

Shaare Emeth Mental Health Initiative (SEMHI)

Resource List

We offer this list of resources and mental health professionals in the community to assist those who are seeking referrals. Please feel free to contact one of the clergy of Shaare Emeth for additional referral information. (Some of these services may be free or offer reduced fees)

American Foundation for Suicide Prevention (AFSP)

<https://afsp.org/chapter/missouri>

314-703-1600

Behavioral Health Response-24/7 support line

314-469-6644 OR 1-800-811-4760

CHADS Coalition For Mental Health

<https://www.chadscoalition.org>

314-952-2046

Family Support Warm Line-314-952-8274

Crisis Text Line

<https://www.crisistextline.org>

Text HOME to 741741

Growing American Youth

<https://www.growingamericanyouth.org>

314-669-5428

Jewish Family Service

<https://jfcs-stl.org>

314-993-1000

Mental Health America

<https://www.mhanational.org>

703-684-7722

National Alliance on Mental Illness (NAMI) St. Louis

<https://www.namistl.org>

314-962-4670

National Institute of Mental Health

<https://www.nimh.nih.gov/index.shtml>

1-866-615-6464

TTY: 1-301-443-8431

TTY: 1-866-415-8051

National Suicide Prevention Lifeline

1-800-273-8255

Provident Behavioral Health

314-533-8200

Crisis Hotline-314-647-4357

The Youth Connection Helpline

<https://www.stlouisco.com/csf/Resources/YouthConnectionsHelpline>

Call: 314-819-8802 or toll free 1-844-985-8282

Text: BHEARD to 31658

WEB CHAT: bhrstl.org

**SLIDING SCALE/REDUCED FEE CLINICS FOR PSYCHOTHERAPY
OR PSYCHOLOGICAL TESTING**

UMSL Community Psychological Services

**314-516-5824 One University Boulevard 232 Stadler Hall St. Louis, MO
63121**

<http://www.umsl.edu/services/cps>

Psychological Services Center – Washington University in St. Louis

314-935-6555

**West Campus, Campus Box 1172 7 North Jackson Avenue St. Louis, MO
63105**

<http://psychnet.wustl.edu/psc>

Psychological Services Center – Saint Louis University

314-977-2278 3700 Lindell Boulevard St. Louis, MO 63108

<https://www.slu.edu/arts-and-sciences/psychology/center-clinics/psychological-services-center.php>

Saint Louis University Medical Family Therapy Program.

314-977-7108 3700 Lindell Boulevard St. Louis, MO 63108

<https://www.slu.edu/medicine/family-medicine/mft/index.php>

**Sparlin Mental Health (formerly St. Louis Center for Family Development
[STLCFD])**

314-531-1155 4236 Lindell Boulevard, Suite 200 St. Louis, MO 63139

<https://sparlinmentalhealth.com>

Psychotherapy Saint Louis

**www.psychotherapysaintlouis.org - search for a therapist and check the
“fees, reduced” box**

Care and Counseling

www.careandcounseling.org

314-878-4340 12141 Ladue Road St. Louis, MO 63141-8120.

Jewish Family Service

314-993-1000 10950 Schuetz Road St. Louis, MO 63146

www.jfcs-stl.org

Lutheran Family & Children's Services

314-787-5100 1-866-326-LFCS multiple locations

www.lfcsmo.org

Catholic Family Services

314-544-3800 1-800-652-8055 multiple locations

9200 Watson Road, G-101 St. Louis, MO 63126-1528

www.cfsstl.org

The Schiele Clinic at the St. Louis Psychoanalytic Institute

314-361-7075 x444 7700 Clayton Road Suite 200, St. Louis, MO 63117

<https://www.stlpi.org/about-the-clinic>

Provident Counseling

Life Crisis Hotline 314-647-HELP (4357) or 1-800-273-TALK (8255)

