

# Crisis Resources

## St. Louis, Missouri & International

**If you or someone you know is in crisis, please utilize the following resources:**

- Dial 911 for Emergency assistance | Dial 988- Suicide and crisis lifeline
- Missouri988.org/988lifeline.org
- Dial 211 - basic human needs assistance
- Crisis text line - text HOME to 741741
- Veterans crisis line - 988, press 1
- National DV hotline - 1-800-799-7233
- Stronghearts Native helpline - 1844-762-8483
- S/A Hotline - 1800-656-4673
- SAMHSA helpline - 1800-662-4357
- NAMI - 1800-950-6264 or text "helpline" to 62640
- National child abuse hotline - 1800-392-3738
- Txt4help (44357) - national safe place service for teens in crisis
- Courage2Report - school violence hotline 1866-748-7047 or text C2R to 738477
- Stopbullying.gov
- Projecthealthyminds.com
- The Covering House - sexually trafficked youth 314-962-3450
- Find a therapist - stlpsych.org
- Goodtherapy.org
- The Crossroads Program - Drug Abuse Treatment for Teens & young adults 636-532-9991
- Anxiety & Depression Association of America- adaa.org

### **Relational Trauma Resources:**

- Pete Walker MA, psychotherapy website [www.pete-walker.com](http://www.pete-walker.com)
- SEEK Safely [seeksafely.org](http://seeksafely.org)
- CPTSD Foundation - complex trauma info/support [cptsdfoundation.org](http://cptsdfoundation.org)
- Blue Knot Foundation - complex trauma info/support [blueknot.org/au](http://blueknot.org/au)
- Out of the Storm - CPTSD support [www.outofthestorm.website](http://www.outofthestorm.website)
- Out of the Fog - personality disorders (narcissism, NPD, BPD) [www.outofthefog.website](http://www.outofthefog.website)
- AA - alcoholics anonymous [aa.org/find-aa](http://aa.org/find-aa)
- Al-Anon - friends/families of alcoholics [al-anon.org](http://al-anon.org)
- ACA - adult children raised in alcohol/dysfunctional families [adultchildren.org](http://adultchildren.org)
- CoDA - co-dependents working to end dysfunctional relationship patterns [coda.org](http://coda.org)