

RESOURCES	Number	Description
211 United Way of Missouri	211 (24 hours - 7 days a week)	one call for resources in your community
A Safe Place	1-877-266-8732	undisclosed shelter for abused women & their children
Adapt-Ability, Inc.	314-432-1101	serve people with disabilities
ALIVE (Alternatives to Living in Violent Environments)	314-993-2777 www.alivestl.org	24 hour crisis line
ALPHA Care, Inc. (Home Health Services)	1-888-758-4200 (24 hours-7 days a week)	accepts Medicaid & Healthy Youth & Child
American Red Cross	636-464-9150	help for victims of disaster, emergency funds
Angel Food Ministries	1-877-366-3646 angelfoodministries.com	box of food for about \$30, for anyone
Asthma & Allergy Foundation of St. Louis	314-645-2422	asthma medication assistance & bedding
Behavioral Health Response	1-800-811-4760 or 314-469-6644 www.bhrstl.org	24 hour counselor line
Bereaved Parents of the USA	636-931-3944 Debby or 636-586-8559 Ginny	support group - meets in DeSoto
Birthright	636-789-3518 (Hillsboro) birthright.reachlocal.net	free preg. test, counseling, clothing
Cardinal Glennon Ask-A-Nurse Line	314-645-4500	questions regarding child's health
Cardinal Glennon (car seat fitting)	314-776-3627	car seat fittings & checks
Catholic Community Services	636-931-5859	emergency assistance
Catholic Family Services	636-937-2157 www.cfsstl.org	counseling, energy assistance
Center for Hearing and Speech	314-968-4710 www.hearing-speechstlouis.org	speech/language eval. therapy
Child Abuse/Neglect Hotline	1-800-392-3738	24 hour confidential service
Child Support Enforcement	636-797-9840	establish child/medical support from parent
Childhelp USA (Natl Child Abuse Hotline)	1-800-4-A-Child (422-4453)	24 hour counseling assistance
Children's Advocacy Center	636-586-1806	for children who may have been a victim of abuse
Children's Division	636-797-9601	foster care, adoption, child abuse/neglect services
COMTREA	1-877-266-8732 (toll free)	shelter for battered women & children
COMTREA (Crisis Hotline)	636-931-2700 or 636-296-6206	community treatment/parenting classes
COMTREA (Adult Substance Abuse Assessment)	636-232-2347 or 636-321-0109	Medicaid, sliding fee, no appt. necessary
Consumer Complaint	1-800-392-8222	Missouri Attorney General
Crime Victims Advocacy Center	314-652-3623 (24-hour) 539 North Grand, St. Louis	free counseling & aid for victims of crime
Crisis Nursery (Jeff Cnty & North Cnty)	314-768-3201 www.crisisnurserykids.org	24 hour hotline, safehaven for kids ages birth-10
Crisis Nursery (St. Charles)	636-947-0600	24 hour hotline, safehaven for kids ages birth-10
Dental Care for Kids (Lindell)	314-535-7701	walk-ins only \$20
Family Services	636-797-9601 Hillsboro 636-287-1364 Arnold	Medicaid, food stamps, TANF, income programs
Disability Resource Association	636-931-7696	independent living for residents w/ disabilities
Disability Support Systems	636-931-6644 Kids Start Lending Library Checkout	temp. respite care for persons w/ disabilities
Divorce Care for Kids	636-671-4190	support group for kids 5-12
Down Syndrome Parent Support Group	314-961-2504 Down Syndrome Assoc. of Greater St.L	group meets monthly www.dsagsl.org
Energy Crisis Intervention Program	636-789-2686 or 636-797-2688	utility Asst. for low-income families
Family Resource Center	636-464-9279 (Jefferson County)	counseling, child abuse treatment
Feed My People	636-677-9885 food, thrift store, newborn needs,	school supplies, shoes, winter/summer help
First Steps	1-866-583-2392 (toll free) 636.584.7279	therapy for children w/ developmental delays
Food Pantries	Arnold Food Pantry 636-467-5959	
	DeSoto Food Pantry 636-586-7300	listen to recording, serves DeSoto residents
	Feed My People 636-677-9885	Tues-Fri 9 am-2:30 pm & Sat 9:30 am-Noon
	Food Pantry at Murphy Baptist 636-343-8674	call to register, food available twice a month
	Food Stamp Hunger-Line 1-800-392-1261	
	Hillsboro Food Pantry 636-797-2498 Grandview & Hillsboro)	9:30-11:30 Thurs, bring proof of income
	High Ridge Food Pantry 636-677-3005	
	Imperial Hand of God 636-797-7800	
	Jefferson County Rescue Mission 636-475-3030	
	Ozark Food Pantry 636-933-9974 #1 Sunset Drive, Festus	serves Festus, Crystal, Herky, Horine, Hematite, & Pevely
	Peace Pantry 636-285-0934	
	Salvation Army 636-464-0787 Jeffco Blvd., Arnold	
Fox C-6 Special Education	636-296-8000	
