

## **Perinatal Mental Health and Substance Use Disorder**

### **Resources for Patients & Providers**

- **988 Suicide & Crisis Lifeline**  
The 988 Suicide & Crisis Lifeline provides free and confidential support for people in distress, 24/7. For more information, please visit <https://988lifeline.org/>.
- **Assisted Recovery Center of America (ARCA) 314-645-6840**  
Assisted Recovery Center of America provides medical stabilization, ongoing medication management, concurrent treatment of other co-occurring behavioral health disorders, and sustained and individualized therapy on an individual, group and family basis. For more information, please visit [www.arcamidwest.com](http://www.arcamidwest.com).
- **Behavioral Health Response (BHR) 314-469-6644 or 800-811-4760 in crisis**  
BHR provides 24-hour access to mental health services and counseling. For more information, please visit [bhrstl.org](http://bhrstl.org).
- **CenterPointe Hospital 636-441-7300**  
CenterPointe Hospital provides behavioral health and substance use disorder care services in St. Louis, delivered with compassion for patients and their families. For more information, please visit [www.centerpointehospital.com](http://www.centerpointehospital.com).
- **Compass Health Network 844-853-8937**  
Compass Health Network provides quality, compassionate behavioral health, dental care, pediatric and family medicine, & substance use disorder treatments. Missouri locations only. For more information, please visit <https://compasshealthnetwork.org/>
- **EPICC (Engaging Patients in care Coordination) see additional flier in Google folder**  
EPICC provides 24/7/365 referral and linkage services for patients in targeted regions who present to a hospital for an overdose or other substance use crisis due to opioid, stimulant\* or alcohol\* use to establish immediate connections to recovery support services, substance use treatment, and medication-assisted (MAT) services.
- **Get MO Naloxone**  
Naloxone Kits Supplied by Grant Funding via the University of Missouri-St. Louis (UMSL) - Missouri Institute of Mental Health (MIMH) <https://getmissourinaloxone.com/>

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- **Hopewell Center 314-531-1770**

Hopewell Center provides a range of mental health care services designed to help adults, adolescents, and children – services include residential and outpatient psychiatric rehabilitation. For children and adults in northern and central parts of the City of St. Louis and North St. Louis City. For more information, please visit [hopewellcenter.com](http://hopewellcenter.com).

- **KVC Missouri 844-424-3577**

Great Circle is dedicated to working with parents to create a positive, uplifting home environment where everyone can thrive. Missouri based. For more information, please visit <https://missouri.kvc.org/great-circle-is-now-part-of-kvc-missouri/>

- **Life Crisis 314-647-3100, or for suicide intervention 314-647-4357**

Life Crisis provides a 24-hour-a-day crisis and suicide intervention hotline, a weekly support group for those who have lost someone to suicide. For more information, please visit [www.providentstl.org](http://www.providentstl.org).

- **Mercy Mother Baby Intensive Outpatient Program**

The mother-baby intensive outpatient program is a short-term plan for women experiencing significant symptoms of perinatal mood disorders and postpartum depression. A multidisciplinary team of psychiatrists, RNs, licensed clinicians, case managers, and volunteers provide therapeutic help to moms three days/week. For more information, please visit <https://www.mercy.net/service/outpatient-mental-health/>

- **Missouri Department of Mental Health**

The Division of Behavioral Health (DBH) manages programs and services for individuals who need help with their mental illnesses and/or substance use. Services available are prevention, education, evaluation, intervention, treatment, and rehabilitation. Most prevention and treatment services are provided by programs in the community through organizations which are contracted by the DBH to do so. The website has numerous directories for behavioral health and substance use treatment programs throughout the state. <https://dmh.mo.gov/behavioral-health>

- **MOMS line 314-768-MOMS (6667)**

To help support new and expecting mothers, SSM Health has developed a peer-support program called The MOMS Line. The MOMS Line has been made possible with support from the St. Mary's Hospital Foundation. It is the only peer-support program in St. Louis for pregnant and new moms who are experiencing depression, anxiety, and other mental health issues. The

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volunteers provide compassionate and respectful telephone support, in addition to resources and a warm connection to perinatal behavioral health professionals when needed.

