4th Fri 5pm-7pm, Sat 10-12:30
http://www.birthright.org
http://birthrightofwentzville.org

BJC HealthCare Physician Referral and Information
Service
800-392-0936
Monday-Friday, 8:00-6:00
*Open to General Public, Free Referral Service
*Provides one-stop access to BJC HealthCare
physicians and services. A Referral Specialist can
assist you in finding a physician that matches
your specific needs and preferences including:
some office hours, specialty, insurance participation
and much more.
*Will assist in scheduling an appointment with that
physician, provide information regarding support
groups and community education opportunities
sponsored by any of the BJC HealthCare Hospitals.
http://www.bjc.org

Bread for Life Food Pantry
636-528-3646
820 Cap-Au-Gris
Troy, MO 63379
*Wed 10:00-1:00, last Wed of month 4:00- 6:30
*No referral needed, serves all Lincoln County residents
who fall at or below federal poverty guidelines, may
receive food once per month
*Must bring a picture ID

Breastfeeding Support Group
St. Joseph Hospital West
400 Medical Plaza
Lake St. Louis, MO 63367
636-625-5335
*Every Wednesday at 10:00-12:00 & 5:00-7:00
*Free for all new moms no matter where you delivered,
led by Certified Lactation Consultants, no registration
required

Bridgeway Behavioral Health
Substance Use Disorder/Addiction Services
Outpatient 636-224-1500
1011 E Cherry St
Troy, MO 63379
M-Th 8:00-8:00
*Offers services for addiction disorders/substance
abuse, OP-SATOP (Substance abuse traffic offender
program)-sexual assault, and domestic violence
*Inpatient services offered at St. Charles Center
636-224-1100
www.pfh.org/bridgeway

Robertson Center—See Domestic Violence
Outreach/Shelter Services

Budget Boutique
636-528-0999
8 Opportunity Ct
Troy, MO 63379
*Monday Thru Saturday 8:00-5:00
& 4:00-7:00
*Affordable thrift store operated by and benefitting
Earthwise Industries
http://www.earthwiseindustriestroy.com/

Calvary Chapel Food Pantry
636-528-5223 Church office T-F 9-3
28 Snyder Rd (white building on lot)
Troy, MO 63379
*White building on parking lot
*Open Tue 10:00-1:00, call for eligibility
*Receive food weekly, no location restrictions
*Must present driver’s license
http://www.caltroy.com

Catholic Family Services—See Saint Louis Counseling

Catholic Legal Assistance Ministry
314-977-3993
100 N. Tucker Blvd. Suite 726
St. Louis, MO 63101
*Offers legal representation for families in the Greater
St. Louis area who cannot afford an attorney (below
poverty level) Primarily work with domestic situations
but does cover Immigration, Veterans, Property,
Housing, and Family situations
*Must call on Tuesdays between 9 and 3 for
appointment, no walk in appointments
http://www.sfcsstl.org
email—sfcs@ccstl.org
CCW Food Pantry
636-566-6225
43 Eagle Avenue
Winfield, MO 63379
*Open 1st & 3rd Tuesday 10:00-12:00
*Serves Foley, Winfield, and Old Monroe. All clients must live in the area and need assistance
*An application must be filled out with proof of income and address and a picture ID is required
*Office hours Tuesday 9:00-1:00

Center Pointe Hospital
Main Hospital: 800-345-5407
4801 Weldon Spring Pkwy
St. Charles, MO 63304
*Offers inpatient and outpatient treatment at the main hospital in St. Charles, with additional outpatient locations in St. Peters, South County, West County, and Columbia
*Services include mental health and addiction treatment for adolescents (12+), adults, and senior adults
www.CenterPointeHospital.com

Child Abuse and Neglect Hotline
800-392-3738 or 573-751-3448 if out of MO
*24/7 hotline to report suspected non-emergency abuse or neglect of children in Missouri.
*Call anonymously if not a Mandated Reporter. If Mandated Reporter may report on line for non-emergencies
http://www.dss.mo.gov

Childcare Aware
1-800-200-9017
1000 Executive Parkway Dr, Suite 103
St. Louis, MO 63141
*Mon-Fri 9-5
*Provides parents info to find appropriate & quality childcare & help with Childcare Assistance Subsidies
http://mo.childcareaware.org

The Child Center, Inc.
636-332-0899-Main Number
636-332-0545- Children Services Number
989 Heritage Pkwy
Wentzville, MO 63385
*Responding to child abuse through a supportive team approach to reduce the trauma to children and their families.
*Child advocacy center serving children who have experienced sexual or physical abuse, neglect or witnessed violence.
*Intervention Services include child advocacy services, forensic interviews, and therapeutic counseling services to children and non-offending family members regardless of the ability to pay.
*Prevention Education Services include school-based body safety and internet safety programs for children, mandated reporter training, and parent and adult prevention education programs.
http://www.thechildcenter.com

Children’s Division
Lincoln County Contact Information:
636-528-8521
384 N Lincoln Dr
PO Box 318
Troy, MO 63379
*M-F 8:00am-5:00pm
Michelle Brown, Circuit Manager Ext 240

Children’s Division
Pike County Contact Information:
573-324-2243
1610 Business Hwy 54W
Bowling Green MO 63334
Michelle Brown, Circuit Manager Ext 211
*Helping families build safety networks and develop their own plans for safe keeping of their children through Signs of Safety http://dss.mo.gov/cd/

(CONTINUED)
Children's Division (~CONTINUED)
*Mission: To protect MO children from abuse & neglect; assuring their safety and wellbeing, partnering with families, communities and government in an ethically, culturally and socially responsible manner.
*Investigation of child abuse and neglect
*Partnering to achieve change. Partnering with families to provide concrete services to keep families together
*Foster care program. Taking care of children and families when they are separated due to abuse/neglect
*Licensing program for foster, and relative providers
*Adoption Services. support adoptive children and their families before and after the adoption
*Collaborating with community agencies to provide the best services possible for children and families
*Helping families build safety networks and develop their own plans for safe keeping of their children through Signs of Safety  http://dss.mo.gov/cd/

CHIPs Health And Wellness Center
Tel. 314-652-9231
Fax. 314-533-5430
email: info@chipsstl.org
2431 N Grand Blvd
St. Louis, MO 63106
*Full service free health clinic for uninsured and underinsured clients. Offer primary and preventive medical care (including well woman and well child exams), psychiatry and counseling, allergy and asthma, chiropractic, dental (only to patients of Primary Care Physician on site), immunizations, case management, men’s clinic, medication assistance, lab work, Diabetes Support Group and Nutritional Counseling.
*Variety of referrals to other resources.
*Open Tuesday through Friday, 8:30 to 5:00. Must make an appointment. Call for eligibility requirements. Yearly Membership fee $35
http://www.chipsstl.org/

Christian Family Services, Inc.
314-968-2216
7955 Big Bend Blvd
Webster Groves, MO 63119

ConnectCare Program: ConnectCare Families
*Temporary Foster Care program provides temporary loving & safe care when a family is in crisis to children birth-5 years in a licensed home. Goal is for families to stabilize and reunite ASAP. Parents maintain full custody & stay in contact with children. Assigned a social worker to refer resources and resolve crisis.

