Local Referrals

* As a reminder, the Sanvello App is free for all UMKC students and offers on-demand help for stress anxiety, and depression.

**We also suggest searching psychologytoday.com and/or contacting your insurance company to find additional referrals.

Online Counseling & Therapy:

- Better Help: https://www.betterhelp.com/
- TalkSpace: https://www.talkspace.com/
- Pride Counseling: https://www.pridecounseling.com/

Private Practice

- **Elise J Chapline, LCSW, LSCSW**
  - Phone: 816-360-9333. Email: chaplineelise@gmail.com. Address: 6155 Oak Street, Kansas City, MO 64113.
  - Offers sliding scale for private pay. I have Cigna, Aetna, and United Healthcare at present. Daytime, evening and some weekend appointments available.
  - psychologytoday.com/us/therapists/elise-j-chapline-kansas-city-mo/471836

- **Emily Anderson, LPC, RYT, Embodied. Counseling & Yoga**
  - Phone: 785-443-1106; Email: emilyanderson.lpc@gmail.com

- **Jaree Basgall, Licensed Somatic Psychotherapist**
  - Phone: 785-341-1908; Address: 16979 West 94th Street, Lenexa, KS 66219
  - Website: www.jareebasgall.com.

- **Ashley Heintzeleman, LP**
  - Phone: 913-223-9584; Email: heintzelman.ashley@gmail.com; Address: 8700 Indian Creek Pkwy Building 3, Suite 270 Overland Park, KS. 66210
  - Offers a sliding scale
  - Website: http://drashleyheintzelman.com/

- **Esther Markus, LP**
  - Phone: (816) 561-3316; Address: 101 E Gregory Blvd, Kansas City, MO 64114

- **Brian Paul, LP**
  - Phone: (816) 492-5288
Group Private Practice

- Ochester Psychological Services
  - Phone: 913-735-5566; 11100 Ash St, Ste 103 Leawood, KS 66211
  - Website: https://mindfulkc.com/

- Hutchinson & Associates
  - Phone: 816-361-0664; Address: 222 W Gregory Blvd, Kansas City, MO 64114

- Renew Counseling Center
  - Phone: (913)768-6606; Address: 11695 S Black Bob Rd, Olathe, KS 66062
  - Website: https://anxietycenterkc.com/

- Insight Counseling
  - Phone: 913-631-3800; Address: Overland Park, KS

- CenterPoint Counseling and Recovery
  - Phone: 816-444-5511; 9229 Ward Parkway, Suite 225; Kansas City, MO 64114
  - Multiple individual providers

- Lilac Center
  - 816-221-0305 ext. 113; Address: 2546 Holmes St., Kansas City, MO 64108

Community Mental Health Centers

- ReDiscover, 1555 NE Rice Road, Building C, Lee’s Summit, MO; (816) 966-0900
  - 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.

- The Transgender Institute Foundation®; 420 West 42nd Street, Suite 11, Kansas City, MO, 64111; (816)-305-0943

- Johnson County Mental Health, 6000 Lamar, Suite 130, Mission, KS (913) 826-4200
  - 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.

- Metropolitan Organization to Counter Sexual Assault (MOCSA): 3100 Broadway, Suite 400, Kansas City, MO 64111; (816)-931-4527
  - **MOCSA will be closed through 3/27**
Comprehensive Mental Health, 17844 E. 23rd Street, Independence, MO (816) 254-3652
  o Community mental health; youth service, outpatient, adult community support, crisis intervention, Jackson county mental health court.

Wyandot Center, 1301 N. 47th St, KCKS (913) 563-6500
  o Comprehensive outpatient services, community support services, crisis stabilization, walk-in crisis clinic, case management, art therapy, psychiatric services, supportive housing services, job placement

Swope Health Behavioral Health, 3801 Swope Parkway, KCMO (816) 923-5800
  o Offers intensive outpatient programs, case management services, individualized treatment and services, addiction and prevention programs, individual and couples therapy, and school-based prevention programs. Offers residential program for adult substance abuse (Imani House).

Tri-County Mental Health Services, 3100 NE 83rd St Suite 1001, KCMO (816) 468-0400
  o Mental health services including substance abuse services.

Truman Medical Center Behavioral Health, 300 W. 19th Terrace, KCMO (816) 404-5700
  o Assessment, substance abuse, crisis, inpatient treatment, deaf services

Additional Community Referrals

Center for Behavioral Medicine, 1000 East 24th Street, KCMO (816) 512-7000
  o Alcoholism, drug, family, group and individual counseling, crisis intervention, group psychiatric therapy, and suicide prevention, as well as hospital inpatient care, mental health aftercare, and psychiatric care. dmh.mo.gob/cbm

Cottonwood Springs, 13351 S Arapaho Drive, Olathe, KS (913) 353-3000
  o Inpatient and outpatient treatment as well as treatment for addiction.

