

# UMKC CARE Team

*Campus Assessment, Response and Evaluation Team*

## Guide to Community Social Services and Support Resources



## The Culture of CARE

More than a campaign.

# Guide to Community Social Services and Support Resources

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**Have a resource to share? See something that needs updating?  
Please contact the UMKC CARE Team at 816-235-6190**

**For emergencies, call 9-1-1  
Or if on-campus, call UMKC Police at (816) 235-1515 (dial 1515 from a campus phone)**

This list is for informational purposes only and may not be comprehensive of all services in the KC metro.  
Resources listed (unless specified) are not affiliated, sponsored, or endorsed by UMKC.  
Please call agencies directly to confirm available services.

## Social Services and Resources

- UMKC Basic Needs Coordinator: Taylor Blackmon (816) 235-1466
  - [blackmonte@umkc.edu](mailto:blackmonte@umkc.edu)
  - Make an appointment: <https://calendly.com/blackmonte>

### Resource Search Sites:

- [United Way](#) – just dial 211 on a cell phone; from a land line call (866) 320-5764
  - Connects callers with local assistance agencies or search online by topic
  - [211kc@uwgkc.org](mailto:211kc@uwgkc.org)
- [Lift Up KC](#)
  - Search by zip code for financial assistance, food pantries, medical care, and other free or reduced-cost help
- [Find Help](#)
  - Search by zip code for financial assistance, food pantries, medical care, and other free or reduced-cost help
- MO Department of Education [Child Care Providers - Search by zip code](#)

### Local agencies and organizations:

- [Access KC](#) (formerly Kansas City's Medicine Cabinet) (816) 276-7517
  - Provides help for low-income and uninsured metro-area residents
- [Artists Helping the Homeless](#), 3625 Warwick Blvd, KCMO 64111 (816) 668-1007
  - Assistance for homeless individuals in recovery, including respite, meals, transportation, outreach, addiction services, and re-entry assistance
- [Bishop Sullivan Center](#), 6435 Truman Road, KCMO 64126 (816) 231-0984
  - Food pantries, One City Café, employment services, household assistance, clothing, medicine assistance
- [Catholic Charities](#) (KCMO and St. Joseph, MO), (816) 221-4377 (closed Fridays)
  - Housing assistance, employment services, educational programs, health & wellness, veterans services
- [Catholic Charities](#) (Northeast Kansas), 9720 W. 87<sup>th</sup> St, OPKS 66212 (913) 433-2100
  - Housing assistance, Shalom House men's shelter, refugee and immigration services, counseling, health & wellness, food pantry
  - Locations and services offered at [Family Support Centers](#)

- [City Union Mission](#), 1100 E. 11<sup>th</sup> St, KCMO 64106 (816) 474-9380
  - Homeless Shelter hotline: (816) 474-4599
  - Programs for low-income families, including budget relief, clothing, and baby supplies, plus seasonal support services
- [Community Assistance Council](#), (816) 763-3277
  - Emergency assistance, educational programs
- [Community LINC](#), 4012-14 Troost, KCMO 64110 (816) 531-3727
  - Family interim/immediate housing, employment services, mental wellness counseling, children’s program, financial literacy classes
- [Community Services League](#), 404 N. Noland Rd, Independence, MO 64050 (816) 254-4100
  - Income supports, housing counseling, employment readiness, financial coaching
- [Cross-Lines](#), 736 Shawnee Ave, KCKS 66105 (913) 281-3388
  - Basic needs, food, utility and rent assistance, re-housing and case management
- [Della Lamb Community Services](#), 500 Woodland Ave, KCMO 64106 (816) 842-8040
  - Emergency support services, refugee resettlement, youth services
- [El Centro](#), 650 Minnesota Ave, KCKS 66101 (913) 677-0100
  - After school programs, economic empowerment, advocacy, health promotions
- [Guadalupe Centers](#), Family Support Services, 1512 Van Brunt, KCMO 64127 (816) 561-6885
  - Family emergency assistance and support services, substance abuse
- [Happy Bottoms Diaper Bank](#) – Various locations
- [Hope Faith Ministries](#), 705 Virginia Ave, KCMO 64106 (816) 471-4673
  - Day center (showers, clothing, meals, laundry facilities), health and wellness services, self-sufficiency services
- [HUD – Kansas City Regional Office](#), 400 State Ave, Ste. 200, KCKS 66101 (913) 551-5462
  - Low-Income and subsidized housing services, resource referrals, rental help
  - [affordablehousing.com/](https://affordablehousing.com/) search for low-rent housing
- [Jewish Family Services](#), (913) 327-8250
  - Career skills, chaplaincy/visitation, counseling and mental health, family services, food pantry, older adult services
- [Jewish Vocational Services](#), (816) 471-2808 and (913) 327-8040
  - Workforce development, community integration/refugee services, social work

