

MISSOURI MENTAL HEALTH AND WELLNESS DIRECTORY

PURPOSE OF DIRECTORY

This document is intended to be a reference for individuals working to identify appropriate mental health and wellness services for refugees and immigrants. Our goal is to expand these listings over time to reflect the growing populations of refugees and immigrants throughout the state of Missouri.

The providers listed offer low-cost care options such as reduced fees or sliding fees and have expertise in serving diverse populations. Contact the clinic directly to discuss fees for individual services, which vary. We welcome new listings that have not been included in this edition. Please contact refugeehealthmissouri@uscmail.org with additions.

We hope you find it helpful in locating a mental health provider within your region.

Disclaimer: Any reference in this resource guide related to any provider or services do not constitute or imply the endorsement, recommendation, or favoring of the U.S. Committee for Refugees & Immigrants, or any of its employees acting on its behalf.

MENTAL HEALTH PROVIDERS: MISSOURI

SAINT LOUIS, MISSOURI

INTERNATIONAL INSTITUTE

3401 Arsenal St.

Saint Louis, MO 63118

(314) 773-3090

Hours of Operation:

- Monday - Friday 8:00 am - 5:00 pm

Website:

- [International Institute of St. Louis - Immigrant Services & Community Engagement Hub since 1919 \(iistl.org\)](http://iistl.org)

Program Name	Type of Assistance	Program Information	Cost	Interpretation Available?	Transportation Available?
RRS	Counseling	<ul style="list-style-type: none">For Refugees, Asylees and Special Immigrant Visa HoldersMust be a Saint Louis city Resident for 5 years of less	Free	Yes	No
RRF	Counseling	<ul style="list-style-type: none">Available for anyone regardless of immigration statusElderly counseling program for individuals over the age of 65Must be a Saint Louis city or county resident for 5 years or less	Free	Yes	No
Care Access for New Americans	Counseling	<ul style="list-style-type: none">Available for anyone regardless of immigration statusMust be a Saint Louis City residentMust be between 18-65 yearsNot intended to serve individuals with severe or persistent mental anxiety, PTSD or depression	Free	Yes	No

BILINGUAL INTERNATIONAL ASSISTANT SERVICES (BIAS)

1239 Macklin Ave #200

Saint Louis, MO 63110

(314) 645-7800

Hours of Operation:

- Monday - Friday 9:00 am - 5:00 pm

Website:

- [About Us – Bilingual International Assistant Services \(bilingualstl.org\)](#)

Program Name	Type of Assistance	Program Information	Cost	Interpretation Available?	Transportation Available?
Care Access to New Americans and Survivors of Torture and War Trauma (CANA)	<ul style="list-style-type: none"> • Individual Mental Health Therapy • Psychiatry 	<ul style="list-style-type: none"> • Available for Saint Louis city or county residents 	Free	Yes	<ul style="list-style-type: none"> • Not for mental health services • In-home services available
Project Safe Space	<ul style="list-style-type: none"> • Therapy • Psychoeducation 	<ul style="list-style-type: none"> • Must be foreign-born child, child of foreign-born care givers or English Language Learner students • Youth between the ages 5-19 • Partners with select Saint Louis city or county schools only 	Free	Yes	<ul style="list-style-type: none"> • Not for mental health services • In-home services available

PLACES FOR PEOPLE

1001 Lynch Street

Saint Louis, MO 63118

(314) 535-5600

Website:

- [Home - Places for People](#)

Program Name	Type of Assistance	Program Information	Cost	Interpretation Available?	Transportation Available?
Outpatient Therapy	Therapy	<ul style="list-style-type: none"> Places for People provides Individual, Group, and Family outpatient therapies built on our strength in providing evidence-based practices to address a diverse area of mental health needs 	<ul style="list-style-type: none"> Accepts some insurances Sliding fee 	No	If applicable

CASA DE SALUD

1015 S. Compton Avenue

St. Louis, MO 63104

(314) 977 1250

Hours of Operation:

- Monday – Friday 9:00 am – 4:00 pm
- Saturday 9:00 am – noon
- Sunday 1:00 pm – 5:00 pm

Website:

- [Casa de Salud | Immigrant and refugee healthcare in St. Louis \(casadesaludstl.org\)](http://casadesaludstl.org)

Program Name	Type of Assistance	Program Information	Cost	Interpretation Available?	Transportation Available?
Mental Health Collaborative	Counseling	<ul style="list-style-type: none"> Mental Health Services to uninsured and underinsured patients, focusing on new immigrants and refugees 	Sliding scale (\$0-20) for a session	Yes	<ul style="list-style-type: none"> Works with HIPPA-protected Uber Health \$15/ride co-pay If the ride is over \$15 Cas de Salud pays the difference

AFFINIA HEALTHCARE

Locations:

- Please visit [Locations - Affinia Healthcare](#)

Hours of operation:

- Vary by location

Website:

- [Services - Affinia Healthcare](#)

Program Name	Type of Assistance	Program Information	Cost	Interpretation Available?	Transportation Available?
Adult Behavioral Health Consultant (BHC)	Counseling	<ul style="list-style-type: none"> • All patients must speak with a BHC and be assessed for mental health services a Affinia before having an appointment made with an ongoing mental health provider • All patients must have a primary care provider at Affinia to be eligible for mental health services at Affinia 	Dependent on patient's insurance, where they reside and their income	Yes	Yes
Child Development Center (CDC)	<ul style="list-style-type: none"> • Individual and family therapy • Medication management • Speech Therapy 	<ul style="list-style-type: none"> • Serves children from the age 2-18 years of age • A parent or legal guardian is welcome to walk in 	Dependent on patient's insurance, where they reside and their income	English and Spanish	Yes

KANSAS CITY, MISSOURI

SAMUEL U. RODGERS HEALTH CENTER

825 Euclid Ave

Kansas City, MO 64124

(816) 474-4920

Hours of Operation:

- Monday – Tuesday 8:00 am – 5:00 pm
- Wednesday 7:00 am – 12:00 pm
- Thursday – Friday 8:00 am – 5:00 pm

Website:

- [Behavioral Health - Sam Rodgers Health Centers](#)

Program Name	Type of Assistance	Program Information	Cost	Interpretation Available?	Transportation Available?
Therapy and Psychiatry	Behavioral Health and Counseling	<ul style="list-style-type: none">• Available for anyone regardless of immigration status• Accepts most insurances• Not intended to serve individuals with severe or persistent mental disorders	Sliding fee scale	Yes	Yes

KANSAS CITY CARE AND HEALTH CENTER

Locations:

- Please visit [Find Healthcare in Kansas City | KC Care Health Center](#)

Hours of Operation:

- Vary by location

Website:

- [KC Care Health Center | Kansas City Health Center](#)

Program Name	Type of Assistance	Program Information	Cost	Interpretation Available?	Transportation Available?
Behavioral Health Services	<ul style="list-style-type: none"> • Therapy • Psychiatry • Substance abuse counseling • Non-medication pain management 	<ul style="list-style-type: none"> • Short-term or long-term care for conditions like depression, anxiety and PTSD 	<ul style="list-style-type: none"> • Accepts insurance • Sliding fee scale 	Yes	No

COLUMBIA/SPRINGFIELD, MISSOURI

BURRELL BEHAVIORAL HEALTH

Locations:

- Please visit [Our Locations | Burrell \(burrellcenter.com\)](#)

Hours of Operation:

- Vary by location

Website:

- [Home | Burrell \(burrellcenter.com\)](#)

Program Name	Type of Assistance	Program Information	Cost	Interpretation Available?	Transportation Available?
Services for Children and Teens	<ul style="list-style-type: none"> • Therapy • Psychiatry 	<ul style="list-style-type: none"> • To see a list of services and programs Services for Children and Teens Burrell (burrellcenter.com) 	<ul style="list-style-type: none"> • Accepts insurance • Sliding fee scale 	Yes	Yes
Services for Adults	<ul style="list-style-type: none"> • Therapy • Group therapy • Psychiatry 	<ul style="list-style-type: none"> • To see a list of services and programs Services for Adults Burrell (burrellcenter.com) 	<ul style="list-style-type: none"> • Accepts insurance • Sliding fee scale 	Yes	Yes
Services for Families	<ul style="list-style-type: none"> • Therapy • Psychiatry 	<ul style="list-style-type: none"> • To see a list of services and programs Services for Families Burrell (burrellcenter.com) 	<ul style="list-style-type: none"> • Accepts insurance • Sliding fee scale 	Yes	Yes