Guadalupe Centers, 1512 Van Brunt, KCMO (816) 561-6885
  o Outpatient substance abuse assessment and treatment, counseling

Healing Grace Counseling Center, 1272 NE Windsor Dr, Lee’s Summit (816) 246-4465
  o Offer group, individual, family, and individual therapy; psychological testing.

Heartland Center for Behavioral Change, 1730 Prospect Avenue, KCMO (866) 242-6670
  o Inpatient detoxification, outpatient substance abuse treatment, medication-assisted treatment, court services
- **KU Medical Center Psychiatry & Behavioral Sciences**, (913) 588-1227
  - child and general adult psychiatric services

- **Mental Health America of the Heartland** (MHAH), 739 Minnesota Ave, KCKS (913) 281-2221
  - Advocacy and recovery services, child and youth mental health services, housing initiative, mental health promotion

- **Mattie Rhodes Center**, 1740 Jefferson, KSMO (816) 471-2536
  - Offers services in mental health counseling, domestic violence intervention, substance abuse treatment, case management, youth development, and education/support groups.

- **MO Dept. of Mental Health**, KCMO Community Care 24-Hour Hotline: (888) 279-8188
  - Mental illness, developmental disabilities services, substance abuse, gambling, deaf services, disaster services

- **Research Psychiatric Center**, 2323 E. 63rd St, KCMO; Appointments (816) 444-8161
  - outpatient, day treatment, adolescent, adult, and senior adult services, trauma addictions and recovery

- **Valley of Hope**, 10114 W. 105th Street, Overland Park, KS (913) 432-4037
  - Services include Intensive Outpatient (IOP) programs, addiction treatment, medication assisted treatment, online counseling and therapy, family care and continuing care.

- **WellConnect**
  - Free for UMKC School of Medicine students and their families; access code required; contact Niloofar Shahmohammadi for info (816) 235-1862

- **Westport Growth Center**, 4104 Central, KCMO (816) 753-1110
  - Counseling services for individuals, couples, families, groups, and children.

- **St. Luke’s Psychiatry**, 4225 Baltimore, KCMO (816) 932-1711
  - inpatient psychiatric programs for adolescents, adults and older adults; 24-hour emergency psychiatric care; children’s psychiatric hospital

**Quick Reference: Mental Health Hotlines**

- **National Suicide Prevention 24-Hour Lifeline**: 1-800-273-TALK(8255)
- **Veterans Crisis 24-Hour Hotline**: 1-800-273-8255, press 1
- **Johnson County Mental Health** 24-Hour Crisis Line: 913-268-0156
- **KCMO Community Care / Crisis Intervention** 24-Hour Hotline: (888) 279-8188
- **First Call** addiction/recovery 24-Hour Hotline: (816) 361-5900
- **Trans Lifeline** 24-Hour Hotline: (877) 565-8860
- **Trevor Project** 24-Hour Hotline: 1-866-488-7386 and online chat hotline
- **National Alliance on Mental Illness Warmline**: (800) 374-2138
  - Operates M-F 9am-5pm and 3pm-9pm on weekends and holidays
- **MHAH Compassionate Ear Warmline**: (913) 281-2251
  - Operates daily 4pm-10pm
- **Self-Harm Hotline**: Text CONNECT to 741741 from anywhere in the USA, anytime, about any type of crisis.

**Online Resources**

- **Center for Mindfulness in Medicine, Health Care, and Society** [http://www.umassmed.edu/Content.aspx?id=42066](http://www.umassmed.edu/Content.aspx?id=42066)
- **Meditation Oasis** [www.meditationoasis.com](http://www.meditationoasis.com)
- **Mindful** [www.mindful.org](http://www.mindful.org)

**Apps for your Smartphone, Tablet, or Computer**

<table>
<thead>
<tr>
<th>ACT Coach</th>
<th>CBTi-Coach</th>
<th>Mindfulness Coach</th>
<th>T2 Mood Tracker</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breathe2relax</td>
<td>Calm</td>
<td>Mindshift</td>
<td>Take a break!</td>
</tr>
<tr>
<td>Breathing Technique by Hemalayaa</td>
<td>Head Space</td>
<td>Koru Mindfulness</td>
<td>SANVELLO</td>
</tr>
</tbody>
</table>