- [Kansas City Indian Center](#), 600 West 39th Street, KCMO 64111 (816) 421-7608
  - Social services agency for American Indians; includes social events, food pantry, substance abuse outreach, and ministries.
- [KC Public Library Outreach Services](#)
  - Street Sheet resources for people experiencing homelessness (English & Spanish)
  - Refugee / Immigrant Services
  - Community Resource Team to help individuals improve their quality of life
- [Kansas Department for Children and Families](#), 1-833-765-2003; TTY: 1-785-296-1491
  - Child support services, low-income support, food assistance, employment services, childcare referrals
- [Mattie Rhodes Center](#), (816)241-3780
  - Family services and support, youth services, community support, cultural arts
- [Metropolitan Lutheran Ministries](#), 3031 Holmes St, KCMO 64109 (816) 931-0027
  - Emergency assistance and support services, employment services, financial counseling, housing, minor home repair, community garden
- [Missouri Department of Social Services](#), 4309 E. 50<sup>th</sup> Terr, KCMO 64130 (855) 373-4636
  - Temporary assistance, food stamps, child support, energy assistance, Medicaid
- [Morning Glory Ministries](#), 416 W. 12<sup>th</sup> St, KCMO 64104 (816) 842-0416
  - Emergency assistance hours: T-F 7am-11am
- [Missouri Low Income Home Energy Assistance Program \(LIHEAP\)](#)
  - Energy Assistance (EA) designed to provide financial assistance to help pay heating bills for Missourians during the months of October, November, December, January, February, and March. Eligibility requirements for EA are based on income, household size, available resources, and responsibility for payment of home heating costs.
  - Energy Crisis Intervention Program (ECIP); eligibility for EA may also qualify individuals for additional financial assistance through ECIP.
- [Muslims for Humanity ICNA Relief](#), 5310 Blue Ridge Cutoff Raytown, MO 64133 (866) 354-0102 ext.3403
  - MO/KS resources include women’s transitional housing, food pantries, and family services.
- [Seton Center](#), 2816 E. 23<sup>rd</sup> St, KCMO 64127 (816) 231-3955
  - Food pantry, rent/utility assistance, dental services

- [The Whole Person, Inc.](#), (816) 561-0304 and (913) 871-4188
  - Provides community-based services to people with disabilities, independent living services, and self-advocacy.
  
- [True Light Family Resource Center](#), 712 E. 31<sup>st</sup> Street, KCMO 64109 (816) 381-9310
  - Provides food, hygiene products, clothing, and support services as well as a day shelter for homeless women.

## Homeless now and need shelter

- 1) Questions to ask:
  - a. Are you homeless now? How long will it be until you are homeless?
- 2) As soon as a student is homeless it is essential that they get into a shelter as soon as possible. Many community resources require proof of actual homelessness (not sleeping on the couch of family or friends) and the best way to provide proof is through a homeless shelter.
  - a. To find an available shelter, call the [City Union Mission Homeless Shelter Hotline at \(816\) 474-4599](#).
    - i. Callers can expect to be told they are full: Keep Trying!
    - ii. It was suggested to call first thing in the morning, between classes, at lunch, and again between 5-6pm.
    - iii. If a caller is asked if they can be to the shelter by a specified time then a bed is available. They must be to the shelter by the specified time or the bed will be given to someone else. Once checked into the shelter they can leave but must be back at the designated time for head counts.
    - iv. Once in the shelter they will be connected with HUD for a screening to be placed on the city housing list.
    - v. Important to note: individuals must have some income and must be able to pay something toward rent if placed in city housing. This means students would have to have at least a part time job.

