



ST. JOSEPH CATHEDRAL SCHOOL

MENTAL HEALTH RESOURCES



EMERGENCY CONTACTS

Child Abuse and Neglect Hotline
1-800-392-3738

National suicide hotline call or text or 988

Línea de Prevención del Suicidio y Crisis
1-888-628-9454

Lifeline for deaf or hard of hearing

Lifeline for Veterans

Call or text CHADS Family Support Warm Line
Weekdays 9am-5:30pm 314-952-8274

HELPFUL LINKS

- ADHD
- Anxiety
- App Reviews
- Disaster and Trauma
- Eating Disorders
- Mental Health
- Parent Medication Guide
- Relaxation Techniques
- Snap Chat Reporting
- Self Harm
- Stress
- Talk to your child about vaping

SCHOOL COUNSELOR CONTACT



Mrs. Marke
573-635-5024 x310

Mrs. Day
573-635-5024x359



kmarke@sjcsmo.org
Hday@sjcsmo.org



2303 W Main
Jefferson City MO 65109

Outpatient Counseling

Grace Counseling

718 West McCarty Street
Jefferson City, MO 65101
573-644-6128

Lifesong

3401 West Truman
Suite 100
Jefferson City, MO 65109
573-644-7090

List of Psychiatrists in Jefferson City

Child and Adolescent Psychiatry Clinic Columbia

1000 W Nifong Blvd
Building 7, Suite 300
Columbia, MO 65203
573-884-1130

<https://cathedral.diojeffcity.org/>

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