

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 Heintzleman, LP**
 - Phone: 913-223-9584; Email: heintzleman.ashley@gmail.com; Address: 8700 Indian Creek Pkwy Building 3, Suite 270 Overland Park, KS. 66210
 - Offers a sliding scale
 - Website: <http://drashleyheintzleman.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
 - 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
 - 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
 - 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
 - Mental health services including substance abuse services.
- [Truman Medical Center Behavioral Health](#), 300 W. 19th Terrace, KCMO (816) 404-5700
 - Assessment, substance abuse, crisis, inpatient treatment, deaf services

Additional Community Referrals

- [Center for Behavioral Medicine](#), 1000 East 24th Street, KCMO (816) 512-7000
 - 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.gov/cbm
- [Cottonwood Springs](#), 13351 S Arapaho Drive, Olathe, KS (913) 353-3000
 - Inpatient and outpatient treatment as well as treatment for addiction.
- [Guadalupe Centers](#), 1512 Van Brunt, KCMO (816) 561-6885
 - Outpatient substance abuse assessment and treatment, counseling
- [Healing Grace Counseling Center](#), 1272 NE Windsor Dr, Lee's Summit (816) 246-4465
 - Offer 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

- [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

- **BODY U-FREE APP for UMKC Students:** <http://www.bodyu.org/>
- **Center for Mindfulness in Medicine, Health Care, and Society**
<http://www.umassmed.edu/Content.aspx?id=42066>
- **Mayo Clinic Stress Reduction Website**
<http://www.mayoclinic.com/health/mindfulness-exercises/MY02124>
- **Meditation Oasis** www.meditationoasis.com
- **Mindful** www.mindful.org
- **Mindfulness Research Guide** <http://www.mindfulexperience.org/>
- **WebMD;** <http://www.webmd.com/balance/stress-management/stress-management-breathing-exercises-for-relaxation>

Apps for your Smartphone, Tablet, or Computer

ACT Coach	CBTi-Coach	Mindfulness Coach	T2 Mood Tracker
Breathe2relax	Calm	Mindshift	Take a break!
Breathing Technique by Hemalayaa	Head Space	Koru Mindfulness	SANVELLO