### Additional shelter and transitional housing programs:

- [Kansas City Rescue Mission](#) (Shelter KC)
  - Emergency shelter for men: 1520 Cherry St, KCMO (816) 421-7643
  - Recovery shelter for women: call to apply (816) 348-3287
- [Community LINC](#), (816) 531-3727
  - Transitional housing and wrap-around services for families
- [Mother's Refuge](#), (816) 353-8070
  - Safe home and services for pregnant and young mothers of children under two
- Mothers Refuge Transitional Living Home, (816) 356-4797
  - Longer-term housing and services for homeless mothers
- ***Please note: Forest Avenue Family Shelter has closed***

## Food Assistance

### General Resources:

- [United Way](#) – just dial 211 on a cell phone; from a land line call (866) 320-5764
  - Connects callers with local assistance agencies or search online by topic
  - [211kc@uwgkc.org](mailto:211kc@uwgkc.org)
- [Catholic Charities](#) (KCMO and St. Joseph, MO) (816) 221-4377
- [Catholic Charities](#) (Northeast Kansas) (913) 433-2100
- [Food Equality Initiative](#), (816) 800-0884
  - Access to allergy friendly and gluten-free foods
- [Harvesters Community Food Network](#), (877) 353-6639
  - [Harvesters SNAP Outreach](#) 877-653-9522
  - [Food Assistance Locator](#) search by zip code (MO and eastern KS)
- MO Department of Social Services (DSS) [Food Assistance Resources](#)
  - Information on how to apply for the [Food Stamp/SNAP Program](#)
  - Information on [WIC services](#)
- [National Hunger Hotline](#), 1-866-3-HUNGRY or 1-877-8-HAMBRE (en español)
  - Resource for information on how to obtain food and various social services.
  - The Hotline is operated Monday to Friday 7am - 10pm EST.

### Served Meals [call to confirm hours]:

- [Harvesters food locator](#) includes “kitchen” program type for agencies serving meals.
- [Morning Glory Café](#), 416 W. 12<sup>th</sup> St, KCMO 64105 (816) 842-0416
  - Breakfast served 7-8am M-F
- [Hope Faith Ministries](#), 705 Virginia Ave, KCMO 64106 (816) 471-4673
  - Breakfast served 8.30-10am M-F and 8.30-9.15am Saturdays
  - Lunch served 11am-12.30pm M-F and 11am-Noon on Saturdays
- [Kansas City Community Kitchen](#), 750 Paseo Boulevard, KCMO 64106 (816) 561-8920
  - Lunch served 11am-2pm M-F
- [One City Café](#) at Bishop Sullivan Center, 3936 Troost 64110 (816) 231-0984
  - Grab and Go Lunch served Noon-1pm M-F
  - Dinner served 4.30-6pm M-F



## Food Pantries:

Please call each pantry or visit their website to confirm hours and eligibility requirements (some agencies require proof of income and/or residency within their service areas or other limitations/instructions, such as limits on how often a person can access services at the pantry). Some pantries are by appointment only.

- [UMKC Kangaroo Panty](#), Student Union (816) 235-1457
  - On-campus food pantry open to the UMKC community
  - Share-a-Swipe program for meal plans
  
- Food Pantry locators (search by Zip Code):
  - <https://www.harvesters.org/Get-Help/Service-Locator> (for MO and eastern KS)
  - <https://uwgkc.myresourcedirectory.com/index.php>
  - <https://www.findhelp.org/>
  - <https://feedingmissouri.org/get-help/>
  
- [A Turning Point](#), 5105 NW Waukomis, KCMO 64151 (816) 237-0138
  
- [Bishop Sullivan Center](#)
  - Two food pantries:
    - 3936 Troost, KCMO (816) 561-8515
    - 6435 Truman Road, KCMO (816) 231-0984
  
- [Community Services League](#), 404 N. Noland, Independence, MO 64050 (816) 254-4100
  
- [Della Lamb Community Services](#), 500 Woodland Ave., KCMO 64106 (816) 842-8040
  
- [Kansas City Indian Center](#), 600 W. 39th Street, KCMO 64111 (816) 421-7608
  
- [Giving Hope Food Pantry](#), 6640 State Ave, KCKS 66102 (913) 915-6183
  
- [Mimi's Pantry](#) (for families in Platte or Clay counties), by appointment: (816) 735-0220
  
