

ParentLink- University of Missouri- “Parent Warm Line”

<https://education.missouri.edu/parentlink/warmline/>

Email us at parentlink@missouri.edu

Text at 585-FAMILY1

Missouri resident, call 1-800-552-8522

(Uses Language Select to answer calls from families and providers who speak any language.)

--Visit with professionals who can assist you in thinking through solutions to your parenting concerns. WarmLine professionals have their Masters Degrees in human service fields such as Human Development and Family Studies, Social Work, and Education and Counseling Psychology. Obtain community service and other resource information.

United Way 2-1-1

BASIC NEEDS

Call 211

Chat or online resources- <https://www.211helps.org>

• food pantries • shelters • rent assistance • utility assistance • mortgage assistance •

Our 24/7 connection to agencies and resources near you. Serving United Way of Greater St. Louis' service area and the entire state of Missouri, United Way 2-1-1 connects people to services that help them live their best possible lives – from basic needs to child care to disaster relief to counseling.

St. Louis County Youth Connections Helpline

MENTAL HEALTH

Text 4HLP to 31658

Chat online at <https://www.keepingkidsfirst.org>

Call 314-628-2929

Dedicated 24/7 hotline for youth, parents, guardians, or other concerned individuals to access crisis intervention, behavioral health and substance use assessment, and service linkage. Services are provided by master's level professionals and are readily available by phone, SMS text, web chat, and in person through mobile outreach.

American Red Cross of Missouri

For immediate assistance call St. Louis Office: 314-516-2800

<https://www.redcross.org/local/missouri/get-help.html>

Disaster Relief and Recovery

Other Local Assistance (food pantries or other possible support)

Operation Food Search-Hunger Hotline 314-726-5355/ <https://www.operationfoodsearch.org/find-food/>

St. Louis Area Foodbank 314-292-6262/ <https://www.stfoodbank.org/programs-services/find-food/>

TEAM Food Pantry 314-831-0879/ <https://www.teamfoodpantry.com/wp/>

Hazelwood Baptist Church 314-731-2244

Adventist Community Services 314-429-0216

Salvation Army (Mon and Wed 10-12) 314-423-7770

Trinity Church 314-838-8820

Zion Church of Christ 314-741-1590

Ward Chapel AME 314-741-0112

Community Helping Ministry 314-388-9840

Helping Hands Food Ministry 314-741-4222