

# MENTAL HEALTH

## INDEPENDENT LOCAL COUNSELORS

### **Holly Schmidt**

Counseling for Low Income Families Washington Healing Arts Center 851 E. Fifth St.  
Washington, MO 63090  
636 239-8638

### **Dina Vitoux**

(ELC SOCIAL WORKER RECOMMENDED) 200 W. 12th St. Washington, MO 63090  
636 229-1546

### **Betty Werner**

(ELC SOCIAL WORKER RECOMMENDED) 200 W. 12th St. Washington, MO 63090  
636 229-1546

### **Life Balancing Counseling LLC**

426 e. Fifth St. Washington, MO 63090  
314 660-7373

### **Psych Care Consultants**

205 Elm St. #202 Washington, MO 63090  
636 390-4071

### **Diversified Counseling Services**

202 E. Locust St. Union, MO 63084

### **Embracing Change**

426 E. Fifth st. Washington, MO 63090  
636 239-1117

### **Melissa Hampton**

103 Liberty Plaza Dr. Union, MO 63084  
417 425-0455

### **Waypoint Counseling Services**

224 Elm St. Washington, MO 63090  
636 229-1546

### **Tim Jones**

309 W. 4th St. #101 Washington, MO 63090  
636 239-2054

## **LOW INCOME COUNSELING SERVICES**

### **SOCIAL WORKER WITH ST. JOHN'S MERCY HOSPITAL**

Washington, MO

636 239-8000 Jean Doden

### **MCCAULEY MENTAL HEALTH CLINIC**

St. John's Mercy Hospital in Washington, MO

636 239-8585

Many doctors help with a variety of mental health issues for children and adults in the community.

### **BRIDGEWAY COUNSELING SERVICE**

1570 South Main St. St. Charles, MO 63303

636-757-2200

1-866-758-1152

[www.bridgewaycounseling.com](http://www.bridgewaycounseling.com)

Headquartered in St. Charles, Bridgeway is a non-profit organization specializing in treatment and services for addictive disorders, domestic violence and sexual assault. Provides outpatient and residential treatment centers for men and women.

**Population Served:** Franklin, Lincoln, Montgomery, St. Charles, Warren & St. Louis Counties

### **CATHOLIC FAMILY SERVICES**

Mental Health Services and Substance Abuse Family Wellness

100 W. Main Street, Union, MO 63084

636-583-1800

Toll free 1-800-583-8355

Fax 636-583-0836

Provides marriage and family counseling and individual, family and group psychotherapy.

**Hours of Operation:** Monday - Friday, 8:30am - 5:00pm; Evening hours by appointment only

### **COUNSELING RESOURCE CENTER**

Monica Houttuin, Julie Long, Jennifer Lowe, Jessica Gildehaus

104 S. McKinley, Suite D P.O. Box 700 Union, MO 63084

636-583-7738

Professional therapists committed to providing quality services with you and your family's personal growth in mind. Will provide therapy to preschoolers. Take insurance and pay.

**Hours of Operation:** By appointment

**Population Served:** Children, Adults, Couples, Families

**Driving Directions:** Highway 50 west to Linden, right on Linden, two blocks to Locust, right on Locust, 1 block to McKinley Complex. (Complex is on East side of Union City Auditorium)

## **CRIDER MENTAL HEALTH**

Counseling services for children and adults.

Requirements defined by the Department of Mental Health criteria for most programs.

Serving Lincoln, Franklin, Warren and St. Charles counties.

**Children's Division:** Coordinates resources to those in need.

636 584-0756

### **Prevention and Pinnocchio**

child services 636 332-6000

314- 435-0050

### **Emergency Services**

If you are having a mental health emergency, (for example you feel like hurting yourself or someone else) call BHR (Behavioral Health Response) 24-hour hotline immediately at

(314) 469-6644

1-800-811-4760

for TTY call (314) 469-3638

<http://www.cridercenter.com>

## **Franklin County Mental Health Clinic-Crider Mental Health**

416 Market Street Washington, Missouri 63090

636-239-1717

## **Warren and St. Charles County Crider Mental Health**

1032 Crosswinds Court Wentzville, MO 63385

636-332-6000

Fax 636-332-9950

## **LUTHERAN FAMILY AND CHILDREN'S SERVICE OF MISSOURI**

Assists with Domestic, International, Relative, and Independent Adoptions. Provides temporary and emergency foster care, and provides counseling to pregnant and parenting families, also child counseling. Provides disaster relief, mentoring to at-risk children, and advocacy.

### **Main Office:**

8631 Delmar Blvd., St. Louis, MO 63124-1990

314-787-5100

866-326-5327

<http://www.lfcsmo.org/>

### **St. Charles Office:**

800-367-2543

2800 West Elm Street, St. Charles, MO 63301

### **Franklin Country Office:**

636-949-5522

St. Paul Lutheran Church

208 West Springfield Union, MO

**FRANKLIN COUNTY SERVICE PROVIDERS** (Putting Kids First)

Mental health, Family Wellness, Developmental Issues, Domestic Violence  
636-239-8935

**MARRIAGE AND DIVORCE (Specifically)**

**KIDS IN THE MIDDLE, INC.**

121 West Monroe Avenue, St.Louis, MO 63112  
314-909-9922

<http://www.kidsinthemiddle.org/>

**Divorce Counseling**

\*Counseling for children of Divorce: Provides group, individual and family counseling for children of separated, divorced and remarried families. Also, provides training and consulting for professionals, school and community.-Parenting Workshops Parenting together after divorce workshops.

**DIVORCE CARE**

Divorce Care is a special Christian-based, weekly seminar and support group for people who are separated or divorced.

First Christian Church 6890 Hwy 100 Washington, MO 63090

Mike and Bev Barrett

937-430-1086

[mikebevbarrett@gmail.com](mailto:mikebevbarrett@gmail.com)

Jay and Cathy Holt

314 498-1024

[jayandcathy10@gmail.com](mailto:jayandcathy10@gmail.com)

**BETTER MARRIAGES**

Want to make your loving relationship even better? Free brochure download.

[www.bettermarriagesst.org/library](http://www.bettermarriagesst.org/library)

**MISCELLANEOUS MENTAL HEALTH**

**BRAIN INJURY ASSOCIATION OF MISSOURI**

St. Louis Chapter and State Association 10270 Page Avenue St. Louis, MO 63132

314-426-4024

Fax 314-426-3290

Toll free 1-800-377-6442

<http://www.biamo.org>

Family support groups meet monthly for parents, friends and survivors of brain injury to discuss various issues: medical, advocacy, social, etc., educational/ training programs, camp/respice, prevention, and mentoring.

**Hours of Operation:** Monday - Friday, 8:00am - 4:30pm; call in advance

**Population Served:** Serves all ages.

**DADS ACADEMY**

Through awareness and education, Dads academy supports men in being better fathers.

[www.dadsacademy.com](http://www.dadsacademy.com)

[dadsacademy.com@gmail.com](mailto:dadsacademy.com@gmail.com)

Steve Pryor