Substance Abuse and Mental Health Services Administration (SAMHSA)
1-800-662-HELP (4347)

Alcoholics Anonymous of Southwest MO
Springfield, Nixa, Ozark
(417) 823-7125
aaswmo.org
Serves teens and adults

Alternatives, Inc.
Springfield, Nixa
(417) 883-7227
aandmrecovery.com
Serves teens and adults

CoxHealth Center for Addictions
Springfield
(417) 269-2273
coxhealth.com/services/mental-health/center-addictions

Door to Hope Counseling & Education
Nixa
(417) 724-9767
satopdoortoshope.com

Eustasis Psychiatric & Addiction Health
Springfield, Ozark
(417) 322-6622
eustasis.com

Higher Ground Recovery Center
Springfield
(417) 869-0700
higherground417.org
Serves teens and adults

Hope Homes of the Ozarks
Springfield
(417) 920-5880
hopehomesofthozarks.org
Serves teens and adults

Narcotics Anonymous
Nixa, Springfield
(800) 861-9372
narcotics.com
Serves teens and adults

Preferred Family Healthcare
Two Springfield locations:
Champion Center
(417) 862-3455
Carol Jones Recovery Center
(417) 862-3455
pfh.org/substance-use
Serves teens and adults

Synergy Executive
Ozark
(417) 551-9192
synergyexecutive.com
Serves men

Synergy Recovery Center
Rogersville
(417) 812-4440
synergyrecoverycenter.com
Serves women

United Way-Resource Specialists
Call 2-1-1 for help getting connected to local community resources
211helps.org

VA’s Services for Homeless and At-Risk Veterans
(877) 424-3838
va.gov/homeless/nationalcallcenter.asp
Services for veterans

Home at Last
Springfield
(417) 225-7410
thekitcheninc.org/our-programs/home-at-last
Rent assistance, utility assistance, household items and case management for veterans

Least Of These
Ozark
(417) 724-2500
leastofthesefoodpantry.org
Food Pantry

LifeHouse Crisis Maternity Home: Catholic Charities of Southern Missouri
Springfield
(417) 720-4213
ccsomo.org/ways-we-help/services-programs/lifehouse-crisis-maternity-home-aftercare-program.html
Transitional housing for homeless, pregnant women 18+ and their children
Basic Needs: Food, Clothing, Shelter & Healthcare Continued

**MSU Care**
Springfield
(417) 837-2270
msucare.missouristate.edu
Healthcare for uninsured, low-income patients age 18–64

**The Rare Breed**
Springfield
(417) 865-6400
thekitcheninc.org/our-programs/rare-breed-youth-services
Basic needs, shelter and housing assistance for ages 13-24

**Gene Taylor VA Outpatient Clinic**
Springfield
(417) 891-4800
va.gov/find-locations/facility/vha_564BY
Healthcare services for veterans

**OACAC**
Ozark
(417) 862-4314
oac.ac
Emergency Food and Shelter Program (EFSP), rent and utilities assistance

**Salvation Army:**
Emergency Social Services
Springfield
(417) 862-5509 ext. 108
centralusa.salvationarmy.org
Rental assistance, clothing, diapers and formula, prescription assistance, transportation and food pantry

**Christian County Department of Social Services**
Ozark
(417) 581-7511
mydss.mo.gov
Apply for food, healthcare and utility assistance

**St. Matthew’s Episcopal Church**
Ozark
(417) 581-1350
stmattsozark.diowestmo.org
Free meal Wednesdays from 5-6:30 p.m.

**Missouri Department of Social Services**
Ozark
(855) 373-4636
mydss.mo.gov
Apply for food, healthcare and utility assistance

**Community Partnership of the Ozarks: One Door**
Springfield
(417) 225-7499
cpozarks.org/programs/one-door
Affordable housing, homelessness prevention, early childhood and family development and youth support

**Veterans Coming Home Center**
Springfield
(417) 866-3363
vchc.newlifeevangelistic.center.org/springfieldMO/provide-housing
Day shelter, computer access, mail, showers and laundry

**O’Reilly Center for Hope**
Springfield
(417) 888-2020
cpozarks.org/programs/oireilly-center-for-hope
Resources for those experiencing poverty or homelessness

**Victory Mission**
Springfield
(417) 864-2235
victorymission.com/springfieldMO/provide-housing
Emergency and transitional shelter for men
Domestic Violence

National Domestic Violence Hotline
1-800-799-SAFE (7233)
or text “Start” to 88788

National Sexual Assault Hotline
1-800-656-HOPE (4673)

