

RESOURCES FOR RESIDENTS, NOT PATIENTS

Crisis Lines:

- **National Suicide Prevention Hotline:** 800-273-8255 (24 hours/day, 7 days/week)
- **Missouri Crisis Hotline:** 800-395-2132 (24 hours/day, 7 days/week)

Information and Support:

- **forYOU team:**
 - o Free, confidential, available 24/7 to support MU Health Staff coping with stress.
 - o Contact: Pager 573-397-0044
- **Missouri Physicians Health Program:**
 - o Contact:
 - www.themphp.org; 24-hour hotline: 800-274-0933
 - o Cares for MDs, DOs, physician family members, medical students, and residents
 - o Treat substance use, addictions (gambling), mental health problems, boundary violations, stress management, physical illness, cognitive issues, issues related to aging
 - o No reporting responsibility to MO Board, DEA, BNDD, etc.
- **Employee Assistance Program (EAP):**
 - o EAP offers as many as 5 (free) counselling sessions to all health system employees
 - o Call 573-882-6701 or e-mail townsendto@umsystem.edu
 - o If more than 5 sessions are needed, EAP will provide referrals to local providers
- www.psychologytoday.com
 - o Directory of local therapists – use the “Find a provider” search feature
- **NAMI Information Helpline:**
 - o 800-950-6264 (M-F, 10 am-6 pm Eastern)

Local Psychotherapists (talk therapy):

Please check with the provider, and with your insurance, to determine payment arrangements. Note: This is a selected list, there may be other providers in this area who are a good fit for you. Please refer to the additional Resource List included in the website.

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www.reneemapes.com

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www.comocounseling.com

Jamie Meadows, Ph.D.

Counseling and Psychological Services

2804 Forum Blvd., Suite 4, Columbia, MO 65203

Phone: 573-446-5034

www.capstherapy.net/JamieMeadowsPhD.en.html

Erica Kroll, LPC

1204 Rogers Street, Suite 102

Columbia, MO 65201

Phone: 573-999-4126

<http://ericakroll.com>

Laurel Harlan, LCSW

Hank Schneider, Ph.D., LCSW

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Human Dynamics

2804 Forum Blvd., Suite 3A, Columbia, MO 65203

Phone: 573-446-6290

www.humandynamicsinc.net

Local Psychiatrists (pharmacotherapy):

Please check with the provider, and with your insurance, to determine payment arrangements. Note: This is a selected list, there may be other providers in this area who are a good fit for you. Please refer to the additional Resource List included in the website.

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