

## Health and Counseling Resource Guide for University College

### Emergencies – Campus Police 314-935-5555 or 911

#### Crisis Hotlines

Life Crisis Center 314-647-4357 BJC Crisis Line 314-469-6644

Veterans Crisis Line 1-800-273-8255, press 1 or text 838255

Crisis Text Line Text START to 741-741 on your mobile phone. <http://www.crisistextline.org/>

#### Nearby clinicians (student must have insurance or ability to pay)

Teresa Flynn 314-862-1891

Joan Kindleberger, MSW 314- 361-1520

Laura Kaplan, Ph.D. 314-560-0470

Matt Schatzman 314-397-3775

Sherie Kaplan 314-367-7470

Michael Deal 314-561-7106

#### Counseling Service Centers:

Affinia Healthcare (formerly Grace Hill Health Center), multiple locations, sliding scale fees; 314-898-1700; <http://affiniahealthcare.org/>

Care and Counseling 314-878-4340; <http://careandcounseling.org/>

Students may qualify for sliding scale fees. There are several area locations.

Community Psychological Service 314-516-5824; <http://www.umsl.edu/services/cps/>

232 Stadler Hall, Univ. of Missouri St. Louis, St. Louis MO 63121 This center conducts evaluations for learning differences as well as other psychological services. Sliding scale fees.

People's Health Center 314-367-7848, after hours 1-844-841-3876; <http://www.phcenters.org/>

Psychological Service Center 314-935-6555; <http://psychnet.wustl.edu/psc/>

Washington University – West Campus, 7 North Jackson Ave. St. Louis, MO 63105

Saint Louis Behavioral Medicine Institute 314-289-9411; <http://slbmi.com/>

For those with insurance, the Institute offers specialized treatment for a wide range of anxiety disorders, with several locations.

United Way 211 Missouri, call 211 for resource information; <http://www.211missouri.org/>

#### Other Physical and Mental Health Resources:

Give an Hour, providing services for veterans: <http://www.giveanhour.org/>

Veterans Crisis Line: 1-800-273-8255; <https://www.veteranscrisisline.net/>

WUSTL's Habif Health and Wellness Center 314-935-6695, after hours 314-935-6666

International students and students in the Postbaccalaureate Premedical Program pay the student health fee, and may use the Washington University Student Health Services on the South 40 Campus for any health issue. Habif Health and Wellness Center 314-935-6695, after hours 314-935-6666