- [Seton Center](#), 2816 E. 23<sup>rd</sup> St, KCMO 64127 (816) 231-3955
  
- [Yachad Kosher Food Pantry](#), by appointment: (913) 649-4852

## Domestic Violence & Sexual Assault Resources

- Kansas City Domestic Violence Shelter Hotline: (816) HOT-LINE (816-468-5463)
  - Shared hotline to reach any of the 6 KC area shelters
- [MOCSA: Metropolitan Organization to Counter Sexual Assault](#), (816) 931-4527
  - 24-Hour Crisis Lines: (816) 531-0233 or (913) 642-0233
  - crisis assistance, hospital advocacy, police advocacy, counseling for children, families, and individuals
- [UMKC RISE: Resources, Intervention, Support, & Education](#), (816) 235-5560
  - Advocacy and support for victims and survivors
- [UMKC Title IX Office](#), (816) 235-1771
  - Reporting sex-based discrimination and harassment at UMKC
- Child Protection Reporting
  - For reporting child abuse and neglect cases
    - [Missouri 24-Hour Hotline](#): 800-392-3738
    - [Kansas 24-Hour Hotline](#): 800-922-5330
  - Make sure to have: name of the child, name of the parent(s), name of the alleged abuser, where the child can be located.
  - You will also be asked: Is the child in a life-threatening situation now? How do you know about the abuse/neglect? Did you witness the abuse/neglect? Are there other witnesses and how can they be contacted?
- [Friends of Yates](#), 24-Hour Hotline: (913) 321-0951; office (913) 321-1566
  - Crisis support, connection to resources, advocacy, transitional housing, counseling, and emergency shelter (the Della Gill/Joyce H. Williams Center)
- [Hope House](#), (816) 461-4673
  - Emergency shelter, counseling and support groups, court advocacy
- [Kansas City Anti-Violence Project](#), 24-Hour Hotline: (816) 349-9371
  - Crisis assistance, advocacy, and education to the lesbian, gay, bisexual, and transgender community.
- [Kansas Crisis Hotline](#): 1-888-END-ABUSE (888-363-2287)
- [Kansas Coalition against Sexual and Domestic Violence](#), (785) 232-9784
  - Legal assistance for victims, database for local KS advocates and counselors, database for local KS sexual assault nurse examiners.

- [National Sexual Assault 24-Hour Hotline](#): 1-800-656-4673 (HOPE)
  - [online chat hotline](#) or text “START” to 88788
- [National Domestic Violence 24-Hour Hotline](#): 1-800-799-7233 (SAFE)
  - Hotline and website for resources on getting help in an abusive relationship
  - TTY: 1-800-787-3224
- [Newhouse](#), 24-Hour Hotline: (816) 471-5800
  - Emergency shelter, court advocacy, counseling, employment services
- [1in6](#) Male-Identifying Survivors, 24-Hour Hotline: 1-800-656-4673
- [Rose Brooks Center](#) 24-Hour Hotline: (816) 861-6100
  - Crisis support, safety planning, connection to resources, safe shelter
- [Safe Home](#), 24-Hour Hotline: (913) 262-2868
  - Emergency shelter, counseling, healthcare advocacy, children’s services, transitional housing, economic advocacy, and court and legal services
- [Synergy Services](#)
  - Domestic Violence Hotline: (816) 321-7050 or (800) 491-1114
  - Youth Crisis Hotline: (816) 741-8700 or (888) 233-1639
  - Emergency shelter for 12- to 18-year olds in crisis, domestic violence emergency shelter for women and children, mental health and counseling services, intervention services, children’s therapy, transitional housing

## LGBTQIA Support

- [UMKC LGBTQIA+ Programs](#), 816-235-1407
  - Support, resources, and programming for UMKC students, faculty, and staff.
  - Rainbow Lounge, Student Union room 325
- [Kansas City Anti-Violence Project](#), 24-Hour Hotline: (816) 349-9371
  - Crisis assistance, advocacy, and education
- [Kansas City Center for Inclusion](#), 300 E. 39<sup>th</sup> St, KCMO (816) 310-7396
  - LGBTQIA community-building and support; physical center for gathering
  - Trans-affirming services (binders, underwear, and some monetary assistance)
- [Lion House](#), 913-303-8664
  - Transitional and Rapid Re-housing programs for LGBTQIA youth and adults
- [LGBT National Help Center](#), National Hotline: (888) 843-4564 (not 24-hour)
  - Confidential peer support, information, and resources
  - National Youth Talkline: (800) 246-7743 (not 24-hour)
- [PFLAG](#), (816) 765-9818 (to leave a call-back message) or [support@pflagkc.org](mailto:support@pflagkc.org)
  - Support for families and friends
- [SAVE, Inc.](#), 816-531-8340
  - Housing and emergency assistance for LGBTQIA houseless, low-income, and/or medically diagnosed people.
  - Shelter and services for transition-aged youth (18-24) facing homelessness.
- [Trans Lifeline](#), 24-Hour Hotline: (877) 565-8860
  - Crisis and support services
- [Trevor Project](#), 24-Hour Hotline: 1-866-488-7386; online chat: text “START” to 678-678
  - National LGBTQ Youth crisis intervention and suicide prevention
  - Safe browsing feature erases browsing history and immediately closes tab if Escape is pressed three times while using the website
- [University Health LGBTQ Specialty Clinic](#), (816) 404-4086
  - Physical and mental health care and patient advocacy
  - All LGBTQIA staff
  - Sliding-scale fees, including patients without insurance
  - HIV/STI services

