

## Behavioral Health Resources for Kansas City Residents

Welcome to the Behavioral Health Resources page, provided by the City of Kansas City Health Department. You'll find a list of resources to support our community's mental health and substance use disorder needs here. If you or someone you know is seeking assistance, these organizations and services are available to help:

### Helplines and Hotlines:

- **National Suicide Prevention Lifeline:** 988
- **Substance Abuse and Mental Health Service Administration (SAMSHA) National Helpline:** 1-800-662-HELP (1-800-662-4357)
- **Crisis Text Line:** Text "HELLO" to 741741

### Local Mental Health Services:

- **Hope House:** Offering counseling and support for individuals and families affected by domestic violence. [www.hopehouse.net](http://www.hopehouse.net) | Phone: 816-461- HOPE (816-461-4673)
- **Mental Health America (MHA) of the Heartland:** Offering educational resources, screening tools, and support. [www.mhah.org](http://www.mhah.org) | Phone: 1-866-927-6327
- **Comprehensive Mental Health Services:** Providing treatment for community mental health and substance use. [www.thecmhs.com](http://www.thecmhs.com) | 816-254-3652
- **Tri-County Mental Health Services:** Providing substance use treatment and support. [www.tri-countymhs.org](http://www.tri-countymhs.org) | Phone: 816-468-0400
- **Arista Recovery:** Offering comprehensive substance use disorder treatment. [www.aristarecovery.com](http://www.aristarecovery.com) | Phone: 877-279-0095
- **MO COMM CARE1:** Providing substance abuse and behavioral health services. [www.commcare1.org](http://www.commcare1.org) | Phone: 1-888-279-8188
- **The Family Conservancy:** Providing early childhood mental health programming, bilingual counseling, parenting education, and resources. [www.thefamilyconservancy.org](http://www.thefamilyconservancy.org) | Phone: 913-342-1110
- **KC CARE Clinic:** Providing health services to people challenged with access to care. [www.kccare.org](http://www.kccare.org) | Phone: 816-777-2722
- **Center for Behavioral Medicine Health Sciences Center for Psychiatry:** Offering comprehensive psychiatric care, adult acute beds, adult residential beds, and crisis intervention. [www.dmh.mo.gov/center-for-behavioral-medicine](http://www.dmh.mo.gov/center-for-behavioral-medicine) | Phone: 816-512-7000
- **First Call:** Aiding individuals, families, and communities seeking substance use recovery. [www.firstcallkc.org](http://www.firstcallkc.org) | Phone: 816-361-5900

- **Cornerstones of Care:** Offers adolescent and youth counseling, children's and adolescent residential treatment facilities, community mental health, individual counseling, family counseling, and co-parenting workshops.  
[www.cornerstonesofcare.org](http://www.cornerstonesofcare.org) | 1-844-824-8200
- **ReDiscover:** Providing comprehensive programs and services for individuals of all ages whose lives have been affected by mental illness and/or substance use in Jackson County. [www.rediscovermh.org](http://www.rediscovermh.org) | 816-966-0900

#### **Support Groups:**

- **National Alliance on Mental Illness (NAMI) Kansas City:** Offering peer-led support groups for individuals and families affected by mental health conditions. [www.namigreaterkc.org](http://www.namigreaterkc.org) | Phone: 1-800-273-8255
- **SMART Recovery:** Providing support groups for individuals working on recovery from addiction. [www.smartrecovery.org](http://www.smartrecovery.org)

#### **Treatment Facilities:**

- **Samuel U. Rodgers Health Center:** Providing counseling and psychiatric services for adults. [www.samrodgers.org](http://www.samrodgers.org) | Phone: 816-889-4610
- **University Health Behavioral Health:** Offering inpatient and outpatient mental health and substance use disorder treatment. [www.universityhealthkc.org](http://www.universityhealthkc.org) | Phone: 888-279-8188
- **Valley Hope of Kansas City:** Providing residential and outpatient substance use treatment. [www.valleyhope.org](http://www.valleyhope.org) | Phone: 1-800-544-5101
- **Swope Health Services Behavioral Health:** Offering medical, dental, and behavioral health services, outpatient, community support, adult residential centers, and substance use services. [www.swopehealth.org](http://www.swopehealth.org) | Phone: 816-922-1070

#### **Prevention and Education:**

- **Kansas City Health Department Prevention Programs:** Promoting mental health awareness and substance use prevention in the community. [KCMO.gov](http://KCMO.gov) | Phone: 816-513-6080
- **Kansas City Public Library Mental Health Resources:** Offering educational materials and resources. [www.kcpl.org](http://www.kcpl.org)
- **Mid-Continent Public Library Community Mental Health Resources Directory:** Offering educational materials to assist customers in the greater KC area. [www.mymcpl.org](http://www.mymcpl.org)

#### **Specialized Services:**

- **Synergy Services:** Providing comprehensive services for youth and families facing mental health and substance use challenges. [www.synergyservices.org](http://www.synergyservices.org) | Phone: 1-800-491-1114

- **Family Resource Center of Jackson County:** Provides comprehensive services for youth and families facing life challenges. [www.mofamilyresource.org](http://www.mofamilyresource.org) | Phone: 816-373-7577

**Insurance and Financial Assistance:**

- **Medicaid and Marketplace Enrollment Assistance:** Get help with enrolling in health coverage for mental health and substance use services. [www.healthcare.gov](http://www.healthcare.gov)

**Legal and Advocacy Resources:**

- **Missouri Protection and Advocacy Services:** Advocating for the rights of individuals with mental health and substance use challenges. [www.moadvocacy.org](http://www.moadvocacy.org) | Phone: 1-800-392-8667

Please note that this is not an exhaustive list, and additional resources may be available in the Kansas City area. If you or someone you know is in crisis or needs immediate help, please call 911 or go to the nearest emergency room.

Remember, seeking help is a sign of strength, and you're not alone on this journey toward better mental health and well-being.