

# Community Social Services and Support Resources

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Have a resource to share? See something that needs updating?  
Please contact the UMKC Student HelpLine at 816-235-2222 or [helpline@umkc.edu](mailto:helpline@umkc.edu)

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

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.

## 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 emergency shelter options:

- [Kansas City Rescue Mission](#) (Shelter KC)
  - Emergency shelter for men: 1520 Cherry St, KCMO (816) 421-7643
  - Emergency shelter for women: 2611 E. 11<sup>th</sup> St, KCMO (816) 348-3287
- [Mother's Refuge](#), (816) 353-8070
  - Safe home and services for pregnant and young mothers
- [reStart, Inc.](#), 918 E 9<sup>th</sup> St, KCMO (816) 472-5664; Youth Hotline: (816) 309-9048
  - Also offers transitional and support services
- [Shalom House Men's Shelter](#), 2100 N. 13<sup>th</sup> St, KCKS (913) 321-2206
- [Sheffield Place](#), 6604 E 12<sup>th</sup> St, KCMO (816) 483-9927
  - Focus on homeless mothers
- ***Please note: Forest Avenue Family Shelter has closed***

## Social Services and Resources

- UMKC Basic Needs Coordinator: Taylor Blackmon (816) 235-1466
  - [blackmonte@umkc.edu](mailto:blackmonte@umkc.edu)
  - Set up an appointment: <https://calendly.com/blackmonte>
- [United Way](#) – just dial 211 on a cell phone; from a land line call (866) 320-5764
  - Connects callers with local assistance agencies
- [KC Public Library Street Sheet](#) of community services for people experiencing homelessness. English and Spanish.
- [MO State Assistance for Housing Relief](#) (SAFHR) COVID-19 Rent and Utility Assistance (application closes Sept 2022)
- [Artists Helping the Homeless](#), 3625 Warwick Blvd, KCMO 64111 (816) 668-1007
  - Assistance and resources for homeless individuals, 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, legal assistance
- [Catholic Charities](#) (KCMO and St. Joseph, MO), (816) 221-4377 (closed Fridays)
  - Housing assistance, employment services, educational programs, health & wellness, disability services, 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
- [City Union Mission](#)
  - Community Assistance Center 1700 E. 8<sup>th</sup> St, KCMO 64106 (816) 329-1441
  - Programs for low-income families, including budget relief, clothing, and baby supplies, plus seasonal support services.
- [Community Assistance Council](#), 10901 Blue Ridge Blvd, KCMO 64134 (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, homeless re-housing, and case management services.
- [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
- [Helping Hand](#) (Unity Temple on the Plaza), 707 W. 47<sup>th</sup> St, KCMO 64112 (816) 561-4466
  - Provides necessities like coats, hoodies, socks, gloves, sweaters, nutritional snacks, water bottles, etc., for the homeless and indigent people in the area.
- [Hillcrest Transitional Housing](#) – Various locations
  - Focus on helping move clients to self-sufficiency
- [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
  - [GoSection8.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 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

- [Kansas City's Medicine Cabinet](#) (816) 276-7517
  - Provides help for low-income and uninsured metro-area residents
- [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
  - 24-hour Automated Info Line (800) 392-1261
- [Morning Glory Ministries](#), 416 W. 12<sup>th</sup> St, KCMO 64104 (816) 842-0416
  - Emergency assistance hours: T-F 8.30am-11.30am
  - Also operates café for free breakfast and lunch
- [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](#)
  - MO/KS resources include women's transitional housing, food pantries, and family services.
- [Northland Assistance Center](#), 2018 Gentry, NKCMO 64116 (816) 421-2243
  - Provides qualified needy families and individuals with a combination of food, financial aid, crisis intervention, strengths-based case management.
- [Salvation Army](#), KC Westport Corps, 500 W. 39<sup>th</sup> St, KCMO 64110 (816) 753-6040
  - Emergency/disaster relief, rent/utility assistance, at-risk children and adults
- [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.
  