## Military and Veterans Services

- [UMKC Student Veteran Support Services](#), Student Union room 310, (816) 235-5599
  - Student programming and services that cater to the needs of student veterans and connect them to resources that support their transition into the workforce.
  - The Office of Student Veteran Support Services features the At Ease Zone, which provides military-affiliated students a place to study, socialize, and connect with staff and each other.
- [Health.mil](#) (Military Health System)
- [Catholic Charities Veterans Services](#), (816) 659-8263 (closed Fridays)
  - Housing assistance, employment services, financial assistance
  - Or email [veterans@ccharities.com](mailto:veterans@ccharities.com)
- [Kansas City VA Medical Center](#), 4801 Linwood Blvd, KCMO 64128 (816) 861-4700
  - Medical, mental health, homelessness referrals to Safe Haven Program
- [Kansas City Vet Center](#), 4800 Main St, Suite 107, KCMO 64112 (816) 922-5300
  - Individual and family counseling, substance abuse assessment, employment referral, VA services referrals
- [Kansas Commission on Veterans Affairs](#) (KCVAO)
  - Provides Kansas veterans, their relatives, and other eligible dependents with information, advice, direction, and assistance through the coordination of programs and services
- [Military OneSource](#) (Confidential Help and Support) 800-342-9647
- [Missouri Veterans Commission](#) (MVC)
  - Aids Missouri Veterans, their dependents, and legal representatives by providing information regarding the rights of Veterans and their dependents and to assist Veterans accessing their available benefits through State and Federal Government
- [Veterans Crisis Line](#), 24-hour Hotline: Dial 988, press 1
  - [Chat online](#) or text 838255
- [Veterans Community Project KC](#), 8900 Troost Ave, KCMO 64131 (816) 599-6503
  - Outreach center, living community, counseling referrals, employment support
  - Monday – Thursday, 9am-4pm
  - Friday, 9am-1pm

## Mental Health Resources and Treatment Centers

### Free Mental Health Screening Tools:

- [Body U](#) (body image and eating disorders resources)
- [College Behavior Profile](#) (alcohol and cannabis use self-assessment)
- [Life Values Inventory](#)
- [Mental Health is Health](#)
- [Mental Health of America Self-Help and Screening Tools](#)
- [Psycom Mental Health Self-Help and Screening Tools](#)

### Hotlines:

- [988 Suicide and Crisis Lifeline](#) (formerly known as the National Suicide Prevention Lifeline)  
**24-Hour Hotline: call or text 988**
  - [Chat Online](#)
- CommCARE [First Step for Help](#) 24-Hour Hotline: 1-888-279-8188
  - [Map of walk-in clinics](#)
- [Crisis Text Line](#): text HOME to 741741
- [First Call](#) 24-Hour addiction recovery hotline: (816) 361-5900
- [Johnson County, KS Mental Health](#) 24-Hour Crisis Line: (913) 268-0156
- [Compassionate Ear Warmline](#): (913) 281-2251 (9AM-9PM CST daily, including holidays)
- [National Alliance on Mental Illness](#) HelpLine: 1-800-950-6264 (9AM-9PM CST M-F)
- [Veterans Crisis Line](#), 24-hour Hotline: Dial 988, press 1
  - [Chat online](#) or text 838255
- [Wyandotte County, KS Crisis Services](#) 24-hour Crisis Line: (913) 788-4200

