

# REAL TEEN RESOURCES Columbia/Boone County Public Health and Human Services

## CRISIS LINES - 24/7

Burrell 1-800-395-2132 Mid Mo Crisis Line 1-888-761-4357 National Suicide Line 1-800-273-TALK (8255) The Trevor Project (LGBTQ) 1-866-488-7386

## ALCOHOL AND DRUGS

**Ala-Teen/Ala-non 443-3059** [www.missouri-al-anon.org](http://www.missouri-al-anon.org)  
*Support for teens or families affected by alcohol*

**Alcoholic's Anonymous (AA) 442-4424** [www.aa.columbia.missouri.org](http://www.aa.columbia.missouri.org)  
*Meeting info and support for those having problems with alcohol*

**Crossroads Group 256-8020**  
*12-Step drug/alcohol treatment and after-care*

**Narcotic's Anonymous (NA) 1-800-945-4673**  
*24-hour line for help with drugs*

**Pathways 449-4770 or 442-6410**  
*Outpatient and residential substance abuse counseling and treatment for teens; family therapy and education groups to enhance the treatment for the teen*

**Project Apex/Project Reach Out 875-8880 x 2114**  
*Phoenix Programs' outpatient treatment for adolescents and young adults 12-20 years of age*

**YC2 443-2556 x 1284**  
*Empowering youth to make healthy choices about drugs and alcohol*

## ASTHMA

**Dept. of Child Health Asthma Ready Services 884-8629**  
[www.asthmaready.org/About.aspx](http://www.asthmaready.org/About.aspx)

**Division of Pulmonary Medicine and Allergy 882-6921**  
*University of MO Director: Jim Action, MD*

## BULLYING

**School Violence Hotline 1-866-748-7047 (Affiliated with MO Dept. of Social Services-Children's Division)** [www.schoolviolencehotline.com](http://www.schoolviolencehotline.com)  
*Report bullying, threats and weapons by texting "Reportit" to 847411 - include name of school and city*

## CHILD ABUSE

**Abuse & Neglect Hotline 1-800-392-3738**

**Rainbow House 474-6600**  
*Emergency shelter for children*

## COUNSELING AND MENTAL HEALTH

**Burrell Behavioral Health 777-8300**  
*Children and adolescent outpatient mental health*

**Family Counseling Services 449-2581**  
*Counseling (rape, relationships, etc.) with sliding scale fees*

**Missouri Psychiatric Center (formerly Mid-Mo) 884-1255**  
*Inpatient mental health care*

**Pathways** - see Alcohol / Drugs section

**University of MO 884-1236**  
*Children and adolescent outpatient mental health clinic*

## DENTAL HEALTH

**Family Dental Center 777-8997**  
*Youth under 21 with various insurance plans, Medicaid and a limited number of self pay*

**Mid Missouri Dental Center 814-1694**  
*Youth up to 20 who have Missouri Care, Health Care USA and Molina Managed Care plans*

## DIABETES AND OBESITY

**Division of Endocrinology 800-500-6797**  
*University of MO Director: Bert Bachrach, MD*

**MU Adolescent Diabetic/Obesity Program 882-6979**  
*Teaches children/adolescents who have or are at risk for type 2 diabetes how to make physical activity and healthy food choices*

## EATING DISORDERS

**Adolescent and Pediatric Specialty Clinic 882-6921**  
*Melissa Lawson, M.D. University Physicians Medical Building*

## EDUCATION / TUTORING

**Adult Learning Center 214-3690**  
*GED prep, ESL, workplace and basic life skills, volunteer tutor*

**C.A.R.E 874-6300**  
*Mon-Thurs from 3-5 pm for 14-17 year olds - call for appointment; also offers summer employment for ages adolescents age 14-18*

**Centro Latino 449-9442**  
*Tutoring for Latino children*

**Columbia After-School Programs**  
*Armory 874-6379 Boys and Girls Club 874-1697  
Intersection 817-0089 Adventure Club 884-2582  
CHA Moving Ahead 443-2556 x 1273 Imani Mission Center 449-9625*

**Columbia Public Schools 214-3400** [www.columbia.k12.mo.us](http://www.columbia.k12.mo.us)

**Missouri Option Program 214-3000 or 214-3100**  
*For students at least one year behind graduating class who want to get their high school diploma*

## FOOD AND HOUSING

**Central Pantry 874-7878**  
*A service of the Food Bank of Central and NE Missouri*

**Loaves and Fishes 875-0826**  
*Free evening meals every day (12 and under must be with adult)*

**Rainbow House 474-6600**  
*Emergency shelter for children and teens*

**Rainbow House Teen Shelter 814-2797**

**Salvation Army 442-1984**  
*Emergency housing, clothing and food (17 and under must be with parent)*

**Sol House 449-0182**  
*For homeless teens*

**St. Francis House (males) Lois Bryant (females) 875-4913**  
*Emergency homeless shelter*

## GAY/LESBIAN/BI/TRANS RESOURCES

**Columbia PRISM** [www.thecenterproject.org/prism](http://www.thecenterproject.org/prism) or [columbiaprism@gmail.com](mailto:columbiaprism@gmail.com)  
*Community gay-straight alliance for teens*