- [Visitation Catholic Church](#), 5141 Main, KCMO (816) 753-9061
  - Social services hotline/referral service, assistance with rent and utilities

## Food Assistance

### General Resources:

- [United Way](#) – for referrals call 2-1-1 on a cell phone; from a land line call (866) 320-5764
- [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)
  - [List of agencies serving hot meals](#) sorted by day of the week
- 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:

- Harvesters keeps a [list of agencies serving hot meals](#) sorted by day of the week
- [Hope Faith Ministries](#), 705 Virginia Ave, KCMO 64106 (816) 471-4673
  - Breakfast served 8.30-10am M-F
  - Lunch served 11am-12.30pm M-F and 11am-1.30pm on Saturdays
- [Kansas City Community Kitchen](#), 750 Paseo Boulevard, KCMO 64106 (816) 561-8920
  - Lunch served 11am-2pm M-F
- [Morning Glory Café](#), 416 W. 12<sup>th</sup> St, KCMO 64105 (816) 842-0416
  - Breakfast served 7.15-8.30am T-F
  - Lunch served Noon-12.45pm on Saturdays and 1-2pm on Sundays
- [One City Café](#) at Bishop Sullivan Center, 3936 Troost 64110 (816) 231-0984
  - Dinner served 4.30-6pm M-F

## Food Pantries:

Please call each pantry 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).

- Food Pantry locators (search by Zip Code):
  - <https://www.harvesters.org/Get-Help/Service-Locator> (for MO and eastern KS)
  - <https://feedingmissouri.org/your-food-bank/>
- [UMKC Kangaroo Panty](#), (816) 235-1407
  - On-campus food pantry open to the UMKC community
  - Share-a-Swipe program for meal plans
- [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
- [Giving Hope Food Pantry](#), 6640 State Ave, KCKS 66102 (913) 291-9031
- [Northland Assistance Center](#), 2018 Gentry, NKCMO 64116 (816) 421-2243, by appt. only
- [Salvation Army](#) (KC Westport Corps), 500 W. 39<sup>th</sup> St, KCMO 64111 (816) 753-6040
- [Seton Center](#), 2816 E. 23<sup>rd</sup> St, KCMO 64127 (816) 231-3955



In addition, many local churches offer food pantries; call for hours, restrictions, and service areas. The list below may not be inclusive of all opportunities, so please use the food pantry locators linked at the top of this section.

- Barry Christian Church, 1500 NW Barry Road, KCMO 64155 (816) 436-0462
- Christ The King, 8510 Wornall Rd, KCMO 64114 (816) 363-4888
- Colonial Presbyterian Church, 9500 Wornall Rd, KCMO 64114 (816) 501-3066
- Eastside Christian Church Outreach, 1925 Hardesty Ave., KCMO 64127 (816) 483-1962
- Gladstone Seventh Day Adventist, 3800 NE 80th St, KCMO 64119 (816)436-6341
- Good Shepherd UMC, 9555 N. Oak Trafficway, KCMO 64155 (816) 734-2216
- Grace Christian Fellowship Church, 3721 Paseo, KCMO 64109 (816) 921-5433
- Islamic Society of Greater Kansas City, 8501 E. 99<sup>th</sup> St, KCMO 64134 (816) 763-2267
- Jewish Family Services, 425 E. 63<sup>rd</sup> St, KCMO 64110 (816) 333-1172
- Mercy Ministry, 2310 E. Linwood, KCMO 64109 (816) 923-1727
- Metropolitan Lutheran Ministry, 1104 NE Vivion Road, KCMO 64118 (816) 454-5295
- Northland Abundant Life, 7700 N. Church Road, KCMO 64158 (816) 781-7759
- St. Mary's Episcopal Church, 1307 Holmes, KCMO 64106 (816) 842-0975
- St. Paul's Episcopal Church, 11 East 40<sup>th</sup>, KCMO 64111 (816) 931-2850
- [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) 235-6910
  - 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) 561-0550
  - 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-HOPE(4673) and [online chat hotline](#)
- [National Domestic Violence 24-Hour Hotline](#): 1-800-799-SAFE(7233)
  - Hotline and website for resources on getting help in an abusive relationship
  - [Advocacy services for deaf victims](#): TTY 800-787-3224 or VP 1-855-812-1001
- [Newhouse](#), 24-Hour Hotline: (816) 471-5800
  - Emergency shelter, court advocacy, counseling, employment services
- [1in6](#) Male-Identifying Survivors
  - [24/7 helpline chat](#)
- [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; Toll-Free Hotline: 1-888-432-4300
  - 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](#)
  - 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) 561-0550
  - Crisis assistance, advocacy, and education
- [Kansas City Center for Inclusion](#), 3911 Main St, KCMO (816) 753-7770
  - LGBTQIA community-building and support
- [LGBTQ Health Clinic](#), TMC (816) 404-4086
  - Physical and mental health care and patient advocacy
- [National 24-Hour Sexual Assault Hotline](#): 1-800-656-HOPE(4619) – [online chat hotline](#)
- [Trevor Project](#), 24-Hour Hotline: 1-866-488-7386
  - National LGBTQ Youth crisis intervention and suicide prevention
  - [online chat hotline](#)
- [PFLAG](#), (816) 765-9818 (to leave a call-back message) or [support@pflagkc.org](mailto:support@pflagkc.org)
  - Support for families and friends
- [Trans Lifeline](#), 24-Hour Hotline: (877) 565-8860
  - Crisis and support 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) 221-4377 (closed Fridays)
  - Housing assistance, employment services, financial assistance
- [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) 753-1866
  - 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
- [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: 1-800-273-8255, press 1
- [Veterans Community Project KC](#), 8900 Troost Ave, KCMO 64131 (816) 599-6503
  - Outreach center, living community, counseling referrals, employment support

