

Useful Websites

Missouri Department of Mental Health and Division of Behavioral Health

dmh.mo.gov

Low Income Home Energy Assistance Program (LIHEAP)

mydss.mo.gov/utility-assistance/liheap

Find Help (search for resources)

findhelp.org

Student Support Services UCARE

studentsupport.mst.edu

Student Health Services

studenthealth.mst.edu

Student Well-Being

wellbeing.mst.edu

Student Accessibility and Testing

saat.mst.edu

Student Support Services

320 W 12th Street, 107 Norwood Hall
Rolla, MO 65409
(573) 341-4209

studentsupport.mst.edu

Crisis Hotlines and Helplines

National Suicide Prevention Line - 988

The Trevor Project

866-488-7386

or text "START" to 678-678

or chat on thetrevorproject.org

Missouri Crisis Line

(888) 761-4357

or text "HAND" to 839-863

Compass Health 24/7 Crisis Line

(833) 237-4567

Crisis Text Line

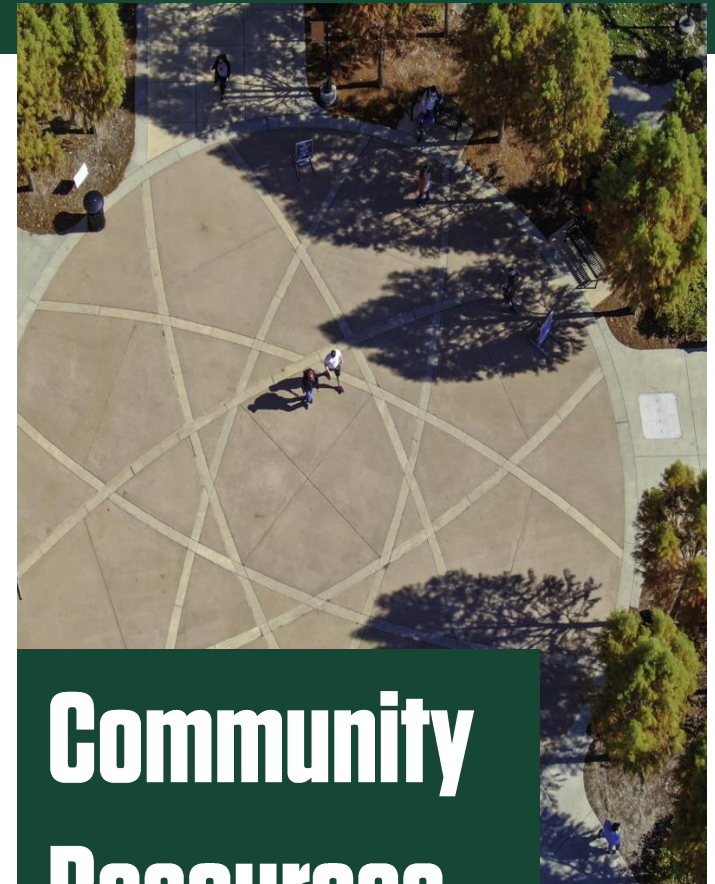
Text "HOME" to 741741

Veterans Crisis Line

988, option 1

Helpline for Substance Abuse

(800) 662-4357



Community Resources

Rolla and Local Resources

MISSOURI
S&T

Student Support Services

107 Norwood Hall
Rolla, MO 65409
(573) 341-4209

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MISSOURI
S&T

Food and Clothing

Family Support Division of MO	(855) 373-4636
First Baptist Church Coat Closet	(573) 364-3060
GRACE	(573) 368-5577
Meals on Wheels Phelps Cty.	(573) 341-2929
Meals on Wheels St. James	(573) 264-2993
The Community Partnership	(573) 368-2849
The Salvation Army	(573) 364-3947
St. James Caring Center	(573) 264-2047
Phelps County Dream Center	(833) 503-4906

Housing/Shelter & Financial

The Rolla Mission	(573) 308-5474
Rolla Housing Authority	(573) 364-6460
Phelps county Public Housing	(573) 265-4200
SafeLink (free cell phone)	(800) 723-3546
Salvation Army	(573) 368-4919
GRACE	(573) 368-5577

Mental Health

Compass Health Network	(844) 853-8937
Phelps Health Behavioral Health	(573) 364-2007
Benton Street Counseling	(573) 433-2833
Hope Connections	(833) 338-4673
Healing Hearts Counseling	(573) 426-2277
Southeast MO Behavioral Hlth.	(573) 364-8511
Four Rivers Community Health	(573) 426-4455
Department of Mental Health	(573) 840-9370
Behavioral Health Response StL	(800) 811-4760

Transportation

SMTS Phelps County	(573) 364-7687
SMTS Texas County	(417) 778-7240
SMTS Dent County	(573) 729-3133
SMTS Crawford County	(573) 775-2793
OATS Maries County	(800) 269-6287
OATS Pulaski County	(833) 582-4960
MO Rides	(800) 836-7433
Phelps Health Courtesy Van	(573) 341-8278
TCMH Medivan (Texas County)	(417) 260-2127

Medical Resources

Four Rivers Community Health	(573) 426-4455
Phelps County Health Dept	(573) 458-6010
Planned Parenthood	(573) 364-1509
Lifeline Pregnancy Care Center	(573) 368-5700
Compass Health Network	(844) 853-8937
Phelps Health EnrollU Insurance	(573) 458-3676
Family Support Division of MO	(855) 373-4636

Substance Use

Southeast MO Behavioral Hlth.	(573) 364-8511
Compass Health	(844) 853-8937
Four Rivers Community Health	(573) 426-4455
Gibson Center- Cape Girardeau	(573) 334-5513
Carol Jones Women's Recovery	(417) 862-3455
Cox Health Ctr for Addictions	(417) 269-2273
Center Pointe (St. Charles)	(636) 441-7300
Lake Area Citizens Advisory Bd.	(417) 533-5332

Domestic & Sexual Violence

Russell House: Response Shelter	(573) 364-0579
Russell House Crisis Line	(800) 998-8340
Genesis (Pulaski County)	(573) 774-2628
National Domestic Violence	(800) 799-7233
RAINN	(800) 656-4673

Hotline Reporting Numbers

Child Abuse Hotline	(800) 392-3738
Children's Division	(573) 368-2440
Department of Youth Services	(573) 368-2220
Elder Abuse Hotline	(800) 392-0210

Veterans Assistance

Veterans Crisis Line (call/text)	988, option 1
Veterans Service Office	(573) 368-2373
St. James VA Clinic	(573) 265-0448
Waynesville VA Clinic	(573) 814-6580
American Legion Veterans Fund	(800) 504-4098

Local Law Enforcement

University Police Department	(573) 341-4300
Rolla Police Department	(573) 364-1213
Phelps County Sheriff's Dept.	(573) 426-3860
MO State Highway Patrol-Rolla	(573) 368-2345

In case of an emergency, dial 911