**MU LGBTQ Resource Center 884-7740**

*Education, information and a supportive space*

**PFLAG 864-1431** [pflag.missouri.org](http://pflag.missouri.org)

*Parents, family and friends of lesbians and gays (PFLAG)*

**The Center Project 449-1188**

*Support for the LGBTQQA populations in an eight-county area - meets third Thurs of every month from 7-9 pm at 907 E Ash in Columbia*

## HEALTH

**Columbia/Boone County Public Health and Human Services 874-7355**

*Free or low-cost confidential exams, birth control, pregnancy and STD testing by appointment; walk-in STD clinic Tues from 5-7 pm at 1005 W Worley in Columbia*

**Family Health Center 214-2314**

*Primary care to all people, including MedZou with referral*

**Planned Parenthood 443-0427**

*Low cost physical exams and medicine, pregnancy testing, birth control, STD treatment, HIV tests and abortion referrals (by appointment)*

## HIV/AIDS

**Columbia/Boone County Public Health and Human Services 874-7355**

*FREE HIV testing, prevention planning and education for north-central MO*

**Planned Parenthood 443-0427**

*Low-cost HIV testing*

**RAIN 875-8687**

*HIV care and prevention, confidential oral HIV and Hepatitis C testing, support for HIV positive*

## LEGAL INFO

**Mid Missouri Legal Services 442-0116**

*Legal aid for low-income over 18, assistance and referral for under 18*

## MENTORING PROGRAMS

**Big Brothers / Big Sisters 874-3677**

*Individual, group and site-based mentoring for teens 14 and under*

**MO Mentoring Partnership's Teen Work/Teen Partners Program 256-1896 (Currently a part of Youth Empowerment Zone)**

*Teen Work: Free job training and placement*

*Teen Partners: Life skills help and mentoring*

**Successful Young Parents 815-9955 (Lutheran Family and Children Services)**

*For pregnant and parenting teens*

## MISCELLANEOUS

**Poison Control 1-800-222-1222**

*Call this number 24 hours a day, 7 days a week to talk to a poison expert*

**Teen-Relationship-Education-Empowerment/TREE 573-489-2729**

[www.teenrelationshipeducation.org](http://www.teenrelationshipeducation.org)

*Supporting education and prevention of teen relationship violence*

**Voluntary Action Center 874-2273**

*Can help with most emergencies and referrals; Youth Enrichment Fund can help pay some sports, arts and education fees*

## PREGNANCY/PARENTING INFO AND SUPPORT

**Birthright 442-8844**

**Catholic Charities 1-888-626-4245**

*Pregnancy and adoption information*

**Columbia/Boone County Public Health and Human Services 874-7355**

*Free or low cost confidential pregnancy testing condoms, morning after pill, birth control, case management and referral*

**Love Basket 1-888-LOV-BSKT or 424-5323**

*Pregnancy and adoption information*

**Lutheran Family and Children Services 815-9955**

*Counseling for teens experiencing an unplanned pregnancy; adoption info and facilitation; Successful Young Parents for pregnant and parenting teens*

**Morning After Pill 1-888-NOT-2-LATE**

*Emergency contraception for unplanned pregnancy*

**My Life Clinic 874-3561**

*Free sonograms, classes, maternity and baby clothing*

**Parents as Teachers 214-3955**

*Free parenting info/support in your home*

**Planned Parenthood 443-0427**

*Options counseling*

## RAPE, ASSAULT, DATING OR FAMILY VIOLENCE

**Rainbow House 474-6600**

*Advocacy and counseling center for victims of abuse*

**UMC Rape Education office or Women's Center 882-6621**

*Open to anyone*

**True North (formerly the Women's Shelter) 875-1369**

*Support and emergency housing*

## SUICIDE

**Boone County Suicide Prevention Coalition** [beth@STU22crew.org](mailto:beth@STU22crew.org)

*Meets second Monday of every month at 5:30 pm*

**National Suicide Prevention Lifeline 1-800-273-TALK**

*See also Crisis Lines and Counseling/Mental Health*

## TOBACCO/SMOKING CESSATION

**Columbia/Boone County Public Health and Human Services 874-7355**

*Free, confidential smoking cessation counseling. Patches available to youth under age 18 with physician's permission.*

**Missouri Tobacco Quit Line 1-800-QUIT-NOW or 1-800-784-8669**

*Can send Quit Kit material and referral resource*

**Phoenix Programs' Free Quit Tobacco Classes 777-3007**

**Tobacco Education - Prevention Resource Center 442-2591**

## WARM LINES

**NAMI (National Alliance on Mental Illness) 1-800-374-2138**

*Mon-Fri 9 am-5 pm; weekends and holidays 3-9 pm*

**United Way 2-1-1 Dial "211"**

*Fast help and local area resources 24/7*

## NATIONAL RESOURCES FOR YOUTH HEALTH

[www.advocatesforyouth.org](http://www.advocatesforyouth.org)

[www.abouthealth.com](http://www.abouthealth.com)

[www.teenpregnancy.org](http://www.teenpregnancy.org)

[www.youngwomenshealth.org](http://www.youngwomenshealth.org)

[www.sexetc.org](http://www.sexetc.org)

[www.thecoolspot.org](http://www.thecoolspot.org)

[www.iwannaknow.org](http://www.iwannaknow.org)

[www.kidshealth.org](http://www.kidshealth.org)

[www.ashastd.org](http://www.ashastd.org)

STD Hotline: 1-919-361-8488