Counseling Program:
*Maternity counseling/Professionally trained therapists with credentials in their respective fields from a compassion, understanding, and Christian perspective through Family Life program. Focus on strengthening marriage and family relationships. Work with depression, grief, divorce and other issues.
*Education and enrichment opportunities offered for maternity, parenting, marriage, and individual enhancement.

Adoption Home Study Program:
*Social workers meet with families seeking adoption and complete a home study.
http://www.stlcfs.org

Community Opportunities
636-462-7695
PO Box 420
Troy, MO 63379
*Residential, community, social skills and employment services for individuals with developmental disabilities.
*Day program and case management services
http://www.commopps.org

Consumer Protection Hotline
800-392-8222
*Hotline to call if an individual wishes to file a consumer complaint due to fraudulent or misrepresented business practices
*May also file a complaint online
*e-mail: consumer.help@ago.mo.gov
http://ago.mo.gov/
Cooling Centers
*Provide an air conditioned place for people to go during extremely hot weather.
*Refer to the interactive map for Cooling Center Sites in Missouri, which is accessible to the public on the DHSS Website. The map includes: name of facility, street address, city, phone #, and hours of operation http://ogi.oa.mo.gov/dhss/coolingcenter/index.html

Compass Health Network (formerly Crider)
844.853.8937 Main number
Locations:
* #5 Dandelion Drive
Troy, MO 63379
*1032 Crosswinds Ct
Wentzville, MO 63385
*19515 Brune Pkwy
Warrenton, MO 63383
*Full service health clinic serving individuals of all ages. Offer a variety of medical, dental, and mental health services including community and school based counseling for children and independent living services for adults with disabilities, adult and youth services for psychiatric health and wellness, outpatient therapy and psychological assessments.
*Accepts most insurance, Medicare, MO HealthNet, Managed Care Plans, and offers a sliding fee scale for uninsured clients based on income.
http://www.compasshealthnetwork.org

Crossroads Clinic (formerly Volunteers in Medicine - Lake St. Louis)
636-561-3133 636-625-3534-Fax
10714 Veteran’s Memorial Pkwy, Ste 100 Lake St. Louis
Serves Lincoln, Warren, and Montgomery
Open Tue and Thur 9am-1pm http://www.vimlsl.org
St. Charles location:
636-724-4848 636-724-4875-Fax
1039 S Duchesne Rd  St. Charles, MO 63301
Serves St. Charles
Open Mon 9:00-3:00 and Wed 9:00-4:00 http://www.vimstc.org/index.html
*Free primary care clinic for adults who are uninsured and cannot afford care. Cannot be eligible for Medicare, MO Health Net or Managed Care Plan and must meet federal poverty guidelines

Delta Center for Independent Living
636-926-8761
3837 McClay Road Suite T
St. Peters MO 63376
http://www.DCIL.org

Domestic Violence Outreach/Shelter Services
*Sexual assault/domestic violence response team and 24/7 Crisis Hotline 636-224-1850
*Robertson Center Outreach 636-224-1864 call for a list of support groups, to make a donation and other services. Clients of the Robertson Center receive vouchers to shop at the Budget Boutique.
*DV shelter for St. Charles County-Women’s Center
*DV shelter for Lincoln County-Robertson Center
Either location call Crisis Line  636-224-1850. Possible transportation support.
www.bridgewaybh.com/domestic-violence-services

Drug and Alcohol Information Line
800-662-4357 24/7 treatment line
*National Clearinghouse for Drug and Alcohol Information, give information about substance abuse and treatment options
http://www.samhsa.gov/

Easter Seals Midwest
Central Region: 573-874-3777
918 Bernadette Dr.
Columbia, MO 65203
*Offers parent education and training, professional and community training, individual and family support, and applied behavior analysis services to families of children with Autism in Lincoln, Warren, Pike, and other central/eastern MO counties
*Family services include respite care, crisis intervention, and support services
http://esmw.org/
Elder Abuse and Neglect Hotline
800-392-0210 7:00am-12:00am 365 days a year
1-866-835-3505 Referals for home and community based services
*Hotline to report suspected abuse, neglect, or financial exploitation of vulnerable individuals over 60 and people with disabilities over age 18
*Local Contact: Danielle McCartney
636-528-8521 ext 244
http://health.mo.gov/safety/abuse/

Family Advocacy and Community Training
636-949-2425 (F.A.C.T.)
800 Friedens Rd Ste 200
St. Charles, MO 63303
*Offers services as advocates and parent educators for children and young adults with developmental disabilities and serious emotional disorders.
*Provides educational advocacy, transition services, partnership with families, and people first programs.
http://factmo.org

Family Care Health Centers
*Carondelet 314-353-5190
401 Holly Hills Ave
St. Louis, MO 63111
*MWF 8:00-5:00pm, T/TH 8:00am-7:00pm
*Forest Park 314-531-5444
4352 Manchester Ave
St. Louis, MO 63110
*Comprehensive health care facility offering a variety of services including primary care, OB/Gyn services, behavioral health, dental, vision, nutrition, pharmacy and pediatrics, and WIC and pharmacy
*Accepts most insurance, including MOHealthNet, Managed Care Plans, and Medicare. Offer sliding fee scale for uninsured. http://www.fchcstl.org/

Familyz & Kidz Counseling
636-668-6707
120 East Ave Ste. 6
Winfield, MO 63389
*Counseling services for kids and families, parent education, couples counseling, play therapy, life skills/social skills training
*Accepts most insurance, including MO HealthNet and Managed Care Plans
http://www.familyzandkidzcounseling.com

Family Support Division Information System (This is an automated system that clients can use without talking to someone.)
800-392-1261
*Food Stamp, Child Care Benefits, MO Health Net
866-313-9960
*Child Support
*For more info see Family Support Division below
Mydss.mo.gov