## UMKC Resources:

- [Roo Wellness - Counseling Services](#), Brookside 51 Building suite 201, (816) 235-1635
  - Students receive up to 8 free sessions per academic year
  - Group therapy and workshops are free and unlimited
  - Crisis Walk-In hours are M-F at 10am and at 2pm
  - [Ask, Listen, Refer](#): online suicide prevention training program
- [Community Counseling and Assessment Services](#), UMKC School of Education room 212 (816) 235-2725
  - Affordable counseling and assessment services provided by UMKC graduate students under supervision of the Counseling and Educational Psychology faculty.
- [Employee Assistance Program](#) (EAP) 866-248-4094
  - UMKC staff, faculty, and their dependents have access to free resources and counseling sessions through Employee Assistance Program (EAP).
- [MindBody Connection](#), Student Union room 303G and 303H (816) 235-1635
  - Drop-in stress-free zone, featuring massage chair and referral resources
- [WellConnect](#)
  - Free service for UMKC School of Medicine students and their families
  - [Access code required](#)
  - For questions, contact Niloofar Shahmohammadi (816) 235-1862

## Community Mental Health Treatment Providers:

- [Advent Health Behavioral Health](#)
  - Assessments by appointment only, (913) 789-3218
  - Outpatient psychiatry appointments, (913) 789-1900
- [Beacon Mental Health](#) (formerly Tri-County Mental Health Services), (816) 468-0400
  - Community support, psychiatry, substance use, and outpatient therapy for residents of Clay, Platte, and Ray Counties, MO
  - [Open Access](#) hours at their clinics
- [Comprehensive Mental Health](#), 17844 E. 23<sup>rd</sup> Street, Independence, MO (816) 254-3652
  - Mental health and substance abuse treatment centers, various locations
  - Open Access Walk-In hours: 8AM-5PM Monday - Friday
- [Cornerstones of Care](#), multiple locations, (816) 508-3500
  - [Outpatient counseling interest form](#)

- [Cottonwood Springs](#), 13351 S Arapaho Drive, Olathe, KS (913) 210-0113
  - Inpatient and outpatient treatment as well as treatment for addiction.
- [Guadalupe Centers](#), 1512 Van Brunt, KCMO (816) 531-6911; [optx@guadalupecenters.org](mailto:optx@guadalupecenters.org)
  - Outpatient substance abuse assessment and treatment
- [Healing Grace Counseling Center](#), 1272 NE Windsor Dr, Lee's Summit (816) 246-4465
  - Provides group, individual, family, and individual therapy; psychological testing.
- [Heartland Center for Behavioral Change](#), 1730 Prospect Avenue, KCMO (866) 242-6670
  - Inpatient detoxification, outpatient substance abuse treatment, medication-assisted treatment, court services
- [First Call](#), 9091 State Line, KCMO
  - 24hr crisis line (816) 361-5900
  - Substance abuse addiction, recovery, and prevention resources
- [Johnson County, KS Mental Health](#), 6000 Lamar, Suite 130, Mission, KS (913) 826-4200
  - 24-Hour Crisis Line 913-268-0156
  - Emergency services (after-hours, mobile crisis response, crisis recovery center), mental health (family, youth, adult, and deaf services), substance abuse services, and same day walk-in assessment, evaluation and treatment.
- [Kansas City Indian Center](#), 600 West 39th Street, KCMO 64111 (816) 421-7608
  - Morningstar substance abuse outreach program.
- [KU Medical Center Psychiatry & Behavioral Sciences](#), (913) 588-1227
  - Inpatient and general adult psychiatric and psychology treatments
- [Mattie Rhodes Center](#), 1740 Jefferson, KSMO (816) 241-3780
  - Offers services in mental health counseling, family violence intervention, substance abuse treatment, and education/support groups.
- [ReDiscover](#), various locations, (844) 994-4325
  - Nonprofit community mental health for serious mental illness and/or substance abuse. Residential and outpatient programs, crisis support, case management, transportation assistance, individual & group counseling.
- [Research Psychiatric Center](#), 2323 E. 63<sup>rd</sup> St, KCMO; Appointments (816) 444-8161
  - outpatient, day treatment, adolescent, adult, and senior adult services, trauma addictions and recovery
- [Saint Luke's Hospital](#), 4401 Wornall Road (emergency room at Entrance 1) (816) 932-2000
  - 24-hour emergency psychiatric assessment and care



- [Swope Health Behavioral Health](#), 3801 Swope Parkway, KCMO (816) 923-5800
  - Offers intensive outpatient programs, case management services, individualized treatment and services, addiction and prevention programs for adults and teens, individual and couples therapy, and school-based prevention programs.
  - Offers residential program for adult substance abuse treatment (Imani House).
  