To Schedule a First Appointment, call: 314-533-8200 or 1-800-782-1008

314-371-6500 2650 Olive Street St. Louis, MO 63103 multiple locations

www.providentstl.org

BJC Behavioral Health

314-747-7491 1430 Olive Street Suite 400 St. Louis, Missouri 63103

<https://www.bjcbehavioralhealth.org/>

Walter's Walk

314-731-2433 737 Dunn Road Hazelwood, MO 63042

Walterswalk@Walterswalk.com

<http://walterswalk.com>

Comtrea Health Centers

Various locations

<https://www.comtrea.org>

CHILD/ADOLESCENT REFERRALS

CHILD PSYCHIATRISTS

Renuka Patel 314-878-0760

Shauna Shah 314-721-3381

Bob Brady 314-721-3381

Michael Shanker 314-222-5804

Dan Reising 314-222-5810

Adelita Segovia 314-222-5808

Afshan Sultana 314-721-3381

LaRonda Jones 209-0900 c: 393-7626

Bryan Sewing 726-1080

Greg Mattingly 636-949-3894

Darrin Friesen 314-968-2111

Syed Mumtaz 636-519-7404

EVALUATIONS/TESTING

David Kaufman 324-591-5564 (Psych. & Neuropsych)

Cathy Hasler 314-569-5055

Dan Weinstein 314-721-7201

Rachel Mintz 314-384-8668

Marie Frezacca 314-727-0097 x1

Joe Lenac 314-229-7361

Karen Hampton 314-432-5036
Pam Kennedy 314-397-2473
Jim Russell 314-963-8862
Peggy Tracy 314-989-1400
LDA (Barb Talent) 314-966-3088
Paul Handal 314-977-2277

YOUNG CHILDREN

Kelsey Torgerson 314-339-7640
Connie Jones 314-647-5446
John Williams 314-556-8936
Rebecca Growe 314-266-8234
Mel French 636-256-0600
Karen Wetmore 314-749-3744
Karen Preusser 636-256-0600
Karen Hampton 314-432-5036 (groups too)
Tanya Crews 636-728-0510
Lori Lehr 618-277-5300
Pam Dyson 314-681-8272
Mary Ann Lingg 314-205-1022

ADOLESCENT BOYS

Anthony Castro 314-567-7666
Andy Pomerantz 314-608-6089
Dan Weinstein 314-721-7201
Jon Williams 314-556-8936
Bryan Thorson 314-952-2426
Brian Hampel 636-789-1027
Bob Lewis 314-721-7201
John Hart 314-488-0098

ADOLESCENT GIRLS

Christy Ottinger 636-686-0708
Holly Rothert 636-590-6023
Nikki Rauner 773-454-1599
Heather Raznick 314-993-8255
Kelly Caul 314-952-3199 (groups too)
Jodi Pingel 636-532-9188
Sally King 314-550-7030
Kara Friedman 314-669-5580
Katy Miller 314-604-0829
Evelyn Whitten 314-862-4060
Therese Boothe 314-610-3232
Judy Grosz 314-706-6691
Jen McCubbins 314-302-0086

ADOPTION/ATTACHMENT

Karen Moist 314-399-9576

ASPERGER'S/AUTISM

Jon Williams 314-556-8936
Bryan Thorson 314-952-2426
Chris Rankin 314-432-2428
Karen Hampton 314-432-5036
Dawn Koontz 314-579-5040
Kathy Corn 618-825-0051
Wendy McDougal 314-853-9580

ODD

Christy Ottinger 636-686-0708
Rose Trevino 314-786-3885
Holly Strelow 314-309-3605
Kelsey Torgerson 314-339-7640