Family Support Division (This is our call center where all calls should be made as it is staffed with eligibility specialists who can answer questions and help resolve issues for our clients. It is not for Child Division see p13.
Information Line: 855-373-4636
*TANF, Food Stamps, MO Healthnet, Childcare Assistance, Aged/Blind/Disabled Services
http://mydss.mo.gov/fsd/

Finklang Eye Health Associates
636-528-2020
84 Professional Pkwy
Troy, MO 63379
*Primary and emergency eye care services for all ages.
*Accept most insurance, including Medicare and MO Health Net, and Managed Care Plans
http://www.visionsource-feha.com/

First Baptist Church of Troy-Food Pantry
636-528-4407
1000 Elm Tree Rd
Troy, MO 63379
*Food pantry open Thursday 9:30-11:00, will assist Lincoln County residents, call for eligibility requirements

First Step Back Home
Paul Kruse 636-466-1365
*Temporary homeless assistance
www.firststepbackhome.net
God’s Kitchen- St. Paul United Church of Christ Food Pantry/Soup Kitchen
636-665-5329
903 Meier Rd
Old Monroe, MO 63369
*Tues and Thurs 11:00am-1:00pm, offers lunch during Food pantry hours open to all of Lincoln County
*May also offer assistance with water and electric when funds are available.
Assists Old Monroe, Winfield, and Foley residents
*Church office hours Tue, Wed, Fri 9:00-3:00

Good Shepherd
314-469-0606
1170 Timber Run Drive
St. Louis MO 63146 (Creve Coeur)
Nancy Litzau, MBA President
*Scholarship funding available for children who need outpatient speech, occupational and physical therapy. Children 0-18.
*In some cases, we have partial scholarships for childcare for an infant, toddler or preschooler with special needs—perhaps for a parent who works in St. Louis or St. Charles County or West St. Louis County.
*For 50 years, we have worked with a wide variety of children with special needs including Down syndrome, spinal bifida, cerebral palsy, the autistic spectrum and other disorders.
*No nurse on staff, cannot provide care for children with severe medical issues.
*Does not provide one-on-one support, teaching ratio for children over age 2 is 1 teacher for every 6 children (below state regs) to make sure special needs children receive the care and education they need & deserve.
*Have some equipment available for families. This would be walkers, tumble seats, etc.
www.goodss.org

Greater Troy Ministerial Alliance
Kelly Hardcastle
636-528-4430
820 Cap au Gris
Troy, MO 63379

Grief Support Services
636-328-0878 (Kristen Ernst)
e-mail: KristenErnst@baue.com
*Free support group offered by Baue. Call for current times/days.
http://www.baue.com

Harvester Christian Church
636-528-0566 ext 149
43 Front St
Troy MO 63379
*“Wrap-A-Bottom” Diapers, provides diapers to local service agencies to distribute; local families in need of diapers can pick up diapers on Wednesdays from 10:00 to 12:00; bring ID
www.harvesterchristian.org

Hawk Point Food Pantry
City Hall: 636-338-4377
John and Sandy Emerson 636-338-4013
220 W Lincoln Dr
Hawk Point, MO 63349
*Open 1st and 3rd Saturday of the month from 10:00-12:00, call for eligibility
*Assists Hawk Point, Silex, Truxton, & Olney residents

Head Start/Youth in Need
*Lincoln County Head Start and Early Head Start
North Campus 636-462-6061
19 Fairgrounds Rd, Troy MO 63379
*Lincoln County Head Start and Early Head Start
South Campus 636-462-2014
755 Old Moscow Mills Rd, Troy MO 63379
*Marvin Marks Center 636-456-1761
1022 Steinhagen, Warrenton, MO 63383
*Warrenton Central Office 636-456-2550
119 West Booneslick, Warrenton, MO 63383
*Burkemper Counseling Center 636-946-0101
516 Jefferson, St. Charles, MO 63301
*Wentzville Center & Home Based 636-332-0265
1200 Continental Dr, Wentzville, MO 63385
*Programs for children, teens, and families. Free counseling for all ages for St. Charles residents only, street outreach, emergency shelter for teens and young adults, transitional living programs, foster care and adoption case management
*Early head start is for expecting parents & infants-3yrs of age, head start is for children 3-5
*24 hr help line/Emergency Shelter 636-946-3771
*Teen Parent Program 636-757-9413 or 636-757-9407
http://www.youthinneed.org/
Heartland Women’s Healthcare (formerly Midwest OB/GYN)
618-997-5266
1000 Edge Water Point Dr.
Suite 200
Lake St. Louis, MO 63367
*Offers full Ob/Gyn services including pre-natal care, well women exams, and STD/HIV screening
*Accept most insurance, under Managed Care only United Health Care and Homestate
*Uninsured must pay up front
https://www.usaobgyn.com

Hope Ministries of St. Charles County FP
636-272-3080
206 East Elm St
O’Fallon, MO 63366
*Open Wednesday 8am-10am
*Serves all counties
*First visit will receive food and a list of info to bring at the next visit. The list of info you will need at the next visit includes social security card for every member of household, proof of income, show any assistance received and current bills and assistance they receive, Bring in house/rent, medical, loans, any bills you pay
*Clothing available, additional benefits to those enrolled.
Must re-enroll beginning of each year, you do not need to come each week to stay on the list.

Housing Discrimination Hotline
800-669-9777
*HUD Office of Fair Housing and Equal Opportunity hotline to file a housing discrimination complaint
http://nationalequity.org

HSE CLASSES (Formerly GED)
636-922-8411
e-mail: smugler@stchas.edu
*Offered through St. Charles Community College
Class Locations:
* Houghton Mifflin-Harcourt Publishing
200 Academic Way
Troy, MO 63379
AM or PM classes
*Winfield High School
3920 E Hwy 47, Rm 317
Winfield, MO 63347
PM classes only
*Missouri University Extension Center
107 W. Walton (behind the court house)
Warrenton, MO 63383
AM or PM classes
*FREE on-site high school equivalency (HiSET®) prep classes. Call or go online for registration dates and class schedule. New students accepted monthly, August-March, at scheduled enrollment sessions. Must attend two 4-hour enrollment sessions for orientation and pre-testing, and commit to at least 8 weeks of class attendance.
http://www.stchas.edu/aed

Human Trafficking National Resource Line
Call 1-888-373-7888 Text “Help” or “Info” to BeFree (233733) 3:00-11:00pm (EST)
*24/7 confidential hotline to call/text to report a human trafficking tip, find resources in the area, connect with local anti-trafficking services, or to request training, technical assistance, or general information about trafficking
www.humantraffickinghotline.org

