Mental Health Services Still Available for Families in Lincoln County, MO

According to the Kaiser Family Foundation, the COVID-19 pandemic is affecting more than our citizens’ physical health. Tens of millions of Americans responded to a Kaiser poll, conducted March 25-30, that the coronavirus is harming their mental health, extending psychological trauma into households across the U.S.

In Lincoln County, mental health services remain available with new virtual options offered to ensure the health and safety of residents.

“It’s normal to feel stressed or anxious during this time,” says Brett Siefert, Administrator of Lincoln County Health Department. “It may be especially difficult for people who already manage feelings of anxiety or emotional distress. If you are struggling, please reach out to one of our county’s resources. They are here for our residents and ready to help.”

Lincoln County mental health providers who are offering virtual services include:

- Compass Health Network
- F.A.C.T.
- Nurses for Newborns
- Preferred Family Healthcare
- Presbyterian Children’s Homes & Services
- Saint Louis Counseling
- Sts. Joachim & Ann Care Service
- The Child Center
- Youth In Need

“For Lincoln County children, youth and their families, the Lincoln County Resource Board provides access, now virtually as well, to local mental health providers,” said Cheri Winchester, Lincoln County Resource Board (LCRB) executive director. “Lincoln County kids can access mental health services at no cost through LCRB-funded programs. Even our students who were accessing mental health specialists through their schools, which are now closed, can still receive services through our funded agencies’ virtual offerings. Most of our funded providers also have created online prevention programming to remotely educate and empower our youth while they are completing their schooling from home.”

Please follow the Lincoln County Resource Board online at www.lincolncountykids.org for a list of funded providers or via Facebook for timely updates about programming. Along with local resources, residents are encouraged to take advantage of regional and national resources as well.

- Compass Health Network Disaster Hotline (888) 237-4567
• Saint Louis Crisis Nursery Helpline: (314) 768-3201
• National Suicide Prevention Hotline: 1-800-273-8255
• The Disaster Distress Helpline: 1-800-985-5990
• Behavioral Health Response Hotline: 1-800-811-4760

The Lincoln County Health Department has also continued its Narcan program, available through the MO Hope Project. Any Lincoln County resident can obtain Narcan from the health department by calling (636) 528-6117 and scheduling a no-contact pick up.

For more information about community resources during the COVID-19 pandemic, please visit the Lincoln County Health Department website at www.lchdmo.org/covid19-community-resources

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