

Holiday Community Resources

This guide lists some of the resources available in our region to support families in need through the holidays.

Show Me Hope Helpline

Show Me Hope is a federally funded crisis counseling program for individuals impacted by COVID-19.

Offers free coping and resiliency skills education, disaster preparedness and response education, and referrals to community resources.

Crisis Counseling Line: 314-615-9105 ext.397

Community Action Agency of St. Louis County (CAASTLC) – Food Pantry & LIHEAP

CAASTLC's food pantry is available throughout the year to all income-eligible St. Louis County residents, and is now assisting with utility bills.

LifeWise STL – FREE Curbside Food Pick-Up

LifeWise STL is proud to provide free quality food options for families in the region during this challenging time, with a custom-order, appointment-based curbside pickup model.

If you or someone you know is in need of food assistance please complete the following order form: <https://hipaa.jotform.com/202307176722147>.

Please limit orders to one per family per week. There are no income, citizenship or geographic restrictions.

National Parent Helpline 1-800-4A PARENT, 1-800-427-2736.

Behavioral Health Response 24/7 helping 314-819-8802.