## Mental Health Resources and Treatment Centers

### Free Online Mental Health Screening Tools and Information:

- [MindWise Mental Health Screening](#)
- [ULifeline](#)
- [Life Values Inventory](#)
- [Mental Health is Health](#)
- [Sanvello](#) (register with your UMKC email address for full access to the app)
- [Body U](#)

### UMKC Resources:

- [UMKC Counseling Services](#), Brookside 51 Building suite 201 (816) 235-1635
  - Students receive 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.
- [MindBody Connection](#), Student Union room 413 (816) 235-1635
  - Drop-in stress-free zone, featuring massage chair and referral resources
- [Sanvello](#)
  - Mobile app offers on-demand help for stress, anxiety, and depression.
  - Free access for the UMKC community; register with your UMKC email address
- [WellConnect](#)
  - Free service for UMKC School of Medicine students and their families
  - Access code required; contact Niloofar Shahmohammadi for info (816) 235-1862

## Hotlines:

- [First Step for Help](#) 24-Hour Hotline: 1-888-279-8188
  - [Map of walk-in clinics](#)
- [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
- [National Alliance on Mental Illness](#) (NAMI) Warmline: 1-800-374-2138
- [National Suicide Prevention Lifeline](#) 24-Hour Hotline: 1-800-273-8255

## Community healthcare agencies:

- [Anxiety and Depression Association of America](#) (ADAA)
  - Online resources and tools for mental health awareness, education, and therapy
- [Center for Behavioral Medicine](#), 1000 East 24<sup>th</sup> 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.
- [Comprehensive Mental Health](#), 17844 E. 23<sup>rd</sup> Street, Independence, MO (816) 254-3652
  - Community mental health and substance abuse treatment centers; youth service, outpatient, adult community support, crisis intervention, Jackson county mental health court.
- [Cornerstones of Care](#), multiple locations (844) 824-8200
  - Outpatient counseling, substance abuse treatment, youth residential treatment, family support.
- [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
  - 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
- [Homeroom Health](#), 1106 E. 30<sup>th</sup>, Suite B, KCMO (816) 601-2375
  - Behavioral, medical, and dental health services for children, teens, and young adults.
- [First Call](#), 9091 State Line, KCMO (816) 361-5900 and (913) 223.0747
  - Substance abuse addiction, recovery, and prevention resources
- [Johnson County 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.
- [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
  - [Compassionate Ear Warmline](#): (913) 281-2251 operates daily 4pm-10pm (offering non-crisis supportive listening, coping strategies, information/referrals, human connection and compassion)
- [Mattie Rhodes Center](#), 1740 Jefferson, KSMO (816) 471-2521
  - 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
- [National Alliance on Mental Illness](#) (NAMI), (573) 634-7727; Warmline: (800) 374-2138
  - Offers programs, support, and education, and support group services for people struggling with mental illness as well as support group services for their families.



- [National Suicide Prevention Lifeline](#), 24-Hour Hotline: 1-800-273-8255
  - **Note:** if calling from a cell phone with an area code other than 816 or 913 please call 1-888-279-8188 for KC area-specific help! (the hotline routes callers based on the area code they are calling from)
- [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.
- [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
- [St. Luke's Hospital](#), 4401 Wornall Road (emergency room at Entrance 1) (816) 932-2000
  - 24-hour emergency psychiatric care
- [St. Luke's Psychiatry](#), 4225 Baltimore, KCMO (816) 932-1711
  - inpatient psychiatric programs for adolescents, adults and older adults
- [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).
- [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. 19<sup>th</sup> Terrace, KCMO (816) 404-5700
  - Assessment, substance abuse, crisis, inpatient treatment, deaf services
- [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.
- [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, walk-in crisis clinic, case management, art therapy, psychiatric services, supportive housing services, job placement

