

Student Success Plan – Resource List

Suicide and Crisis Lifeline 24/7

English Spanish

988

Domestic Violence

If you or someone you know is dealing with domestic violence in St. Louis, metro area, it's crucial to know about the available resources and steps to ensure safety. Here's a comprehensive guide:

Resources in the St. Louis Metro Area

<https://www.stlouis-mo.gov/live-work/community/help/domestic-violence.cfm>

<https://www.startherestl.org/domestic-violence.html>

Hotlines and Helplines:

- National Domestic Violence Hotline: 1-800-799-SAFE (7233) - Provides 24/7 support and resources.
- St. Louis Crisis Nursery: 314-292-5760 - Offers support for families in crisis.
- Women's Safe House: 314-772-4535 - Provides shelter and support services for women and children.

Shelters:

- The Women's Safe House: 314-772-4535 Offers emergency shelter for women and their children fleeing domestic violence.
- Safe Connections: 314-531-2003 Provides shelter and support programs for survivors of domestic and sexual violence.

Legal Assistance:

- Legal Services of Eastern Missouri: 314-534-4200 - Offers free legal assistance for low-income individuals, including those needing help with domestic violence cases.
- St. Louis City Family Court: 314-622-4500 Provides information about obtaining protection orders.
- St. Louis County Family Court 314-615-8029

Food Pantries

St. Louis Area Foodbank 314-292-6262 <https://stlfoodbank.org/>

St. Louis Dream Center <https://stlfoodbank.org/blog/st-louis-dream-center-feeding-hope-in-their-community/>

Harvey Kornblum Jewish Food Pantry Provides Kosher foods but serves all who live in St. Louis County, inclusive of age, race, religion, ethnicity, ability, gender identity, and sexual orientation. 314-513-1672 <https://jfsstl.org/get-help/our-services/food-pantry/>

SNAP Assistance 855-684-9242 <https://mydss.mo.gov/food-assistance/apply-for-snap>

Counseling and Support Services:

- Safe Connections: 314-531-2003 Offers counseling, support groups, and education for survivors of domestic violence.
- The Violence Prevention Center of Southwestern Illinois: 618-235-0892 Provides counseling and support services.

Missouri Department of Mental Health

- Offers a range of mental health services through various local providers. They have programs specifically designed for low-income individuals and families.
- (573) 751-8015
- Missouri Department of Mental Health (<https://dmh.mo.gov>)

St. Louis Mental Health Board

- Provides funding and oversight for various mental health services in the St. Louis area. They can connect individuals with affordable counseling options.
- 314-535-6964
- St. Louis City Mental Health Board (<https://www.stlmentalhealthboard.org>)

Mental Health America of Eastern Missouri

- Offers a range of mental health services, including counseling, support groups, and resources for individuals in need. They focus on accessibility for low-income populations.
- (314) 773-1399
- Mental Health America of Eastern Missouri (<https://www.mha-em.org>)

Behavioral Health Response Hotline

- 24/7 crisis hotline, emergency psychiatric services.
- (314) 469-6644
- <https://www.communitycouncilstc.org/>

NAMI St. Louis

- Provides resources and support for mental health, including referrals to affordable counseling services.

- (314) 962-4670
- NAMI St. Louis (<https://www.namistl.org>)

It's recommended to reach out to these organizations for specific service availability, eligibility requirements, and to schedule appointments.

Financial Aid

United Way of Greater St. Louis

- Provides a range of financial assistance resources, including emergency funds and referrals for various needs. Offers a 2-1-1 helpline that connects individuals to a variety of services, including financial assistance, food support, and housing resources. They also provide grants and funding for community programs. United Way partners with local agencies and organizations to ensure comprehensive support.
- (314) 421-0700
- United Way of Greater St. Louis (<https://www.stl.unitedway.org>)

St. Louis Community Action Agency

- Offers financial assistance programs, including utility assistance and emergency funds for low-income families. Provides utility assistance, rent assistance, and access to food resources. They also offer job training and employment support. The agency focuses on empowering families to achieve self-sufficiency through various programs.
- (314) 863-0015
- SLCAA (<https://www.stl-caa.org>)

Housing Assistance

St. Louis Housing Authority

- Provides housing assistance programs, including Section 8 vouchers and public housing options for low-income individuals and families. Administers the Housing Choice Voucher Program (Section 8), which assists low-income families in renting safe and affordable housing in the private market. They also manage public housing developments. Applications for housing assistance can be done through their website or in person.
- (314) 428-3200
- St. Louis Housing Authority (<http://www.stlouispha.org>)

Missouri Department of Social Services – Family Support Division

- Offers various housing assistance programs, including rental assistance and support for low-income families. Offers various assistance programs, including Temporary Assistance for Needy Families (TANF) and food assistance, which can help with housing costs. They also provide resources for job training and employment services.
- (855) 373-4636
- Missouri DSS (<https://mydss.mo.gov>)

Domestic Violence: Steps to Take for Safety

Create a Safety Plan:

- Identify a safe place to go in an emergency (family, friends, shelters).
- Keep important documents (ID, financial information) in a safe, easily accessible place.
- Plan how to get to your safe place quickly.

Establish a Code Word:

- Use a code word with trusted friends or family to signal that you need help.

Gather Resources:

- Keep a list of resources, including contact numbers for hotlines, shelters, and legal aid.

Document Incidents:

- Keep a record of abusive incidents (dates, times, what happened) as this may be important for legal actions.

Seek Legal Protection:

- Consider obtaining a restraining order or protection order through the local family court.

Stay Connected:

- Reach out to supportive friends and family who can help you in times of need.

Practice Self-Care:

- Take care of your mental and physical well-being through counseling, support groups, or self-care activities.

Important Contacts

- Emergency: 911
- National Domestic Violence Hotline: 1-800-799-SAFE (7233)
- St. Louis Crisis Nursery: 314-292-5760
- Women's Safe House: 314-772-4535

Remember, you are not alone, and there are people and organizations ready to help you. Your safety is the priority.