- [University Health Behavioral Health](#), 300 W. 19<sup>th</sup> Terrace, KCMO (816) 404-5709
  - Walk-in care available 8AM-Noon Monday-Friday.
  - Assessment, substance abuse, crisis, inpatient treatment, deaf services
  - Call 816.404.6170 to make an appointment at University Health Behavioral Health Lakewood Counseling, 300 SE 2nd Street in Lee's Summit.
  
- [Valley of Hope](#), 10114 W. 105th Street, Overland Park, KS (913) 436-9501
  - Intensive Outpatient programs (IOP) addiction treatment and recovery
  - Referrals for treatment start by calling (855) 544-8384
  
- [Westport Growth Center](#), 4104 Central, KCMO (816) 753-1110
  - Counseling services for individuals, couples, families, groups, and children.
  
- [Wyandot Center](#), 1301 N. 47<sup>th</sup> St, KCKS (913) 328-4600
  - comprehensive outpatient services, community support services, crisis stabilization, case management, art therapy, psychiatric services, supportive housing services, job placement for residents of Wyandotte County, KS
  - Walk-in hours 8.30AM-3PM
  - 24-hour crisis line: (913) 788-4200

## General Health Care

- [UMKC Roo Wellness - Health Services](#), Brookside 51 Building (5110 Oak Street), Suite 237, (816) 235-6133
  - On-campus clinic, make an appointment online or call directly.
- [UMKC School of Dentistry Clinic](#), 650 E. 25<sup>th</sup> St, KCMO (816) 235-2100
  - Reduced-cost dental services in the student clinic.
  - Call to discuss your needs and to make appointment.
- [Hope Family Care Center](#), 3027 Prospect, KCMO (816) 861-6500
  - All-ages general practice, wellness education, preventative care, urgent care for residents living in zip codes 64109, 64127, and 64128.
- [Johnson County Health Partnership Clinic](#), 407 S. Clairborne Rd, Suite 104, Olathe, KS (913) 648-2266 (other locations in Paola, Ottawa, and Merriam, KS)
  - Adult and pediatric primary care, women’s health (no prenatal care), dental care, behavioral health, laboratory services.
  - Do not have to be Kansas resident for services.
- [KC Care Health Center](#), Midtown South location 3515 Broadway, KCMO 64111 (816) 753-5144
  - Adult and pediatric primary care, dermatology, behavioral health, dental, women’s health including mammography (no prenatal care), primary care and disease management for patients with HIV, physical and occupational therapy, laboratory, pharmacy services, chiropractic services.
- [Kansas City MO Health Department](#), 2400 Troost, KCMO (816) 513-6008
  - STD testing and treatment, flu shots, immunizations, community health programs.
- [LGBTQ Health Clinic](#), University Health (816) 404-4086
  - Physical and mental health care and patient advocacy
- [Mercy and Truth Clinics](#)
  - 721 N. 31<sup>st</sup> Street, KCKS 66102 (913) 621-0074
  - 11644 W. 75<sup>th</sup> St, Suite 103, Shawnee, KS 6214 (913) 248-9965
  - Adult and pediatric primary care, laboratory, school and sports physicals.
  - Do not have to be Kansas resident for services.
- [Planned Parenthood](#) (Great Plains), 1-800-230-7526
  - Provides access to sexual and reproductive healthcare to men, women, and families in the KC metro region.

- [Samuel Rodgers Community Health Center](#), 825 Euclid, KCMO (816) 474-4920
  - Adult and pediatric primary care, women’s health, obstetrics/prenatal care, behavioral health, general dentistry, laboratory, pharmacy, substance abuse treatment, WIC services (Women’s, Infants, and Children).
  
- [Swope Health](#), 3801 Blue Parkway, KCMO (816) 923-5800
  - Adult and pediatric primary care, obstetrics/gynecology, behavioral health, substance abuse treatment, dental clinic (including dental emergencies), pharmacy, vision exams and optical shop.
  
- [Vibrant Health](#), 21 N. 12<sup>th</sup> St, KCKS 66102 (913) 342-2552
  - Adult and pediatrics, pregnancy care, HIV management, dental care, behavioral health, pharmacy.