COLUMBIA, MISSOURI

FAMILY ACCESS CENTER OF EXCELLENCE

105 East Ash Street Suite 100

Columbia, MO 65203

(573) 771-3223

Hours of Operation:

- Monday - Thursday 9:00 am - 7:00 pm
- Friday 9:00 am - 5:00 pm

Website:

- [Home - FACE of Boone County](#)

Program Name	Type of Assistance	Program Information	Cost	Interpretation Available?	Transportation Available?
Case Management	<ul style="list-style-type: none">• Counseling referrals• Therapy referrals	<ul style="list-style-type: none">• FACE is a linking agency to resources for families with children ages 0-19, residents of Boone County• Provides an Intake Assessment to determine the family's concerns, then connect them with providers	Free	Yes	No

TRUE NORTH OF COLUMBIA

PO Box 1376

Columbia, MO 65205

(573) 875-1370

Website:

- [Home - True North of Columbia](#)

Program Name	Type of Assistance	Program Information	Cost	Interpretation Available?	Transportation Available?
Counseling	Counseling	<ul style="list-style-type: none">• Individual counseling is offered to residents of shelter and non-residential clients of the agency• The Person-Centered Approach is used during one-on-one sessions to assist individuals in meeting personal goals, including but not limited to, beginning or continuing the healing process on each individual's own terms	All services are free for clients	Yes, for phone calls not in person visits	Yes, for clients

LOCATIONS THROUGHOUT THE STATE OF MISSOURI

LUTHERAN FAMILY AND CHILDRENS SERVICES

Locations:

- Please visit [Locations - Lutheran Family and Children's Services of Missouri \(lfcsmo.org\)](http://lfcsmo.org)

Hours of Operation:

- Vary by location

Website:

- [LFCS of Missouri | Faithfully Serving Missouri's Children and Families \(lfcsmo.org\)](http://lfcsmo.org)

Program Name	Type of Assistance	Program Information	Cost	Interpretation Available?	Transportation Available?
Individual Therapy	Counseling	<ul style="list-style-type: none"> • Individual therapy is available to adults, seniors, children, and adolescents • Can help treat mental, emotional, physical and behavior issues 	<ul style="list-style-type: none"> • Sliding fee • Accepts insurance 	No	No
Family Therapy	Counseling	<ul style="list-style-type: none"> • Family therapy combines sessions with individuals and sessions with the entire family • Issues may include divorce, chronic illness, financial stress, family reunification and many more. Please visit the following link to see a full list: Family Therapy - Lutheran Family and Children's Services of Missouri (lfcsmo.org) 	<ul style="list-style-type: none"> • Sliding fee • Accepts insurance 	No	No

COMPASS HEALTH

Locations

- Please visit [Locations – Compass Health Network](#)

Hours of Operation”

- Vary by location

Website:

- [Columbia – Compass Health Network](#)

Program Name	Type of Assistance	Program Information	Cost	Interpretation Available?	Transportation Available?
Counseling for Children and Adults	Counseling	<ul style="list-style-type: none"> • Serves individuals with anxiety, depression, mood disorders, or related mental health problems • Offers individual, family, and group counseling 	<ul style="list-style-type: none"> • Accepts insurance • Sliding fee scale 	Yes	For patients with Medicaid
Psychiatry for Children and Adults	<ul style="list-style-type: none"> • Education regarding the effects of the medication and its relationship to the person’s behavioral health disorders • Prescription of medications • Ongoing monitoring of the medication’s effects 	<ul style="list-style-type: none"> • Every individual receiving psychiatric services needs an assessment by a psychiatrist or psychiatric advanced practice nurse. • For adults and children battling depression, attention deficient disorders, anxiety, grief, or addictive disorders 	<ul style="list-style-type: none"> • Accepts insurance • Sliding fee scale 	Yes	For patients with Medicaid