Hunger Hotline
314-726-5355 x 3
*24/7 emergency hotline run by Operation Food Search to assist persons in need of referrals in their area, will provide agency name and phone number

Immaculate Conception Food Pantry
636-665-5307
110 Mary Knoll Rd
Old Monroe, MO 63369
*Offers food Saturdays from 8:30-10:30
**Infant Loss Resources (formally known as SIDS Resources)**
800-421-3511
1120 S Sixth St, Ste 500
St. Louis, MO 63104
*Offers free support to families who have lost an infant to SIDS or other sudden death or sleep related loss with counseling, peer connections, home visits, and support groups. Offers professional and community education and awareness programs. Have e-mail and facebook support groups. Can help Grandparents and siblings.
http://www.infantlossresources.org/

**Kids Under Twenty One Hotline (KUTO)**
Main # 314-963-7571
After Hours 888-644-5886
*24hr crisis line for kids, adolescents, or young adults who are in crisis or need help. Staffed by trained teens M-Th 4:00pm-10:00pm, Fri/Sat 4:00pm-12:00am
http://www.kuto.org/

**Love Serving God Ministries (LSG)**
510 S. Lincoln Dr
Troy, MO
314.766.2199
636.358.4226
*housing assistance (when finances are available)*
*volunteer transportation for appointments, shopping, assistance with medical copays*
*clothes closet, household items and furniture*
*food/survival boxes*
*government cell phone assistance*
*helping hands for senior citizens*
*works with people to become self sufficient*
lsgministries@outlook.com

**LaLeche League St. Charles County**
Barb 636-946-4404
*O’Fallon meets 3rd Tuesday at 10am*
First Free Will Baptist Church
816 S Woodlawn
O’Fallon, MO 63366
*St. Charles Meets 2nd Saturday at 10am*
Hope Lutheran Church
1975 Old Hwy 94
St. Charles, MO 63303
*LaLeche provides support, encouragement, education, and information to women who want to breastfeed*
www.llstl.org

**Legal Services of Eastern MO**
800-444-0514
314-534-4200
*Troy 3rd Wed 10:00-12:00*
*Warrenton 2nd Thu 10:00-12:00*
*Free civil legal assistance for elderly and low-income in Lincoln, Warren, Pike, and other Missouri counties. May help with a wide variety of civil legal problems.
http://www.lsem.org

**Life Crisis Hotline**
1-800-273-talk (8255)
English 314-647-help (4357)
Spanish 314-647-5959
*24/7 crisis intervention and suicide prevention hotline*
*Provide referrals for Survivors of Suicide, support groups for those who have lost a loved one to suicide.*
*1st & 3rd Monday 6:30-8:00 314-446-2840 call for more info or e-mail to sos@providentstl.org*
http://www.providentstl.org/Services/LifeCrisis.aspx

**LINC**
Local 636-528-2831 or 528-2832
Toll Free 866-261-5462
*Public transportation for all residents of Lincoln County, $2 per stop in Lincoln County*
*Operates M-F 6:00am-5:00pm. Reservations M-F 9:00-11:30, 12:30-3:00 must call at least 1 day in advance Same day appts possible no guarantee.*
*Out of county medical transport is available*
*Wednesday and Friday to St. Louis from 10:00-2:00 1 weeks’ notice required, $10 round trip*
*Tue, Wed, Thu to St. Charles/St. Peters from 10:00-2:00 with 1 weeks’ notice required, $8 round trip*
http://www.lcmo.us/LINC.html or www.oatstransit.org

**Lincoln County Council on Aging**
*Troy 636-528-7000 1380 Boone St, Troy MO 63379*
*Winfield 636-668-8448 225 2nd St, Winfield MO 63389*
*Silex 573-384-5561 115 Main St, Silex, MO 63377*
*Elsberry 573-898-2296 206 N 3rd St, Elsberry MO 63343*
*Serves and deliver meals for seniors, provides activities at their centers, encourages socialization and recreation*
*Transportation to and from the Troy center only, limited mileage, call for more info*
http://lincolncountycoa.com/
Lincoln County Health Department
636-528-6117  636-528-8629-Fax
5 Health Dept Dr
Troy, MO 63379
M-F 8:00 – 4:30
*WIC (option 5)- supplemental nutrition program for eligible pregnant women, infants, and children up to 5
*Breastfeeding Peer Counselor-offers advice and support. FB Page for more information or 636-462-0024 text/call
*Dental (option 3) - serves children 6-18 and adults with MO Healthnet and to the uninsured we offer very reasonable fees. Must be a Lincoln County resident. Clinic dates/times vary, call for apt
*Immunizations (option 1) - offer all required vaccines to qualifying children, some vaccines for adults. Some children and adult vaccines are at cost, we can accept some insurance please call for info, call for apt.
*Now offering travel vaccines.
*Passport application site, photos travel.state.gov
*Application Assistant for Safe at Home
*For other available programs go to the website. http://www.lchdmo.org

Lincoln County Resource Board (LCRB)
636-528-2490-Office
636-262-8313-Cell
Cheri Winchester, Executive Director
director@lincolncountykids.org
101 West College Street, Suite 5
Troy, MO 63379
*Funds Community-based mental health and substance-abuse specialists, connecting Lincoln County youth and their families to counseling, prevention, and intervention programs. The following providers are part of the LCRB and listed in this guide.
*Catholic Family Services
*Compass Health (formerly Crider Health Center)
*Crisis Nursery Wentzville
*Family Advocacy & Community Training (FACT)
*Nurses for Newborns
*Preferred Family Healthcare
*Presbyterian Children’s Homes/Services
*Sts. Joachim & Ann Care Services
*The Child Center
*ThriVe St. Louis
www.lincolncountykids.org

Logistic Care Transportation
866-269-5927
*Transportation to non-emergency medical appointments for clients with MO HealthNet. Not all MO HealthNet plans cover NEMT, call to verify.
*Cost is $2 per ride (round trip or one way) unless cannot pay the $2, pregnant, blind, in nursing home, taking public transport, using a bus token, or using gas assistance. 17 & under must have an adult with you.
*Must schedule ride AT LEAST 3 DAYS before the medical appointment. Reservation hours M-F 8:00-5:00. Provide own car seat
www.member.logisticare.com

Lucky Paws Pet Food Pantry
luckypawspetpantry@yahoo.com
Troy Wesleyan Church
2150 Hwy 47
Troy, MO 63379
*Pet food pantry open 1st Sat. of month 1:00-4:00
*Application available online or on location, must be present at distribution to receive food, will need to fill out forms at first visit and present valid picture ID
www.luckypawspetfoodpantry.org

