

QUICK RESOURCES

Food Resources:

- Hunger Hotline- Connects people to food pantries in their area- **(314) 726-5355**
- Loaves and Fishes-**(314) 291-3857**
- Hallelujah House- **(314) 291-0724**
- Community Helping Ministry-**(314) 770-2216**
- Salvation Army (West Page)-**314-423-7770**
- Holy Trinity Parish Food Pantry- **(314) 733-1463**
- **United Way- 211**- Call for other needed resources-
- Mercy Ministries website below. This is an updated list -
<https://www.mercy.net/content/dam/mercy/en/pdf/mnm-resources/food-pantry-resources-st-louis-county.pdf>

Mental Health Resources:

- St. Louis County Youth Connection Helpline- **314-628-2929**-Good starting point if families need mental health services- free to St. Louis county and can refer to other supports.
- Youth in Need- **314-594-5010**- Offers Free Assessment and individual counseling .
- Behavioral Health Response (BHR)- 24/7 Helpline/Crisis Intervention -314-628-2929-
Funnel through Youth Connection helpline
- KUTO- Kids Under Twenty- one - **314-644-5886**- 24/7 Crisis prevention and suicide intervention- Youth staffed (Under 21).
- National Suicide Prevention Lifeline - 1-800-273-8255

Emergency Shelter Info:

- St. Louis County Youth Connection Helpline- **314-628-2929**-Good starting point for families who are in need of emergency youth shelter.
- Housing Hotline- To access emergency shelter for adults/families-**(314) 802-5444**
- Disaster Distress Helpline - 1-800-985-5990 - Text TalkWithUs to 66746
- Covenant House -
- Great Circle -
- St. Vincent's
- Mary Grove -
- Every Child's Hope -

EL services for mental health, language and social services:

Project Safe Space: 314-645-7800

International Institute: 314-773-9090

CDC resources:

Talking with kids about the CoronaVirus:

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>

Spanish version of talking with kids about the CoronaVirus:

https://higherlogicdownload.s3.amazonaws.com/NASN/3870c72d-fff9-4ed7-833f-215de278d256/UploadedImages/PDFs/02292020_NASP_NASN_COVID-19_parent_handout_Spanish.pdf

Helping children cope with emergencies:

<https://www.cdc.gov/childrenanddisasters/helping-children-cope.html>