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

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

Student Support Services
320 W 12th Street, 107 Norwood Hall
Rolla, MO 65409
(573) 341-4209
studentsupport.mst.edu
### Food and Clothing
- Family Support Division of MO: (855) 373-4636, (573) 364-3060, (573) 368-5577
- First Baptist Church Coat Closet: (573) 364-2929
- GRACE: (573) 367-6249
- 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

### 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

### 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

### 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

### 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

### 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

### 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

### Hotline Reporting Numbers
- Child Abuse Hotline: (800) 392-3738
- Children’s Division: (573) 368-2220
- Department of Youth Services: (800) 392-0210
- Elder Abuse Hotline: (573) 368-2440

### Veterans Assistance
- Veterans Crisis Line (call/text): 988, option 1
- Veterans Service Office: (573) 265-4448
- St. James VA Clinic: (573) 814-6580
-Waynesville VA Clinic: (800) 504-4098
- American Legion Veterans Fund: (573) 368-2345

### 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

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In case of an emergency, dial 911