Lutheran Family and Children’s Services
1-866-326-5327
636-949-5522 or 314-258-6169 24/hr hotline
100 Piper Hill Drive
St. Peters, MO 63376
*Offers pregnancy counseling/assistance, adoption, Respite Care ages 0-5, counseling and mentoring on a sliding fee scale based on ability to pay
*Hotline is for Pregnancy Services
http://lfcsmo.org

Mary Martha’s
636-327-7848
Open on Fridays, 9 to noon
9 W. Koenig St
Wentzville, MO 63385
*Non-profit, low cost thrift shop open Tuesday and Thursday 9:00am-4pm and Fri/Sat 9am-noon
*Can get referrals from approved agencies if already an existing client and will receive one free bag of items per family member
Mary Queen of Angels
636-379-5070
827 W Terra Ln
O'Fallon, MO 63366
*AS AVAILABLE, free diapers, wipes, formula, baby toiletry items, baby/children's clothing, maternity clothing, baby equipment, bottles, toys, shoes to expectant mothers & mothers of children up to age 2
*Prenatals at 8 months can be put on a waiting list for baby items. Go every 30 days until youngest child turns 2. Clothing up to size 7/8 for older children (Clothing four times a year)
*Call for referral. Hours are Tue & Thur 10:00-2:00, Wed 3:00-6:00, Fri & Sat 9:00-12:00. Call to verify open
*Picture ID, Proof of birth (birth certificate/Medicaid card)

Mercy Clinic General Surgery
636-528-8686
1175 E. Cherry St
Troy MO 63379
*Provides a wide range of surgical and diagnostic procedures with the convenience of hometown caring and compassion. We help many patients on an outpatient basis using the latest minimally invasive technologies.
*To see a list of procedures visit the website
*Mon-Fri 9:00-5:00
www.mercy.net/practice/mercy-clinic-general-surgery

Mercy Family Medicine
636-528-8585
636-528-8430-Fax #
800-716-0921-Office Exchange
900 E Cherry St  Troy, MO 63379
* Mon-Fri 8:30-5:00 Family medical clinic for all ages.
*Provides primary care services including physicals and basic lab tests
*Mercy Clinic Psychiatry provides medical management and therapeutic services to patients with depression, mood disorders, schizophrenia and other mental illness in both the hospital and clinic settings.
*Accepts most insurance, including MO Health Net, Managed Care Plan, and Medicare

Mercy Family Medicine (continued)
1003 E Cherry St
636-528-6755
636-528-6965-Fax #
Troy, MO 63379
*M-F 9:00-5:00 Family medical clinic for all ages. Provides primary care services including physicals and basic lab tests. Accepts most insurance, MO Health Net, Managed Care Plan, and Medicare
www.mercy.net/practice/mercy-family-medicine-1003-east-cherry

1165 E Cherry St
636-528-1919
636-528-1916-fax #
800-716-0921 Medical Exchange
Troy, MO 63379
*M-F 8:00-4:30, Walk-In Apt 8:00-11:00 1st come 1st serve
*Family medical clinic for all ages. Provides primary care services including physicals and basic lab tests
*Accepts most insurance, including MO HealthNet and Managed Care Plans, & Medicare
www.mercy.net/practice/mercy-clinic-primary-care-1165-east-cherry

Mercy Family Medicine-Elsberry
573-898-9100
844-521-7606-Office Exchange
106 Broadway St
Elsberry, MO 63343
*Family medical clinic for all ages. Provides primary care services including physicals and basic lab tests
*Accepts most insurance, including MO Health Net, Managed Care Plan, and Medicare
*Monday-Friday 8:30-4:30
www.mercy.net/practice/mercy-hospital-lincoln

Mercy Family Medicine-Winfield
636-668-6824
844-521-7606-Office Exchange
35 Winfield Plaza
Winfield MO 63389
*Mon-Fri 8:30-4:30
*Primary Care Physician to Patients from Children-Adults
http://www.mercy.net/practice/mercy-hospital-lincoln

(CONTINUED)
Mercy Home Health and Hospice-Lincoln (CONTINUED)
636-528-3470
1005 E. Cherry St
Troy MO 63379
*Mon-Fri 8:00-5:00 a skilled nurse is on call daily 24 hrs
*Mercy Home Health provides compassionate care to help you live independently at home. We work as a team with your physician and hospital when you have special medical needs in life.
*Staff consists of experienced professionals who focus on patient centered care utilizing Mercy values. We help you manage your acute, chronic or life-limiting condition through a variety of skilled, physician ordered services.
*People 18&up may qualify [www.mercy.net/practice/mercy-home-health-lincoln](http://www.mercy.net/practice/mercy-home-health-lincoln)

Mercy JFK Clinic
314-251-6382
615 S. New Ballas Rd
St. Louis, MO 63141
Mon-Fri 8:00-4:00
*Provides medical care, OB/Gyn services, low cost prescriptions to eligible uninsured or underinsured
*Internal medicine, OB/Gyn, pediatrics, general surgery, outpatient services/tests, and specialized care with physician referrals
*Must apply for services, call and speak with eligibility department to determine or go on line.
[http://www.mercyhospital@jfkclinic.com](http://www.mercyhospital@jfkclinic.com)

Mercy Urgent Care-Lincoln
636-528-3495
1000 E. Cherry Street
Troy MO 63379
*Open daily 8:00-8:00

Midwest Counseling and Consulting
314-504-3828  636-458-6101-fax
*Monday-Thursday 8:30-1:00
*Offer in-home counseling services for all ages, onsite trainings.
*Serve multiple counties including Lincoln, Warren, and St. Charles (not Pike)
*Accept most insurance plans, including MO Health Net and Managed Care Plan. Offer reduced fee services on a limited basis.
[http://www.midwest-counseling.com/ midwestcounseling@gmail.com](http://www.midwest-counseling.com/ midwestcounseling@gmail.com)

Missouri Arson Hotline
1-800-392-7766
*Hotline to call with information concerning an incident of suspected arson
*M-F 8:00-5:00

Missouri Job Center of Warrenton
636-456-9467  Job Center Functional Leader: Janet Hickey [hickey@boonslick.org](mailto:hickey@boonslick.org)
111 Steinhagen Rd Warrenton, MO 63383
*Offers Workforce Development programs administered by BRPC assistance to both job seekers & employers.
*Job seekers have access to the center for free services including career planning and preparation, job search activities and helpful workshops. Training and education programs for both youth and adults to eligible participants. Employers are offered help with recruitment and can hold job fairs at the facility. Hiring incentives, such as the On-the-Job Training program and Work Opportunity Tax Credits can be beneficial to employers as they seek to fill positions.
[http://boonslick.org](http://boonslick.org)

