

OVERVIEW

Help is Here.

Multilingual. Always Confidential.



FirstStepFor
HELP.com

1-888-279-8188

Master's-level clinicians available to help 24-hours-a-day

This is a free service to meet the behavioral health needs of the community. We focus on the state of Missouri, but we extend our reach across state lines to include the entire Kansas City metro. Our highly-trained, Master's-level clinicians accept and handle calls from anyone who needs help.

Multilingual. Always Confidential.

FirstStepForHelp.com is the 24-Hour Mental Health Crisis Hotline by **CommCARE**

CommCARE is a not-for-profit behavioral health management organization that works in collaboration with Community Behavioral Health Centers and other providers to continually improve access to affordable, high quality, and effective behavioral health services. Our vision is a community where people are efficiently and effectively connected with high quality behavioral health services, supporting wellness and productivity of all.

Visit CommCARE at www.CommCARE1.org.

FirstStepForHELP.com

Help is Here.



CommCARE provides the first step for help for Missouri residents in crisis.

Master's-level, licensed counselors are online, live, 24 hours a day.

First Step For HELP, CommCARE's access crisis intervention system, provides confidential mental health information and 24-hour response services to any Missouri resident who is experiencing an emotional or behavioral crisis. We are highly trained to make critical initial assessments that help individuals in crisis find appropriate mental health resources. Crisis intervention services are then provided by Community Mental Health Centers throughout the region.

TOLL-FREE TELEPHONE CRISIS LINE

Anyone in CommCARE's service area of 22 counties in northwestern Missouri can access services free of charge by calling 1-888-279-8188. For individuals with sight or hearing impairment, services are provided through dialing 711. This service is provided at no charge through relaymissouri.com. Services are available 24 hours a day, seven days a week to children, adolescents, and adults.

TELEPHONE ASSESSMENTS

Counselors work with callers to clarify the problem and to identify the most appropriate community resources to address the crisis situation.

WARM LINE SERVICES

Counselors help to prevent an emotional or behavioral crisis by providing reassurance and support.

TREATMENT SERVICES

Callers are provided with information for accessing mental health or substance abuse services. Urgent appointments may be scheduled by the caller with the Community Mental Health Center in the caller's area, if appropriate. The Community Mental Health Centers have open access for walk-in assessments.

MOBILE ASSESSMENTS AND INTERVENTIONS

When a caller requires a face-to-face intervention, CommCARE will refer the caller to a Community Mental Health Center in the caller's community who will arrange for a mental health professional to meet him/her at a safe, convenient location.

RESPIRE SERVICES

Short-term respite services may be arranged if an individual needs a change of environment in order to regain control of his or her situation.

STAKEHOLDER INPUT

CommCARE collaborates with the Community Mental Health Centers to encourage quality crisis services. If you would like to participate, email us at info@commcare1.org.

FirstStepForHelp is funded through the Missouri Department of Mental Health.

FirstStepForHELP.com

RESOURCE MAP

FirstStepFor
HELP.com
1-888-279-8188



INTERACTIVE MAP.

WALK-IN.

OPEN ACCESS HOURS.

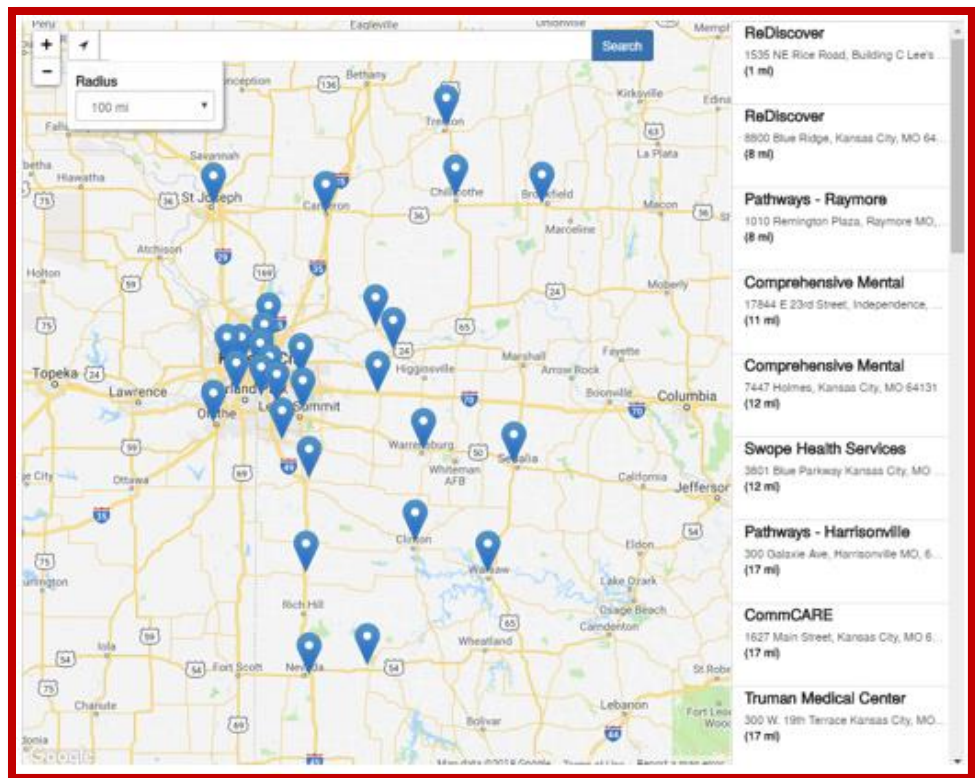
We are committed to making the first step for help an easier one.

Our website features an interactive map that identifies many of the valuable Walk-In programs and services located in Missouri and Kansas. Click on the listing or the map markers. A related pop-up box will provide details about services, open access hours, and contact info. A blue button in the pop-up box provides custom directions.

If you need help navigating the map or help choosing what organization to contact, call us at 1-888-279-8188. Our clinicians are available 24 hours a day, seven days a week. In times of trauma and in times of healing, we help individuals sort through the many options that may seem overwhelming.

We listen. We Care. We Help.

The map is located at www.firststepforhelp.com/resource-map



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