SPORTS PSYCHOLOGY

Joe Lenac 314-995-7201

Jason Selk/Ellen Reed 314-341-9496

TRAUMA

Rebecca Growe 314-266-8234

Christy Ottinger 636-686-0708

Kelsey Torgerson 314-339-7640

Kathy Entrup 217-653-4444

Harriet Entin 314-993-4745

Fran Weintraub 314-997-2424

Michael Rose 314-717-1958

Judy Grosz 314-706-6691

John Hart 314-488-0098

Holly Rothert 636-590-6023

EATING DISORDERS

Holly Rothert 636-590-6023

St. Louis Behavioral Medicine Institute (STLBMI) 314-534-0200

Kyle Dennis 314-862-5151

Sally King 314-550-7030

Laura Bumberry at McCallum Place 314-961-1452

Carol Dyer 314-645-2055

Terri Powers 314-367-8550

Debbie Kuehnel 314-821-7111

SUBSTANCE ABUSE

Judy Schmidt 314-569-4114

Rob Furey 314-954-5939

Gwin Stewart 314-724-0503

Jason Selk 314-365-2119

Linda Hermann 314-504-6015

Tib Albach 866-311-0003

Della Kingsolving Benham 314-768-2157

SPEECH LANGUAGE

Dana Gooden- Schroeder 636-537-1576 x11

Amy Zebala 314-395-1249

Center 4 Hearing & Speech 314-968-4710

Therapy Relief, Inc. - Sue Conklin 636-733-3330 (Occupational, Speech, Physical, Behavioral, and Music Therapy)

AUDIOLOGY

Gayle Santucci 636-537-9152

The Center for Hearing & Speech 968-4710

STL Children's Hospital - Pam Koprowski 314-454-2542 6171/2269

VISION/VISUAL PROCESSING

Center for Vision and Learning - Cheryl Davidson 314-628-9100

Lisa Dibler 636-527-8877

Tom Cunningham 636-530-0202

University of Missouri Eye Center 314-516-5131

OCCUPATIONAL THERAPY

Bright Futures - Deborah Davidson - adults w- transition - 636-399-8910

Therapy Relief, Inc. - Sue Conklin 636-733-3330 (Occupational, Speech, Physical, Behavioral, and Music Therapy)

Jen Rosenblum 314-503-6956

Mercy Child Developmental Center 314-872-3345

Dr.'s Access Line 1-800-252-3627

Physician's Referral Line 314-362-9355

AFRICAN-AMERICAN CHILD THERAPIST

Alan Reeve - STLBMI 314-534-0200

Ken Woods 314-721-5936

Huey Hawkins Jr. 314-521-7900

Michael Ruck 314-352-7802

Linda Sharpe-Taylor 636-916-5800

Vetta Sanders-Thompson 314-747-9109

ADULT REFERRALS

ADULT ASPERGERS

John Williams 314-556-8936

Bryan Thorson 314-952-2426

Christine Rankin 314-432-2226

ADULT PSYCHIATRISTS

Shauna Shah 314-721-3381

Bob Brady 314-314-721-3381

Dan Reising 314-222-5810

Michael Shanker 314-222-5804

Layla Ziaee 314-647-4488

Renuka Patel 314-878-0760

Michael Stotler 314-351-0550

Sundeep Jayaprabhu 314-862-7755

Luis Guiffra 314-222-5828

Joe Behrmann 314-991-9700

Adelita Segovia 314-222-5808

Bryan Sewing 314-726-1080

Afshan Sultana 314-721-3381
Alyson Bass 314-863-6677
Jerald Kreisman 314-567-5000
Robin Androphy 314-251-6545
Stacy Smith 314-361-8556
Steve Stromsdorfer 314-251-6295

ADULT PSYCHOTHERAPY (couples too, unless otherwise indicated)

Heather Raznick 314-993-8255
Holly Rothert 636-590-6023
Shayna Warner 314-336-1039 (not couples)
Beth Koritz 314-266-8526
Dan Weinstein 314-721-7201 (not couples)
Andy Pomerantz 314-608-6089
Sylvia Nissenboim 314-477-3144
John Eschen 314-991-8890
Bob Lewis 314-721-7201
Nikki Rauner 773-454-1599
Ashley Burke 314-276-7391
Josh Beaman-Kogan 366-0919 (not couples)
Sally King 314-550-7030
Linda Hermann 314-504-6015
Anthony Castro 314-567-7666
Kara Friedman 314-669-5580
Richard Boswell 314-645-5333
Tim Galvin 314-576-0871
Rachel Kalina 314-414-3385
Katy Miller 314-604-0829
Greg Goldman 314-884-0779
Mike Gottfried 314-304-3707
Bob Pelley 314-560-8522
Patti Bitter 636-364-8656
Sharon Marbarger 314-781-2620