Missouri First Steps
866-583-2392
660-665-8860 Lincoln County
*Coordinated services/assistance to children birth-3rd birthday with delayed development or diagnosed conditions associated with developmental disabilities and their families, must be a MO resident
*Physical, Occupational, & Speech Therapy and nutritional services. May have technology devices such as wheelchairs
[https://www.mofirststeps.com](https://www.mofirststeps.com)

Missouri School Violence Hotline
Call 1-866-748-7047
Text  847411 “reportit” (include school and city)
Email  school.violence@dss.mo.gov
*Anonymous hotline to report school violence including bullying, threats, weapons, or school safety concerns
*Can also report online or via the Mo Reportit App
MO Rides
636-359-4656
844-836-7533
*Transportation referral service to help individuals with disabilities and senior citizens find rides in Missouri.
*The referral service is free. You pay the company of your choice for your ride.
http://morides.org

The MOMS Line
314-768-MOMS
*A support line for new moms struggling with anxiety or depression.
*Help line staffed by trained volunteers who have recovered from their own personal experiences with postpartum sadness, irritability, anxiety or depression.

Mortgage Foreclosure Counseling
888-995-HOPE (4673)
*24/7 hotline to connect with the Making Home Affordable (MHA) organization
*Free housing counseling services and foreclosure assistance
*Call to get help with mortgage and determine eligibility for MHA program
http://www.makinghomeaffordable.gov/
www.hud.gov or 202-708-1112

Moscow Mills Community Food Pantry
636-356-4266
703 Main St
Moscow Mills, MO 63362
Pastor: Mark Spence
*Open Thursday from 9:00-11:30 (closed 5th Thur. and holidays)
*Can receive food once per month, call for eligibility
*Serves Lincoln County residents only

Narcotics Anonymous
Local HelpLine: 636-697-8406
*Support group, call local helpline or go online for more information and to find a meeting
http://www.na.org/
http://stlna.org

Narcotics Enforcement Team Hotline
636-528-8546
mlang@lcsomo.com
*Criminal investigation team dedicated to identifying, apprehending, and prosecuting persons who commit drug violations
*Call the hotline or email in tips regarding suspicious behavior or witnessed drug use, sales, or manufacturing
http://www.lcsomo.com/narcotics-enforcement

National Alliance on Mental Illness (NAMI)
NAMI St. Charles Office 314-962-4670
1810 Craig Rd
St. Louis 63146
*Help with local resources and referrals, support, and NAMI programs such as NAMI Basics and Family-to-Family
*Open M-F 9:00-5:00 for general information on mental illness, questions on medication
http://www.namistl.org

National Center for Missing and Exploited Children Hotline
800-THE-LOST (843-5678)
*24/7 hotline to call with information about missing children or child exploitation
http://www.missingkids.org
http://www.cybertipline.org/ to report sexual exploitation of children

National Council on Alcohol and Drug Abuse (NCADA)-St. Louis Area
314-962-3456
9355 Olive Blvd
St. Louis, MO 63132
*Offers crisis counseling, prevention and education services, and assessment
*Helpline available M-F 9am-5pm to get help with any questions regarding drug or alcohol abuse
http://www.ncada-stl.org/

National Domestic Violence Hotline
800-799-7233
*24/7 free, confidential, anonymous hotline that provides crisis intervention, safety planning, emotional support, information and referrals to victims of domestic violence, perpetrators, friends, and family
http://www.thelotline.org/
www.loveisrespect.org
National Problem Gambling Hotline
800-522-4700
*24/7 confidential hotline offering information and referrals for problem gambling
http://www.ncpgambling.org/ National
www.888betsoff.com or 1-888-238-7633- In MO but outside of (636)

National Suicide Prevention Lifeline
800-273-8255
*24/7 free, confidential helpline to get help for yourself or someone you know. Offers emotional support to people in suicidal crisis or emotional distress
http://www.suicidepreventionlifeline.org/

Nurses for Newborns
314-544-3433 (for new referrals dial ext 315)
800-452-4784 314-448-4004-Fax #
7259 Lansdowne Ave Suite 100
St. Louis, MO 63119
*Office hours: Mon-Fri 8:30-5:00
*Prenatal services: assessment of the mother’s general health, nutrition, number of weeks gestation, reproductive history, family resources, home environment, and personal safety.
*Postpartum services: visits with you and your baby in the home up through age 2. The nurse will perform exams, weight checks, answer any questions about you and your baby, and info on safety, feeding, signs of infant illness, and parenting.
*An agency may refer a client if there is a concern. Referral form online. You may give the client the referral form to fill out and send in herself or she can call and speak to an Intake Coordinator.
intake@nursesfornewborns.org
www.nursesfornewborns.org

Oasis Resource Center
Cell (636) 706-6858 Office (636) 775-2711
219 W. College, Troy, MO 63379
(mailing address: PO Box 142, Troy, MO 63379)
Email: oasisresourcecenter@gmail.com
*Free, confidential services in a welcoming, non-judgmental environment to those experiencing a crisis/unplanned pregnancy
*Pregnancy testing, ultrasounds, and truthful private conversations exploring the options available to her and/or her partner. Clients can also take advantage of a variety of free educational resources either onsite on online. www.oasisresourcecenter.org

OATS
660-395-3041 (Northeast Region Main Office)
636-528-2831 Local #
*Transportation for seniors, persons with disabilities, and those living in rural areas
*To schedule a ride, check online for local contact information and bus schedule
*Open to General Public, pay out of pocket
http://www.oatstransit.org/
Our Lady’s Inn  
636-398-5375  
3607 Highway D, Defiance, MO 63341  
*Maternity shelter for homeless pregnant women and children. Women 18+ can stay with their children throughout pregnancy and up to 1yr from when they come in. Offer onsite case management, nursing, & counseling services  
*Offer up to 2yrs of after care services once women leave the shelter. Transitional housing for up to 1yr for women who need extra support  
*For seasonal donations drop off Mon-Fri 9:00-5:00  
http://www.ourladysinn.org

