Compass Health*
(636) 528-2070
Offers behavioral health services to teenagers in the Lincoln County area. Services include counseling and psychological assessments.

Preferred Family Healthcare*
(636) 528-7226
Outpatient substance use disorder treatment available. Team of Concern works with students to promote resiliency and substance use education.

St. Louis Counseling*
(636) 528-5911
Small-group counseling, outpatient psychiatry services, and office-based counseling available.

Need help now?
For free 24/7 support:

Text the crisis textline by texting ACT to 741-741

Suicide prevention lifeline: Call 1(800) 273-8255

Behavioral Health Response: Call 1 (314) 469-6644
TTY 1(314) 469-3638

*Lincoln County Resource Board funds may be available to Lincoln County residents aged 0 - 18, for more information please call (636) 528-2490 or visit www.lincolncountykids.org

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Encourage your child to get involved!

Joining clubs and volunteering can help increase self-confidence and physical fitness, and can also help reduce symptoms of depression.¹

4-H Clubs
Designed to empower and encourage youth. Each 4-H club is tailored to the individual and allows youth to choose their activities. They have camps and after-school programming available.
Ages 7-18.
For more information, call the University of Missouri Extension Center at: (636) 528-4613

Lincoln County Athletic Association
Recreational baseball and softball.
Ages 5-18
Teams are located in Hawk Point, Troy, Silex, Elsberry, Old Monroe & Winfield.
Call for more information.
(636) 528-1222

Volunteer Opportunities

PALs Animal Shelter
For more information visit: https://pals-pets.com/we-need-you/ or call 636-338-1818

Lincoln County Council on Aging
For more information visit: http://www.lincolncountycoa.com/home/volunteers or call (636) 528-7000

Contact your local school's guidance counselor for more volunteer opportunities!

Additional Counseling Services

E3 Counseling
151 West College Street
Troy, MO 63379
(636) 344-0763

Life Restoration Center
681 S Lincoln Dr #3
Troy, MO 63379
(636) 528-4333

Clear Perspective, LLC
471 Main Street Suite 6
Troy, MO 63379
(636) 328-6859

¹ https://www.wcsu.edu/community-engagement/benefits-of-volunteering/