

Support Groups

- AA Meetings: (573) 364-5154
www.aadistrict9mo.com/when.html
- Al-Anon Meetings: www.missouri-al-anon.org
- Alcoholics Victorious: (573) 202-9098
Rolla First Assembly — Tuesdays, 7:00 PM
- NA Meetings: (800) 945-4673 | scmoana.org
- Narcotics Victorious:
Christ Episcopal Church, Rolla — Tuesdays/
Saturdays, 7:00 PM and Thursdays, 8:00 PM

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- Alzheimer’s Association 24/7 Help Line:
(800) 272-3900
 - Cancer Support Group:
Phelps Health Delbert Day Cancer Institute, Rolla
— Wednesdays, 5:00-7:00 PM
 - Center for Learning and Autism Support Services,
St. Robert: (800) 538-8365
 - Grief and Loss Support Groups:
 - ◇ ACT: (573) 205-1447
 - ◇ Support Group with Jayne Stites:
(573) 578-2966
 - ◇ The Grief Recovery Method:
(573) 458-7935
 - Compassionate Friends: (417) 887-7089
(Supporting a family after a child dies)
 - PALS: (314) 853-7925
(Parents affected by loss of a child to suicide)
 - NAMI—National Alliance for Mental Illness:
(573) 426-6264
 - Women’s Cancer Support Group: Greentree
Christian Church, Rolla — (770) 363-1477

**For more information on local support groups, visit
the Missouri Support Group Directory website at
mha-em.org or call (314) 773-1399.**

Useful Websites

**Missouri Department of Mental Health and
Division of Behavioral Health**
dmh.mo.gov

Prevention Consultants of Missouri
preventionconsultants.org

Partnership for Drug-Free Kids
drugfree.org

**Family Guide for Keeping Youth Mentally
Healthy and Drug Free**
family.samhsa.gov

Local Law Enforcement

Phelps County Sheriff’s Department: (573) 426-3860

Rolla Police Department: (573) 364-1213

MO State Highway Patrol Troop I (Rolla): (573) 368-2345

In case of an emergency, dial 911 .

**For a more extensive list of resources or services,
please contact our care managers.**

Phelps Health Care Management

1000 West 10th Street, Rolla, MO 65401

Main Office: (573) 458-7766

Emergency Department Care Manager (After Hours):
(573) 458-7684

phelpshealth.org

Last revised: 1/13/2021

Community Resources

For Transitions of Care



LOCAL COMMUNITY

RESOURCES

Food and Clothing Resources

Family Support Division of MO:	(855) 373-4636
First Baptist Church Coat Closet:	(573) 364-3060
GRACE:	(573) 368-5577
Meals on Wheels Phelps County:	(573) 341-2929
St. James:	(573) 265-2993
The Community Partnership:	(573) 368-2849
Rolla Red Cross:	(573) 364-3947
Salvation Army:	(573) 308-1000
St. James Caring Center:	(573) 265-2047

Other Resources

Central MO Area Agency on Aging:	(800) 369-5211
Meramec Legal Aid:	(800) 999-0249
Missouri Career Center:	(573) 364-7030
Missouri S&T Student Wellness:	(573) 341-4225
Newman Center (Free firewood):	(573) 364-2133
Phelps County Health Department:	(573) 458-6010
(Vaccinations, STD testing, wellness checks, WIC)	
Phelps County Senior Companions:	(573) 458-6180
Preferred Employment Services:	(573) 341-2606
The Rolla Mission: therollamission.org	(573) 308-5474
(*Free emergency overnight accommodations November—March, showers, laundromat, meals, computer use)	
Rolla Housing Authority:	(573) 364-6460
SafeLink (Free cell phone):	(800) 723-3546
Salvation Army	(573) 368-4919
(Rent, utilities, gas, medicine, medical equipment)	
Your Community Health Center:	(573) 426-4455
(*sliding fee scale for medical and dental care)	

Pregnancy Needs

Birthright:	(573) 364-0066
Child Outreach and Parent Education:	(573) 458-5437
Lifeline Pregnancy Care Center:	(573) 885-3040
MERS Goodwill (Donation programs):	(573) 458-2285
Phelps County Health Department:	(573) 458-6010
Planned Parenthood:	(573) 364-1509
Pregnancy Resource Center:	(573) 368-5700

Transportation

Logisticare (Medicaid)	(866) 269-5927
MO Rides:	(573) 265-2993
OATS (Maries):	(800) 269-6287
(Pulaski):	(833) 582-4960
Phelps Health Courtesy Van:	(573) 458-7962
SMTS (Phelps):	(573) 364-7687
(Texas):	(833) 838-6786
(Dent):	(573) 729-3133
(Crawford):	(573) 775-2793
TCMH Medivan (Texas):	(417) 967-3311

Insurance

Phelps Health EnrollU:	(573) 458-3676
Family Support Division of MO DSS:	(855) 373-4636

Medication Assistance

Pfizer Medication Assistance:	(800) 533-4535
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*Helpful Hints:

- Ask your primary care provider for samples, coupons or changing your medication to a lower-cost one.
- Ask your pharmacy for assistance.
- Search websites for your particular medication and/or direct contact with pharmaceutical company for assistance programs.