## General Health Care

- [UMKC Student Health & Wellness](#), Brookside 51 Building, 5110 Oak Street, Suite 237, (816) 235-6133
  - On-campus clinic, make an appointment online or call
  - Same Day clinic appointments available Tuesdays and Thursdays 8.30am-Noon
- [Homeroom Health](#), 1106 E. 30<sup>th</sup>, Suite B, KCMO (816) 601-2375
  - Behavioral, medical, and dental health services for children, teens, and young adults.
- [Hope Family Care Center](#), 3027 Prospect, KCMO (816) 861-6500
  - All-ages general practice, wellness education, preventative care, urgent care.
- [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](#), 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.
- [Kansas City's Medicine Cabinet](#), (816) 276-7517
  - Provides assistance for low-income and uninsured metro-area residents for medication and some dental and medical procedures.
- [LGBTQ Health Clinic](#), TMC (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).
- [Southwest Boulevard Family Care](#), 300 Southwest Blvd., KCKS 66103 (913) 722-3100
  - Adult and pediatrics, obstetrics/gynecology, transgender focused health care services, HIV management, dental care, behavioral health.
- [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.
- [Thrive Health Connection](#), 5008 Prospect Ave, KCMO (816) 561-8784
  - Sexual health and HIV/AIDS education resources (formerly the Good Samaritan Project)
- See also the [KC Health Resource Guide](#), in English and Spanish. Please contact agencies listed directly as some information may be outdated. The guide was published by the Mid-America Regional Council ([MARC](#)).

## Legal Assistance

- [Connecting for Good](#)
  - Provides free tax preparation (VITA) to qualifying individuals at various locations.
- [Kansas Legal Services](#), (785) 233-2068
  - Provides legal services at no or reduced cost to income eligible individuals.
- [Legal Aid of Western Missouri](#), (816) 474-6750 or toll free 1-866-897-0947
  - 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](#)
- [UMKC School of Law Self-Help Law Clinic](#), (816) 235-2271
  - Provides legal information and advice, limited scope legal representation, and referral for a range of civil matters free of charge (though clients may need to pay court costs or filing fees).
  - The clinic cannot assist—beyond providing referral—in matters in which they would be in conflict with the university.
- [Kansas & Missouri Dream Alliance](#)
  - Advocates for immigrant rights and higher education for undocumented youth
- [Heartland Center for Jobs and Freedom](#), 4033 Central St. KCMO 64111 (816) 278-1092
  - 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 coordinator, to schedule your free, one-on-one coaching appointment.

## Internet Service and Computer Access

FCC [announced](#) eligible households will be able to apply for the [Emergency Broadband Benefit](#) for helping to pay for internet services and purchasing a computer.

Who Is Eligible for the Emergency Broadband Benefit Program?

- A household is eligible if a member of the household meets one of the criteria below:
- Has an income that is at or below 135% of the Federal Poverty Guidelines or participates in certain assistance programs, such as SNAP, Medicaid, or Lifeline;
- Approved to receive benefits under the free and reduced-price school lunch program or the school breakfast program, including through the USDA Community Eligibility Provision in the 2019-2020 or 2020-2021 school year;
- Received a Federal Pell Grant during the current award year;
- Experienced a substantial loss of income due to job loss or furlough since February 29, 2020 and the household had a total income in 2020 at or below \$99,000 for single filers and \$198,000 for joint filers; or
- Meets the eligibility criteria for a participating provider's existing low-income or COVID-19 program.

Please send any questions about the toolkit materials or the Emergency Broadband Benefit to [broadbandbenefit@fcc.gov](mailto:broadbandbenefit@fcc.gov).

Connecting For Good - PCs for People Program:

- [Computer purchase assistance](#)
- [Computer skills / digital literacy training](#)

## Quick Reference: Hotlines

### Social Services Hotlines:

- [United Way](#) – just dial 211 on a cell phone; from a land line call (866) 320-5764
- Kansas City Homeless Shelter Hotline: (816) 474-4599
- [National Hunger Hotline](#): 1-866-3-HUNGRY or 1-877-8-HAMBRE (en español)
  - Operates M-F 7am-10pm EST

### Mental Health Crisis Hotlines:

- [National Suicide Prevention 24-Hour Lifeline](#): 1-800-273-TALK(8255)
  - **Note:** if calling from a cell phone with an area code other than 816 or 913 please call 1-888-279-8188 for area-specific help! (the hotline routes callers based on the area code they are calling from)
- [Veterans Crisis 24-Hour Hotline](#): 1-800-273-8255, press 1
- [Johnson County KS Mental Health](#) 24-Hour Crisis Line: 913-268-0156
- [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
- [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

### 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) 561-0550
- [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)
- [Advocacy services for deaf victims](#): TTY 800-787-3224 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**