Financial & Legal Services

Consumer Credit Counseling Service
Springfield
(417) 889-7474
cccsoftheozarks.org

Free Legal Answers
missouri.freelegalanswers.org

Legal Services of Southern Missouri
Springfield
(417) 881-1379
lsosm.org

Missouri Protection and Advocacy Services
Jefferson City, MO
(573) 893-3333
moadvocacy.org

Crisis Center of Taney County
Branson
(417) 561-5084
tanycrisiscenter.org

Harmony House
Springfield
(417) 864-7233
myharmonyhouse.org

The Victim Center
Springfield
(417) 865-2273
thevictimcenter.org

Full-service employment training and support
• Job skills assessment and workshops
• Local job fairs and online jobs directory
• Get help filing for Unemployment

Free employment skills lessons, instructor-led courses, technology training and professional learning resources are available at christiancountylibrary.org/research
### Mental Health

- **988 Suicide and Crisis Lifeline**
  988
  988lifeline.org

- **SAMHSA (Substance Abuse and Mental Health Services Administration)**
  1-800-662-HELP (4357)
  samhsa.gov/find-help/national-helpline

- **All Things New Counseling**
  Nixa
  (417) 848-5574
  allthingsnewcounseling.com

- **CC Counseling Services**
  Ozark
  (417) 720-8023
  cccounselors.com

- **Eustasis Psychiatric and Addiction Health**
  Ozark
  (417) 322-6622
  eustasis.com

- **Gene Taylor Veteran's Outpatient Clinic**
  Springfield
  (417) 891-4800 ext. 64515
  va.gov

- **Lost and Found Grief Center**
  Springfield
  (417) 865-9998
  lostandfoundozarks.com

- **MAPS at Burrell Behavioral Health**
  Nixa
  (417) 413-1593
  burrellcenter.com

- **Orchard Counseling**
  Ozark
  (417) 865-6955
  orchardcounseling.org

- **Ozarks Counseling Center**
  Springfield
  (417) 869-9011
  ozarks Counseling Center.org

- **Touchstone Counseling**
  Ozark
  (417) 581-6911
  touchstonehelping.com

- **Wellspring Life Counseling**
  Nixa
  (417) 849-4300
  lostandfoundozarks.com

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### Helpful Library Resources

Sometimes you don’t want to talk to a stranger about something you’re going through. We understand. Books about personal topics can be found in the non-fiction area of the library.

<table>
<thead>
<tr>
<th>Topic</th>
<th>Call Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abortion</td>
<td>362.198</td>
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<tr>
<td>Abuse</td>
<td>362.76</td>
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<tr>
<td>Adult Literacy</td>
<td>428.1</td>
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<tr>
<td>Alcohol</td>
<td>362.29, 613.8</td>
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<tr>
<td>Anxiety</td>
<td>152.46, 155.5, 616.85</td>
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<tr>
<td>Bankruptcy</td>
<td>346.73</td>
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<tr>
<td>Body Changes</td>
<td>612.6, 613.04</td>
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<tr>
<td>Bullying</td>
<td>302</td>
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<tr>
<td>Cancer</td>
<td>616.99</td>
</tr>
<tr>
<td>Child Custody</td>
<td>343.73</td>
</tr>
<tr>
<td>Cutting/Self-Harm</td>
<td>616.85</td>
</tr>
<tr>
<td>Depression</td>
<td>616.8527</td>
</tr>
<tr>
<td>Divorce</td>
<td>306.89</td>
</tr>
<tr>
<td>Drugs</td>
<td>362.29, 613.8</td>
</tr>
<tr>
<td>Eating Disorders</td>
<td>616.85</td>
</tr>
<tr>
<td>HIV/AIDS</td>
<td>362.19</td>
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<tr>
<td>Infertility</td>
<td>618.1</td>
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<tr>
<td>LGBTQ+</td>
<td>306.76</td>
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<tr>
<td>Loss of a Child</td>
<td>155.9</td>
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<tr>
<td>Loss of a Parent</td>
<td>306.87, 155.9</td>
</tr>
<tr>
<td>Mental Illness</td>
<td>616.89</td>
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<tr>
<td>Miscarriage</td>
<td>618.3</td>
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<tr>
<td>Pregnancy</td>
<td>306.87, 618.2</td>
</tr>
<tr>
<td>Rape</td>
<td>362.883</td>
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<tr>
<td>Self-Esteem</td>
<td>158.1, 156.1</td>
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<tr>
<td>Sex</td>
<td>613.9</td>
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<tr>
<td>STDs</td>
<td>616</td>
</tr>
<tr>
<td>Suicide</td>
<td>362.28, 616.85</td>
</tr>
</tbody>
</table>

You are always welcome to ask library staff for help finding books and resources.
### Racing to Read

Racing to Read is the library’s early literacy program based on the Five Roads to Reading:

1. **Love Books**
2. **Sing & Rhyme**
3. **Talk & Read**
4. **Tell Stories**
5. **Play with Letters**

Family Storytime features one of the Five Roads to Reading each week. Watch a new storytime every Friday at [youtube.com/christiancountylibrary](https://youtube.com/christiancountylibrary).

