

# National and Local Mental Health Resources:

**Suicide and Crisis Lifeline:** Text or call 988

**Crisis Text Line:** Text the word, "HOME" to 741741

**SAMHSA** (Substance Abuse and Mental Health Services Administration): [Substance Use Prevention Resources for Youth and College Students | SAMHSA](#) or visit [Samhsa.gov](http://samhsa.gov)

**NAMI of Greater Kansas City** (National Association of Mental Illness): [NAMI Greater Kansas City: Mental Health Support, Education & Resources \(namigreaterkc.org\)](#)

**NAMI of Johnson County:** [NAMI Johnson County, KS - Support for Mental Health \(namijoco.org\)](#)

**MOCSA** (Metropolitan Organization to Counter Sexual Assault): [MOCSA Home - MOCSA](#)

MOCSA Crisis lines in KS and MO: [\(816\) 531-0233](#) or [\(913\) 642-0233](#)

MOCSA offers crisis services, counseling, support groups, community prevention programs, support for youth with sexual behavior problems, and legal services to survivors.

## **UMKC Community Counseling and Assessment Services**

[Community Counseling and Assessment Services | Education, Social Work and Psychological Sciences | University of Missouri - Kansas City \(umkc.edu\)](#)

Information or appointments: 816-235-2725 | [umkcccasservices@umkc.edu](mailto:umkcccasservices@umkc.edu)  
615 E. 52nd Street, Room 212. Kansas City, MO 64110

Counseling sessions cost between \$5-\$50 per session based on your income and ability to pay.

## **Community Mental Health Agencies:**

**Comprehensive Mental Health**

[816-254-3652](tel:816-254-3652)

17844 East 23rd Street  
Independence, MO 64057

[Location](#)

Areas Served: Jackson County

**Johnson County Mental Health**

[913-826-4200](tel:913-826-4200)

6000 Lamar, Suite 130  
Mission Kansas 66202

[Location](#)

Areas Served: Johnson County

**Mental Health America of the Heartland**

[913-281-2221](tel:913-281-2221)

739 Minnesota Ave.  
Kansas City, Kansas 66101

[Location](#)

Areas Served: Kansas and Missouri

**ReDiscover**

[816-966-0900](tel:816-966-0900)

or 844-99-4HEAL  
1555 NE Rice Road  
Lee's Summit, MO 64086

[Location](#)

Areas Served: Jackson County

**Swope Health Services**

[816-923-5800](tel:816-923-5800)

3801 Blue Parkway,  
Kansas City, Missouri 64130

[Location](#)

Areas Served: Jackson County

**Beacon Mental Health**

[816-468-0400](#)

3100 NE 83rd Street,  
Kansas City, Missouri 64119

[Location](#)

Areas Served: Clay/Ray/Platte Counties

**University Health Behavioral Health**

[816-404-1000](#)

2301 Holmes Road  
Kansas City, MO 64108

[Location](#)

Areas Served: Jackson County

**Wyandotte Center**

[913-328-4600](#)

1301 N. 47th Street,  
Kansas City, Kansas 66102

[Location](#)

Areas Served: Wyandotte County

**Psychology Today**

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PsychologyToday.com is the world's largest portal to psychotherapy; it includes free access to hundreds of thousands of professionals. While Psychology Today has expanded its mission and reach across decades and continents, we never cease to delight in satisfying humans' innate curiosity about our favorite subject: Ourselves.

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Go to Psychology Today's website and you can filter for a therapist near you that takes your insurance or cash. If you're needing financial assistance some therapist's offer "sliding scale" meaning for those that qualify they can reduce their regular rates.