- **National Maternal Mental Health Hotline 1-833-TLC-MAMA (1-833/852-6262)**  
24/7, free, confidential hotline for pregnant and new moms. Interpreter services in 60 languages
- **Perinatal Behavioral Health Services 314-454-5052**  
The Perinatal Behavioral Health Service at Washington University in St. Louis provides screening, evaluation and treatment for parents who are experiencing pregnancy-related or postpartum stress, depression, anxiety, and mood disorders. For more information, please visit <https://perinatalbehavioralhealth.wustl.edu/>
- **Places for People 314-615-2119**  
Places for People offers behavioral health services, substance use programs, outpatient therapy, employment, youth programs, and more. For more information, please visit [www.placesforpeople.org/how-we-help](http://www.placesforpeople.org/how-we-help).
- **Post-Partum Depression 1-800-PPD-MOMS**  
The purpose of the organization is to increase awareness among public and professional communities about the emotional changes that women experience during pregnancy and postpartum. For more information, please visit [www.postpartum.net](http://www.postpartum.net).
- **Provident Crisis Hotline and Counseling 314-647-4357 in crisis/314-533-8200 for counseling**  
The mission of Provident Crisis Hotline and Counseling is to build brighter futures through exceptional behavioral health services, especially for those with the greatest need. Provident works with people of all ages to address challenges such as anxiety, substance use, stress, depression, trauma, sexual identity, and bereavement. For more information, please visit <https://www.providentstl.org/>
- **Queen of Peace 314-531-0511**  
Queen of Peace Center focuses exclusively on women, children, and families by providing family-centered behavioral health care. Our unique model addresses the full continuum of needs for those impacted by substance use disorders, co-occurring disorders, and trauma. For more information, please visit [www.qopcstl.org](http://www.qopcstl.org).

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- **Substance Abuse and Mental Health Services Administration (SAMHSA) Behavioral Health Treatment Services Locator**

Behavioral Health Treatment services locator is an anonymous online source of information for persons/providers seeking treatment facilities throughout the United States for substance use/addiction and/or mental health problems. Utilizing a zip code, you can find facility and contact information for mental health treatment facilities and eligible substance use and addiction treatment facilities within your area. Please visit the Behavioral Health Treatment Services Locator here: <https://findtreatment.samhsa.gov/>

- **SSM Health MOMS Support Groups**

The MOMS Groups are free peer-led support groups for women dealing with worry, sadness, and overwhelming aspects of life during pregnancy and postpartum. All moms are welcome, no matter the age of your baby. Groups are led by MOMS Line trained postpartum peer coaches. No registration or appointment necessary.

For a list of scheduled meetings, please visit [ssmhealth.com/classesevents](http://ssmhealth.com/classesevents). For more information, call 314-768-8570.

- **SSM Health Behavioral Health Urgent Care 314-344-7200**

SSM Health Behavioral Health Urgent Care is the region's first and only urgent care/walk-in clinic dedicated to mental health. The clinic treats both adults and children in urgent need of care for mental health crises. This service provides immediate access to behavioral health care without the often long and costly wait for emergency room care to address non-emergent issues. For information, please visit: <https://www.ssmhealth.com/locations/location-details/behavioral-health-urgent-care-bridgeton>

- **Suicide Prevention Lifeline 1-800-273-8255**

The Suicide Prevention Lifeline provides 24/7, free and confidential support for people in distress. It also offers prevention and crisis resources for you or loved ones. For more information, please visit [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org).

- **Therapeutic Parent Support Group 314-977-2505**

The Center for Counseling & Family Therapy at Saint Louis University, in conjunction with SSM Health Maternal-Fetal Care Center, offers an in-person support group to parents on Thursday evenings, 6:00pm-7:30pm. Childcare is available to those parents in attendance. For more information and to sign up, please visit <https://www.slu.edu/medicine/family-medicine/center-counseling-family-therapy/index.php>.