Parents as Teachers  
*Troy 636-462-3020 www.troy.k12.mo.us select Early Childhood Center as the school and click on Parents as Teachers tab  
*Silex Please call the Troy office  
*Elsberry 573-898-5554 ext:257  
*Winfield 636-668-8300 ext:406  
*Help to support parents from conception to kindergarten to develop curriculum to promote healthy child development and school readiness  
*Some eligibility requirements  
http://www.parentsasteachers.org/

Parent Link  
800-552-8522 Text: 585-326-4591 (585family1)  
*Available M-F 8am-10pm and weekends 12:00-5:00 for all Missouri residents (closed on holidays)  
*Helps parents, friends, families, and professionals work through parenting concerns, access sound parenting information, and obtain resource information in order to strengthen families.  
http://www.parentlink.missouri.edu

Paternity Information  
855-454-8037  
888-837-8323  
573-442-9948  
*Call for information on paternity and genetic testing  
http://dss.mo.gov/child-support/establish-paternity.htm

Poison Control Hotline  
800-222-1222  
314-772-5200  
*24/7 free hotline staffed by nurses, pharmacists, and physicians to assist with questions or exposures  
www.missouripoisoncenter.org

Preferred Family Healthcare  
636-528-7226  
269 Firehouse Lane  
Troy, MO 63379  
*Offer adolescent intensive outpatient groups and substance abuse programs, as well as some counseling and behavioral health services  
*Adolescent residential treatment is offered at the St. Charles location  
*Team of Concern- global prevention and early intervention services provided for at risk youth. Universal Prevention services as well as individual counseling.  
http://www.pfh.org/

Presbyterian Children’s Homes/Services  
314-785-0180  
1220 N. Lindbergh  
St. Louis MO 63132  
Mentor Coordinator: Mark Grzeskowiak  
*Therapeutic Mentoring Services  
*In home mentoring, Lincoln County Resident  
http://missouri.pchas.org

Promises of Hope Ranch  
636.391.8560 – Mission Gate Ministries  
*Mission Gates Promises of Hope Ranch is a Christian faith-based continued recovery home for women in Lincoln County  
*voluntary 9-month program, with a 96% success rate for those who graduate the program

Runaways Safeline  
800-786-2929  
*24/7 free, confidential, and anonymous hotline for youth and teens who are thinking about running away, have already run away and want to go home, have a friend who needs help, or who are homeless and need help. Also for teachers or other adults who want information to pass along to youth they know.  
http://www.1800runaway.org/

Sacred Heart Church- SVDP Food Pantry  
636-528-0647  
110 Thompson Dr  
Troy, MO 63379  
*Open Saturday 8:30-10:00  
*Serves Lincoln County and surrounding area, can receive food up to once per month  
*May also be able to provide emergency monetary assistance, once per year, as funds are available
Saint Louis Counseling - (formally Catholic Family Services)
636-528-5911
#140 Troy Professional Pkwy Troy, MO 63379
*Counseling services to all ages (3+), various group sessions such as anger management and love & logic
*Accept a variety of insurance and a sliding fee scale for uninsured clients
*Free counseling for children under 18 in Lincoln County  [http://www.saintlouiscounseling.org](http://www.saintlouiscounseling.org)

Saint Louis Crisis Nursery- Wentzville
636-887-3070
700 Medical Dr.
Wentzville, MO 63385
*Provides free short term emergency care for children birth-12 when families are facing difficult life experiences. While children are in respite care, they can receive developmental assessments, physicals with a nurse practitioner, and therapeutic activities. As available, Crisis Nursery provides free clothes, diapers, wipes, formula, food, hygiene items, and basic necessities upon request.  [www.crisisnurserykids.org](http://www.crisisnurserykids.org)

Salvation Army Lincoln County
636-358-0435
820 Cap-au-Gris (Bread of Life Food Pantry)
Troy, Mo 63379
*Tuesday from 9:30-12:00
*Provide assistance to Lincoln County residents only, one time per year with picture ID, disconnect notice (except with Budget Billing or prepay accounts), and social security cards for each member of the household
*Some medical assistance as needed. **No help with rent or deposits.**
*See also the Salvation Army Shelter

Salvation Army Shelter
636-240-4969
Shelter press 3
1 William Booth Dr
O'Fallon, MO 63366
*Emergency 32 bed shelter. Men can only stay with children, women stay in single area, men and women may stay together if married. No single men without children.  [http://stlsalvationarmy.org/programs-that-help/homeless-services/](http://stlsalvationarmy.org/programs-that-help/homeless-services/)

SHARE Pregnancy and Infant Loss Support
800-821-6819
Local 636-947-6164
402 Jackson St
St. Charles, MO 63301
*Provides grief support to families who have experienced pregnancy loss, still birth, or death of an infant child
*Provides information and education to friends, family, and community members on how to support those in bereavement  [http://www.nationalshare.org](http://www.nationalshare.org)

Sheriff’s Department- Lincoln County
Administrative Office  636-528-8546
Dispatch Office  636-528-6100
65 Business Park Dr

The Sparrow's Nest Maternity Home
636-336-2534
Alyssa Hilburn- Case Manager
Kim McKnight- Volunteer Coordinator
*Any young lady, under the age of 20, at any stage of pregnancy or already parenting a child under the age of 5, and in need of housing, is eligible. The program is voluntary and free of charge to residents and their families.
*Take a virtual tour of our house here  [https://www.youtube.com/watch?v=yefJSP6cIJs](https://www.youtube.com/watch?v=yefJSP6cIJs)
*In person meetings quarterly (check website for dates). This is a great time to meet our Director and some of our staff, as well as take a tour of our house! REGISTRATION IS REQUIRED.  [http://thesparrowsneststl.org/](http://thesparrowsneststl.org/)

SSM Glennon Care Pediatric
636-462-5437
636-462-3001-Fax #
Mon-Fri 9:00-4:30 Wed 9:00-6:30 closed for lunch 12-1 After Hours 855-804-0457 (4:30pm-9am)
132 Professional Pkwy, Troy MO 63379
*Pediatric care for children of all ages. Primary care medical services.
*Accepts most insurance, including MO Health Net, Managed Care Plan, and can make payment plan through a third party service if needed.  [http://www.cardinalglennon.com](http://www.cardinalglennon.com)
St. Patrick’s Center
314-315-5802
Mobile Outreach Worker: Art 314-795-7011
*Provides rapid, permanent housing for homeless Veterans and their families
www.stpatrickcenter.org

Sts Joachim and Ann Care Services
*877-893-9602
450 S Main St
Troy, MO 63379
*636-441-1302
4116 McClay Rd
St. Charles, MO 63304
*Provides housing assistance, career services, food pantry, case management, adopt-a-family, and child/family development program to ensure the basic needs of families
*Can also provide emergency assistance as funds are available
http://jacares.org/