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### Pregnancy & Childcare

<table>
<thead>
<tr>
<th>Service</th>
<th>Location</th>
<th>Contact Information</th>
<th>Website</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abundant Blessings</td>
<td>Nixa</td>
<td>(417) 294-9157</td>
<td><a href="http://abundantblessingskids.com">abundantblessingskids.com</a></td>
<td>Provides clothes for children</td>
</tr>
<tr>
<td>Child Advocacy Center</td>
<td>Springfield</td>
<td>(417) 831-2327</td>
<td><a href="http://childadvocacycenter.org">childadvocacycenter.org</a></td>
<td>Child representation and abuse investigation</td>
</tr>
<tr>
<td>Children’s Smile Center</td>
<td>Ozark</td>
<td>(417) 582-5439</td>
<td><a href="http://smilecentermo.org">smilecentermo.org</a></td>
<td>Dental care for ages 1-19</td>
</tr>
<tr>
<td>Diaper Bank of the Ozarks</td>
<td>Springfield</td>
<td>(417) 501-4411</td>
<td><a href="http://diaperbankoftheozarks.org">diaperbankoftheozarks.org</a></td>
<td>Diapers and cloth diaper loan program</td>
</tr>
<tr>
<td>The Doula Foundation</td>
<td>Springfield</td>
<td>(417) 832-9222</td>
<td><a href="http://doulafoundation.org">doulafoundation.org</a></td>
<td>Childbirth and breastfeeding support</td>
</tr>
<tr>
<td>Great Circle</td>
<td>Springfield</td>
<td>1 (844) 424-3577</td>
<td><a href="http://greatcircle.org">greatcircle.org</a></td>
<td>Autism, behavioral issues, crisis support, family support, learning and intellectual challenges, older youth, parenting, social interaction skills, trauma</td>
</tr>
<tr>
<td>Isabel’s House</td>
<td>Springfield</td>
<td>(417) 865-2273</td>
<td><a href="http://isabelshouse.org">isabelshouse.org</a></td>
<td>Children-only crisis shelter</td>
</tr>
<tr>
<td>LifeHouse Crisis Maternity Home: Catholic Charities of Southern Missouri</td>
<td>Springfield</td>
<td>(417) 720-4213</td>
<td><a href="http://ccsomo.org/ways-we-help/services-programs">ccsomo.org/ways-we-help/services-programs</a></td>
<td>Transitional housing for homeless pregnant women and their children 18+</td>
</tr>
<tr>
<td>Planned Parenthood</td>
<td>Springfield</td>
<td>(417) 883-3800</td>
<td><a href="http://plannedparenthood.org">plannedparenthood.org</a></td>
<td>Family planning, pregnancy testing and health services</td>
</tr>
<tr>
<td>Project Birthday Bag</td>
<td>Nixa</td>
<td>(417) 763-3369</td>
<td><a href="http://projectbirthdaybag.org">projectbirthdaybag.org</a></td>
<td>Birthday gifts for children in need</td>
</tr>
<tr>
<td>Pregnancy Care Center</td>
<td>Springfield</td>
<td>(417) 887-0800</td>
<td><a href="http://417choices.com">417choices.com</a></td>
<td>Pregnancy testing, limited ultrasounds and information on pregnancy options</td>
</tr>
<tr>
<td>WIC (Women, Infants &amp; Children)</td>
<td>Ozark</td>
<td>(417) 581-2385</td>
<td><a href="http://christiancountyhealth.com/wic">christiancountyhealth.com/wic</a></td>
<td>Nutrition, food vouchers and breastfeeding support</td>
</tr>
</tbody>
</table>

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Christian County Library

Homebound Program

Are you currently homebound?
You may be eligible to have library materials delivered to your front door by library staff and volunteers. Call (417) 581-2432 to learn more.

Would you like to update your contact information or suggest a non-profit organization or free community resource to feature in this directory? Email ask-a-librarian@christiancountylibrary.org for more information.