Grandparents Raising Grandchildren	636-797-5391 B.J Eavy	information / support group
Grandparents Warm-Line	1-888-640-3113 extension.missouri.edu/eregion/grandparent	for grandparents & caregivers in parenting role
Hand 'n Hand Pregnancy Help Center	636-464-8400 (Barnhart)	pregnancy services & support
Head Start	636-789-3563	preschool for children 3-5 years old
	Early Head Start Program -	serves infants, toddlers, & pregnant women
Healing with Horsepower	636-931-7696 x. 116	therapy riding for individuals w/ disabilities
Heaven's Closet	636-789-4460 304 Locust Hillsboro, MO	FREE store: clothes, household items
Heaven's Smallest Angels	314-732-7638 Heidi	women's grief support group for loss of pregnancy, infant, or child for any reason
Homeownership Preservation Foundation	1-888-995-HOPE www.995HOPE.org	helps homeowners avoid foreclosures
Horse Helper's Counseling for Kids	636-586-5877 ext. 2 DESOTO	equine therapy / counseling
Humanitri - Friends of Moms	314-741-5122 Help locate special resources	program for teen moms & single parents
JC Transit	636-937-6454 1-888-793-9333 (toll free)	Transportation for developmentally disabled
Jefferson Co. Devel. Disabilities Resource Board	636-282-4444 or 636-937-6946 Service Coordinator	services to individuals w/ disabilities
Smiles To Go Dental Van	636-633-6255	dental work to uninsured children
Jeffco Express	636-464-5144 x. 15 jeffcoexpress.org	transportation for anyone, routes are limited
Jefferson County Health Dept.	636-797-3737 (Hillsboro) or 636-282-1010 (Arnold)	vaccinations, family planning, nutrition, women's health
Jefferson County Libraries	Crystal City 636-937-7166 DeSoto 636-586-3858	preschool & summer reading programs

	Festus 636-937-2017 Fox 636-296-2204 Windsor 636-461-1914	Northwest 636-677-8186 Jefferson College 636-942-3000	Call your local library for card information
Jefferson County Municipal Enforcement Group	1-866-931-6011		meth action hotline, confidential
Jefferson County Rescue Mission	636-475-3030 (Pevely)		clothes, food, household items, shelter
Jefferson/Franklin Comm. Action Corp.	636-797-2688 or 636-789-2686	www.jfcac.org	intake, assessment, weatherization
Jefferson Regional Behavioral Health Services	636-933-1211 (hotline) or 636-933-1205		24 hour hotline for all ages
Touchpoint Autism Services	314-432-6200; 314-385-5373	touchpointautism.org	services & support to individuals with Autism
Kangaroo Kids	314-835-9200	kangarookidsonline.com	clothing resale & breastfeeding support center
Kids In The Middle	314-909-9922	www.kidsinthemiddle.org	support for children/families coping w/ divorce
KUTO (Kids Under 21)	1-888-644-5886		crisis hotline for teens - stress, suicidal thoughts, etc.
La Leche League	636-677-6626 (Dawn)		breastfeeding support & education
La Leche League	636-677-9142 (Liz)		breastfeeding support & education
Ladies of Charity	636-677-1167 (in High Ridge)		intake, free household items, toys, food
Learning Disabilities Association (LDA)	314-966-3088 St. Louis affiliate		support & education
Legal Advocates For Abused Women	1-800-527-1460	www.laanstl.org	free legal rep. For low-income individuals
Legal Services of Eastern Missouri Inc.	1-800-444-0514		legal assistance for low income residents
Missouri Career Center	636-287-8909 or 1-800-292-1314 (toll free)		persons seeking work and unemployment benefits
Missouri Childcare Resource & Referral	1-800-200-9017		help locate quality child care & education materials
Missouri Lions	314-645-3500	www.missourilions.com	eye/hearing/glasses assistance
Missouri Regional Poison Center	1-800-222-1222 (toll free)		answers for chemicals, overdose, bites
MOCHIP-MO Child Identification Program	mochip.org		child identification & protection tools
MOFEAT-MO Families for Effective Autism Treatment	314-993-0806 1-877-275-8988 (toll free)	www.mo-feat.org	advocacy, education, & support for families
Mom's Club of Arnold	636-296-6476 (Jody)		playgroups & support for moms
Mom's Club of Hillsboro	636-337-7149 (Erin)		playgroups & support for moms
Mother to Mother	314-644-7001 or 1-877-644-7001		pregnancy/post partum depression support
Mother's Milk Club	636-797-2688		breastfeeding support
MPACT-Missouri Parents Act	314-542-0096 1-800-995-3160 (toll free)	ptimpact.org	Training for parents of children w/ disabilities
National Energy Assistance Referral (NEAR)	1-866-674-6327		info. on where to apply for LIHEAP-utility asst.
