

# RESOURCES

## for Mental and Behavioral Health

**HELP IS AVAILABLE.**



### *Mental Health Services*

- Tri-County Mental Health Services: 816-468-0400
- HCA Midwest Health: Research Psychiatric Center: (816) 444-8161
- Signature Psychiatric Hospital at NKC Hospital: (816) 691-5101
- Truman Medical Center: Recovery Health Services: (816) 404-5850

### *Substance Use Treatment*

- EPICC Addiction Referral 24/7 Hotline: 816-412-9417
- Preferred Family Healthcare: 816-407-1754
- Midwest Institute for Addiction: 816-407-9596
- Heartland Center for Behavioral Change: 816-214-9110
- Comprehensive Mental Health Services: (816) 254-3652

### *Support Groups*

- Narcotics Anonymous: Tuesdays and Thursdays at 7:00 p.m. and Saturday 1:00; basement of Good Samaritan Center (enter on side door), 108 S. Thompson, Excelsior Springs
- Alcoholics Anonymous: Tuesdays at 6:00p.m. 208 S. Marietta, Excelsior Springs
- Senior Life Solutions at ES Hospital: outpatient group therapy program for those 65 and older dealing with anxiety and/or depression; 816-629-2629 for information
- Northland Grandfamilies for those raising children in kinship roles; meetings at various locations in Northland including Excelsior Early Childhood Center; email [beckyf@tri-countymhs.org](mailto:beckyf@tri-countymhs.org)

## IN CRISIS?

Tri-County Mental  
Health Crisis Line  
1-888-279-8188

CommCARE First Step  
for HELP: 24 Hr. Crisis Line  
1 (888) 279-8188

24/7 Crisis Text Line:  
Text HOME to 741-741

National Suicide  
Prevention Lifeline  
1-800-273-8255