Stacey Smith 314-993-8255 (not couples)

Therese Boothe 314-610-3232

Judy Grosz 314-424-6400

Debra Shatoff 576-5503

Doug Pettinelli 314-361-4983

Erick French 314-963-1060

John Hart 314-488-0098

DBT THERAPISTS

Nikki Rauner 773-454-1599

Ashley Burke 314-276-7391

Casey Limmer 314-932-7415

Susan Mojeske 314-920-6397

Randi Mozenter 314-727-111

Jeff Brennenman 314-910-8608

Lindsay Devers 314-306-0748

Cathy Wilhelmi 314-805-979

Safe Alternatives - Michelle Seliner 630-819-9505

EATING DISORDERS

Holly Rothert 636-590-6023

Kyle Dennis 314-862-5151

Sally King 314-725-4610

Cathy Mackie 314-567-1958

Terri Powers 314-367-8550

Debbie Kuehnel 314-821-7111

Hallie Wallace (recovery coach) 314-750-4441

McCallum Place 314-961-1452

St. Louis Behavioral Medicine Institute 314-534-0200 636-532-9188

ELDERLY/AGING PARENTS

Bob Lewis 314-721-7201

Jamie Sentnor 314-941-2966

Sylvia Nissenboim 314-477-3144

Katy Miller 314-604-0829

John Eschen 314-991-8890

EMDR

Sherri Rezak-Irons 314-304-3292

Fran Weintraub 314-997-2424

Laurie Furman 314-993-7616

Della Kingsolving-Benham 314-791-2087

Kelsey Torgerson 314-229-7640

Ashley Burke 314-276-7391

GRIEF/LOSS

Bob Lewis 314-721-7201

Jamie Sentnor 314-941-2966

Katy Miller 314-604-0829

Sylvia Nissenboim 314-477-3144

John Eschen 314-991-8890

NEUROPSYCHOLOGICAL EVALS

Robert Fucetola / Nicole Werner 314-454-7756

Michael Oliveri 314-591-5564

Mercy - John Wright, Kristen Sands, Victoria Holeman 314-251-4683

Rachel Mintz 314-384-8668 (child through young adult)

Dave Kaufman 314-610-6619

Dan Weinstein 314-721-7201 (psychological/psychoeducational)

POSTPARTUM/PRENATAL/PERINATAL DEPRESSION

Shellie Fidel 314-991-5666

Brownen DiAntonio 314-289-9411

Maria Carella 314-504-3704

Nikki Rauner 773-454-1599

Holly Rothert 636-590-6023

Therese Boothe 314-610-3232

YOUNG ADULTS / FAILURE TO LAUNCH

Deborah Davidson 636-399-8910

Home Remedy St. Louis – David Weinberg 314-439-1005

Veterans and Older Adults

St. Louis Veterans Administration:

General Mental Health Services: (314) 894-6653

https://www.stlouis.va.gov/services/Mental_Health_Main.asp

GeriPact Team (GRECC Clinic- Geriatrics): (314) 845-5054

Clinical Psychologist and Clinical Social Work on staff

<https://www.va.gov/GERIATRICS/index.asp>

Veterans Crisis Line: 1-800-273-8255, Press 1

Ageing Ahead: Caregiver Support: (636) 207-0847

<https://www.agingahead.org/what-we-do/community-options-and-services>

Lifeworks Transitions: Sylvia Nissenboim , LCSW, Certified Coach

(314) 477-3144

<http://www.lifeworkstransitions.com>

Pathways for Aging: Counseling: (314) 395-7560

<https://pathwaysforaging.com/>

***Please note that Medicare covers some counseling services.**

08-30-20