## Legal Assistance

- [UMKC School of Law Self-Help Law Clinic](#), (816) 235-2271
  - Provides legal information, advice, and referral for a range of civil matters free of charge (though clients may need to pay court costs or filing fees).
  - The clinic does not provide representation.
  - The clinic cannot assist—beyond providing referral—in matters in which they would be in conflict with the university.
- [Kansas Legal Services](#), 1-800-723-6953
  - Provides legal services at no or reduced cost to income eligible individuals.
- [Legal Aid of Western Missouri](#), (816) 474-6750
  - Provides legal services at no or reduced cost to income eligible individuals.
- [Missouri Bar](#), Legal Resources Line (573) 636-3635
  - Resources to find a lawyer, resources offering discounted and pro bono services.
  - [Free Legal Answers](#)
- [Heartland Center for Jobs and Freedom](#), (816) 278-1344
  - Legal Support/Advocacy for low wage workers or those struggling with evictions.

## Financial Wellness

UMKC's [Financial Wellness Center](#) empowers students to take control of their personal finances and achieve their goals. Through free, one-on-one financial coaching, workshops, and digital resources, we can help you navigate a wide range of financial topics, including how to pay for college, file the FAFSA, learn to budget and manage credit and debt.

Working one-on-one with a financial coach is a great way to define your goals, make an action plan and get answers to your financial questions.

All UMKC students are eligible for free, one-on-one financial coaching sessions.

- Create a budget
- Make a plan to pay for college
- Understand student loans and repayment
- Navigate credit

Contact Anna Zimmerman, financial wellness manager, to schedule your free, one-on-one coaching appointment. Make your appoint through [UMKC Connect](#) or call (816) 235-1401.

## Quick Reference: Hotlines

### Social Services Hotlines:

- [United Way](#) – just dial 211 on a cell phone; from a land line call (866) 320-5764
- [Find Help](#) – Search by zip code for financial assistance, food pantries, medical care, and other free or reduced-cost help.
- [Lift Up KC](#) – Search by zip code for financial assistance, food pantries, medical care, and other free or reduced-cost help
- Kansas City Homeless Shelter Hotline: (816) 474-4599

### Mental Health Crisis Hotlines:

- [988 Suicide and Crisis Lifeline](#) (formerly known as the National Suicide Prevention Lifeline) 24-Hour Hotline: **call or text 988**
- [Veterans Crisis](#) 24-Hour Hotline: call 988, press 1; or text 838255
- [Crisis 24hr Text Line](#): Text HOME to 741741
- CommCare [First Step for Help](#) 24-Hour Hotline: 1-888-279-8188
  - [Map of walk-in clinics](#)
- [First Call](#) addiction/recovery 24-Hour Hotline: 816-361-5900
- [Johnson County KS Mental Health](#) 24-Hour Crisis Line: 913-268-0156
- [Trans Lifeline](#) 24-Hour Hotline: 877-565-8860
- [Trevor Project](#) 24-Hour Hotline: 1-866-488-7386, text 678678, or [online chat hotline](#)
- [MHAH Compassionate Ear Warmline](#): 913-281-2251
  - Operates daily 9am-9pm CST, including holidays
- [National Alliance on Mental Illness Warmline](#): 800-950-6264
  - Operates M-F 9am-9pm CST

### Domestic Violence & Sexual Assault Hotlines:

- [MOCSA: Metropolitan Organization to Counter Sexual Assault](#)
  - 24-Hour Crisis Lines: (816) 531-0233 or (913) 642-0233
- Kansas City Domestic Violence Shelter Hotline: (816) HOT-LINE (816-468-5463)
- [Kansas City Anti-Violence Project](#) 24-Hour Hotline: (816) 349-9371
- [Kansas Crisis Hotline](#): 1-888-END-ABUSE (888-363-2287)
- [National Sexual Assault 24-Hour Hotline](#): 1-800-656-HOPE(4673) and [online chat hotline](#)
- [National Domestic Violence 24-Hour Hotline](#): 1-800-799-SAFE(7233)
- [Deaf Victims 24-Hour Hotline](#): 855-812-1001 or VP 1-855-812-1001

### NurseLines:

- [Children’s Mercy 24-Hour NurseLine](#): (816) 234-3188 or 1-866-399-5941
- [Shawnee Mission AdventHealth NurseLine](#): (913) 676-7777
- [Overland Park Regional Nurses On-Call](#): (913) 541-5562
- [Poison Control](#): 1-800-222-1222

**For emergencies, call 9-1-1; or if on-campus, call UMKC Police at (816) 235-1515**