Substance Abuse and Mental Health (SAMSHA) Helpline
800-662-4357
*24/7 free, confidential helpline for those with substance abuse and mental health concerns.
Provides referrals to treatment facilities, support groups, and community organizations
*Also provides free publications and other print information that can be sent to callers
http://findtreatment.samhsa.gov/

Suicide Prevention Hotline
800-784-2433 Hope Line
*24/7 crisis intervention and suicide prevention line that connects callers with the nearest local crisis center
*Based on area code on phone

Tel-Link
800-835-5465
Mon-Fri 8:00-5:00
*Information and referral line for maternal and child health care.
*Connects families with a variety of resources
http://health.mo.gov/living/families/tellink/

Thrive-St. Louis
636-278-1212
305A Mid Rivers Mall Drive
St. Peters MO 63376
*Pregnancy and STD-testing, parenting classes, & Ultrasound
www.thrivestlouis.org

Transportation Resource Catalog
*Department of Health and Senior Services (DHSS) and numerous public health system partners have created a catalog of transportation services that can help locate free or low cost resources to assist Missourians with transport to medical appointments.
*Transportation resource is now available on the department’s website. Will maintain this resource and update it as information becomes available. Please link to the department’s webpage instead of posting it to your site so that we can ensure everyone gets the latest information.

Tree House of Greater St. Louis
636-332-4940
332 Stable Ln
 Wentzville, MO 63385
*M-F 8:30-4:30 Offers therapeutic equestrian programs for individuals with disabilities ages 24months and up.
A variety of programs are offered based on need and experience.
*Can cost up to $125/hr, partial scholarships may be available
http://www.thstl.org

Troy Dream Center
366 S. Lincoln Drive Troy, MO 63379
636.775.2655
*Faith based residential program for men who are overcoming life-controlling issues, drugs and alcohol addictions, depression and abuse.
*Food, housing, education and counseling are all provided free of charge
*New sessions begin each Jan. and Aug.
*Applications available on website or at their office
info@troydreamcenter.com
Turning Point
888-873-7233
Warrenton, MO 63383
* Call 24/7, free, confidential hotline to get info or to talk about options.
*Domestic/sexual violence shelter for women & children. Support with court advocacy, support groups, referrals, counseling, domestic and sexual violence, and adult human sex trafficking.
http://www.turningpointdvs.com/

United Way Referral Service
211 or 800-427-4626
Local: 314-421-4636
*24/7 free, confidential referral service to local agencies and services
Basic Needs food, housing, material goods, transportation and utilities with low/fixed incomes
Consumer Services education and protection of individuals who buy products/services personal use.
Criminal Justice and Legal Services Enforcing laws that protect life, residents live in safe environment
Education Programs that provide opportunities to acquire the knowledge, skills, desirable qualities of behavior, character, wisdom, & general competence
Environment and Public Health/Safety Protect and conserve natural resources, prevent or reduce environmental pollution, promote environmental and public health
Health Care Individuals and families achieve and maintain physical well-being through the study, prevention, screening, evaluation and treatment
Income Support and Employment Programs meet the economic needs of the community by helping residents prepare for, find and sustain gainful employment; providing public assistance/support
Individual and Family Life Promote the personal, social and spiritual development of people in the community by offering services that replace or supplement the care and support
Mental Health and Substance Use Disorder Services Provide preventive, diagnostic and treatment services in a variety of community and hospital-based settings
Organizational/Community/International Services Provide a broad spectrum of services that benefit entire communities or which offer services that are statewide, regional, national or international
http://www.211helps.org/

Vision USA
1-800-766-4466
Email VISIONUSA@aoa.org
*Free basic eye exam services to persons who meet the eligibility requirements. Eye glasses may be provided at no cost or for a small fee in some locations. No contacts.
*To be eligible the individual must have NO insurance (including MO Health Net, Managed Care Plan, and Medicare), have income below the guidelines listed online, have not had an eye exam in the past 24 months, be a US citizen or legal resident, and have not received a doctor referral through the Vision USA program in the last two years
*Applicants must work with a charitable organization, social worker, case worker, or community health agency. All applications must be submitted online by a referral agency. You may request an application to be mailed to you at 243 N. Lindberg Blvd, St. Louis MO 63141 Serve a maximum of 4 members per household per year
http://www.aoa.org/visionusa/

Victim’s Advocate
Lincoln County: 636-528-8571
M-F 8:00-4:30
Domestic – Katie Woelfel
Child Abuse – Amanda Shepherd
Warren County: 636-456-7024 (Toni Truetken)
Pike County: 573-324-2201 (Prosecutor’s Office)
St. Charles County: 636-949-7370 (Joan Koechig)
*Information, education, emotional support, and resources for victims of crime www.ago.mo.gov click Programs/Services menu tab, click on Advocates for Crime Victims for the listing by county

Volunteers in Medicine - Lake St. Louis (see Crossroads Clinic)

Walker Scottish Rite Clinic
314-529-9200
5 Health Department Drive
Troy, MO 63379
*Provide FREE speech and language screenings, evaluations, and therapy for children two through six years of age
*Fully integrated program of Maryville University
www.srclinic.org
**Warming Centers**

* Daytime Warming Centers:
  * Winfield Foley Fire Protection District, M-Th
    7:30am-3:30pm 2663 State Hwy 47, Winfield, MO 63389, (636) 566-8406
  * LCCOA, Hours of operation M-F 8am-4pm, 1380 Boone St, Troy, MO 63379, (636) 528-7000
  * LCFPD, Hours of operation M-F 8am-4:30, 700 E Cherry St, Troy, MO 63379, (636) 528-8567
  * Winco Senior Center, Hours of operation M-F 7:30-1:30, 225 2nd St, Winfield MO 63389, (636) 668-8448

*Overnight: There is a hotline number for Lincoln, St. Charles, and Warren counties can call when the overnight temp is predicted to be below 20 degrees F. The number is 636-395-0492

**Youth Connection Helpline**

Text 4HLP to 31658

*24/7 free, confidential hotline for children/youth 18 yr and younger, and families experiencing a mental health crisis

*Sponsored through BHR and Youth in Need, provides over the phone crisis intervention, face to face assessments, and community resource linkage. Can also provide directions to the nearest safe place location for youth needing immediate help.

*Only for Franklin, St. Charles and St. Louis Counties and St. Louis City 800-811-4760

*For all other counties, including Lincoln and Warren County call for any age 314-469-6644

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