Veterans Assistance

American Legion Veterans Relief Fund:	(800) 504-4098
Assistance for Homeless Veterans:	(877) 424-3838
Disabled Veterans Transport:	(573) 774-2770
St. James VA Clinic:	(573) 265-0448
Veterans Crisis Line:	(800) 273-8255 Opt. 1

Domestic Violence

Genesis (Pulaski):	(573) 774-2628
Text	(573) 433-4631
National Domestic Violence Hotline:	(800) 799-7233
Russell House Phelps County Crisis Service	
Shelter:	(573) 364-0579
Crisis:	(800) 998-8340
Sexual Assault Hotline:	(800) 570-3703

Crisis/Help Lines

Gateway Foundation:	(877) 505-4673
Missouri Crisis Line:	(888) 761-4357
Missouri Crisis Text Line:	Text "Hand" to 839-863
Alzheimer's Assoc. 24/7 Help Line:	(800) 272-3900
American Addiction Referral Line:	
Compass Health (Pathways) Crisis Line:	(800) 833-3915
Crisis Text Line 24/7:	Text "HOME" to 741-741
LGTBQ Help Line:	(866) 488-7386
Missouri Halfway Houses:	(800) 496-0542
National Help Line Substance Abuse:	(800) 662-4357
National Parent Help Line:	(855) 427-2736
National Suicide Prevention Line:	(800) 273-8255
Rehab Near You:	(866) 538-2731
Veterans Crisis Line:	(800) 273-8255 Opt. 1
MO State Funded Substance Abuse Treatment:	(800) 575-7480

Hotline Reporting Numbers

Child Abuse Hotline:	(800) 392-3738
Children's Division:	(573) 368-2340
Department of Youth Services:	(573) 368-2220
Elder Abuse Hotline:	(800) 393-0210

Mental Health (Outpatient)

Benton Street Counseling:	(573) 433-2833
Phelps Health Behavioral Health:	(573) 364-2007
(Counseling, psychiatrists, psychologists)	
Compass Health (Pathways)	(888) 403-1071
Cuba:	(573) 885-1607
Owensville:	(573) 437-2959
Rolla:	(573) 364-7551
Salem:	(573) 729-6222
Department of Mental Health	
Rolla:	(573) 368-2200
Central Region Office:	(573) 441-6278
Southeast Region Office:	(314) 472-5300
Grace Counseling (Jefferson City):	(573) 644-6128
Hope Connections:	(833) 338-4673
Missouri S&T Student Counseling:	(573) 341-4211
Southeast MO Behavioral Health:	(573) 364-8511
Preferred Family Healthcare:	(660) 665-1962

Adult Substance Abuse

Carol Jones Recovery Center for Women:	(417) 862-3455
CenterPointe:	(636) 477-2136
Compass Health (Pathways):	(888) 403-1071
Cox Health Systems Center for Addictions:	(417) 269-2273
Gibson Center (Cape Girardeau):	(573) 334-5513
Lake Area Citizens Advisory Board (LACAB)	
Lebanon:	(417) 533-5332
Men's Counseling (Turning Leaf) Treatment Center:	(417) 256-2570
New Vision (Jefferson City):	(800) 939-2273
Preferred Family Healthcare:	(660) 665-1962
Southeast Missouri Behavioral Health (SEMO)	
Cuba:	(573) 677-0262
Houston:	(417) 967-2887
Owensville:	(573) 437-5264
Rolla:	(573) 364-8511
Salem:	(573) 729-8452

Juvenile Behavior/Mental Health (Residential)

CenterPointe:	(800) 345-5407
Compass Health NAVIG8 (Treatment):	(888) 403-1071
Every Child's Hope:	(314) 427-3755
Good Samaritan Boy's Ranch:	(417) 376-2238
Great Circle:	(573) 265-3251
Hawthorne Children's Psych Hospital:	(314) 512-7800
Heartland Behavioral Health:	(800) 654-9605
Lakeland Regional Hospital:	(800) 432-1210
Piney Ridge:	(573) 744-5353
Royal Oaks:	(800) 456-2634
St. Mary's Health Center:	(573) 761-7000
SSM Behavioral Health (St. Charles):	(800) 426-2083
Valley Springs Youth Ranch:	(573) 269-4291
Teen Challenge Ministries:	(636) 677-1776