Mental Health Resources

Metro St. Louis

Dr. Jameca Woody Cooper – 1-833-8CALLDR or www.drjameca.com

Provident Counseling & Mental Health – 314-533-8200

Affinia – 314-898-1700 (Nonprofit health and counseling services)

Nationwide

Ayana Therapy – https://www.ayanatherapy.com (focusing on diverse, underserved populations)


National Suicide Prevention Hotline – 1-800-273-8255