Next Steps For Life (formerly Disab. Res. Board)	636-282-4400 or 636-933-0244		services for adults with disabilities
Nurses For Newborns	1-800-45-BIRTH or 314-544-4922		serve pregnant women & infants
Parent Hotline	1-800-840-6537		Free-services for parents/families with struggling teen
Parenting Classes	636-285-4116 House Springs 636-931-3511 Festus		qualifies as court mandated parenting classes
ParentLink	1-800-552-8522		answer ANY parenting questions
Parents Anonymous	314-539-4052		child abuse/neglect support group
Parents as Teachers	636-282-1476 Fox 636-671-3470 Northwest 636-586-1008 DeSoto, Grandview, Sunrise, Hillsboro 636-933-0792 Festus, Crystal, Dunklin, R-7 636-464-4499 Windsor		prevention program, designed to maximize children's overall development during the first three years of life
Parents without Partners	716-684-0123		support group for single parents
People's Health Center	314-781-9162 (7200 Manchester)		sliding scale
Poison Control Hotline	1-800-222-1222		hotline in case of overdoes, chemicals, etc.
Pony Bird	636-931-5818		respite care for ind. w/ mental disabilities
Pregnancy Care Center	636-285-4116 House Springs 636-931-3511 Crystal City		free and confidential cedarhill@prcmo.net
Provident Counseling	314-533-8200 3675 W. Outer Road, Suite 203, Arnold		low cost counseling
Provident's Life Crisis Hotline	314-647-4357 or 1-800-273-8255		crisis hotline to talk to someone immediately
Ride On St. Louis	636-464-3408 KIMMSWICK [waiting list]		equine therapy for children w/ disabilities
Run Away Children National Switchboard	1-800-786-2929	For ages up to 20 years	Greyhound bus provides free trans. home
Rx Outreach	1-800-769-3880		medication assistance
Safe Babies	636-464-5144 x20		safe sleep education, cribs
Safe Kids St. Louis	314-612-5770 Kathy Hogan		info on child passenger safety
Salvation Army	636-464-0787 (Jeffco Blvd., Arnold) Food Pantry		food, clothing, general referral services
Show Me Healthy Women	1-573-522-2845	For women ages 35-65	free mammograms & pap tests
Special Services Co-Op of Jefferson County	636-789-4305		therapy services through school districts
St. Anthony's Medical Center	314-525-4002 or 1-800-554-9550 (appointment only)		FREE bike helmet fittings & info
St. Louis Regional Center	636-931-5720 (Jefferson County office)		serve people who are developmentally disabled
St. Louis University	314-977-8365	Does not accept Medicaid	low cost orthodontics, endodontics, periodontics
STLCC Dental hygiene clinic	314-644-9331 (students in training provide cleanings)		low cost dental cleanings
St. Vincent DePaul Society	314-531-2183 (central office) Helpline: 314-531-7837		food, shelter, utility assistance
Stuttering Foundation of America	1-800-992-9392		
Suicide Hotline	1-800-273-8255		24-hour hotline
The Caring Corner, Inc.	636-937-7727		Counseling services-discounted rates available
The Parenting Network	636-464-5144 x11 or x14		program for low-income stay-at-home parents
The Walker Scottish Rite Clinic	314-533-7415 or 1-800-358-5656		childhood language disorders
Univ. of MO Extension	636-797-5391		financial counseling/grandparent support
Vision USA	1-800-766-4466 stjohmsmercy.org/services/neighborhoodministry		free eye exams for eligible. low-income wrkg families
WIC (Women, Infants, Children)	636-789-2686		health & nutrition program
YMCA (Festus)	636-931-9622 (Family Time Sundays 11am-5:30 pm \$10/family)		scholarships available for membership

go to: jeffersoncountyonline.com for a complete resource list

For other toll free numbers not listed: call 1-800-555-1212