<table>
<thead>
<tr>
<th>Service</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol &amp; Substance Abuse</td>
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<td>Basic Needs</td>
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<td>Domestic Violence</td>
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<td>Pregnancy &amp; Childcare</td>
<td>page 6</td>
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<tr>
<td>Senior Services</td>
<td>page 7</td>
</tr>
</tbody>
</table>
Alcohol & Substance Abuse

Substance Abuse and Mental Health Services Administration (SAMHSA)
1-800-662-HELP (4357)

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

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

A&M Recovery
Springfield
(417) 823-3808
aandmrecovery.com

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

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

Higher Ground Recovery Center
Springfield
(417) 869-0700
higherground417.org

Hope Homes of the Ozarks
Springfield
(417) 920-5880
hopehomesoftheozarks.org
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

Basic Needs: Food, Clothing, Shelter & Healthcare

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

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

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

Gene Taylor VA Outpatient Clinic
Springfield
(417) 891-4800
va.gov/find-locations/facility/vha_564BY
Healthcare services for veterans
Basic Needs: Food, Clothing, Shelter & Healthcare Continued

**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

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

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

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

**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

**Rescue One**
Springfield  
rescueoneinfo@gmail.com  
Emergency pet food assistance

**Safe to Sleep**
Springfield  
(417) 225-7499  
ccozarks.org/programs/safe-to-sleep  
Women’s shelter 18+

**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

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

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

**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)

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

Freedom’s Rest Family Violence Center
Ozark
(417) 582-0344
freedomsrest.org

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

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

Financial & Legal Services

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

Legal Services of Southern Missouri
Springfield
(417) 881-1397
lsosm.org

O’Reilly Center for Hope
Springfield
(417) 888-2020
cpozarks.org/programs/oreilly-center-for-hope

Free Legal Answers
missouri.freelegalanswers.org

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

Missouri Job Center Ozark Region
Branson and Springfield
(417) 887-4343
springfieldmo.gov/careercenter
jobs.mo.gov

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

**National Suicide Prevention Lifeline**  
1-800-273-TALK (8255)  
suicidepreventionlifeline.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

**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

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

### 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, 613.81</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>
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<tr>
<td>Child Custody</td>
<td>343.73</td>
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<tr>
<td>Cutting/Self-Harm</td>
<td>616.85</td>
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<tr>
<td>Depression</td>
<td>616.8527</td>
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<tr>
<td>Divorce</td>
<td>306.89</td>
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<tr>
<td>Drugs</td>
<td>362.29, 613.8</td>
</tr>
<tr>
<td>Eating Disorders</td>
<td>616.85</td>
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<tr>
<td>HIV/AIDS</td>
<td>362.19</td>
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<tr>
<td>Infertility</td>
<td>618.1</td>
</tr>
<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>
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<tr>
<td>Rape</td>
<td>362.883</td>
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<tr>
<td>Self-Esteem</td>
<td>158.1, 305.23</td>
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<tr>
<td>Sex</td>
<td>613.9</td>
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<tr>
<td>STDs</td>
<td>616</td>
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<tr>
<td>Suicide</td>
<td>362.28, 616.85</td>
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</tbody>
</table>

You are always welcome to ask library staff for help finding books and resources.
### 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>abundantblessingskids.com</td>
<td>Provides clothes for children</td>
</tr>
<tr>
<td>Child Advocacy Center</td>
<td>Springfield</td>
<td>(417) 831-2327</td>
<td>childadvocacycenter.org</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>smilecentermo.org</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>diaperbankoftheozarks.org</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>doulafoundation.org</td>
<td>Childbirth and breastfeeding support</td>
</tr>
<tr>
<td>Great Circle</td>
<td>Springfield</td>
<td>1 (844) 424-3577</td>
<td>greatcircle.org</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>isabelshouse.org</td>
<td>Children-only crisis shelter</td>
</tr>
<tr>
<td>LifeHouse Crisis</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Maternity Home: Catholic Charities of Southern Missouri</td>
<td>Springfield</td>
<td>(417) 720-4213</td>
<td>ccsomo.org/ways-we-help/services-programs</td>
<td>Transitional housing for homeless pregnant women and their children 18+</td>
</tr>
<tr>
<td>OACAC</td>
<td>Ozark</td>
<td>(417) 862-4314</td>
<td>oac.ac</td>
<td>Family planning services</td>
</tr>
<tr>
<td>Planned Parenthood</td>
<td>Springfield</td>
<td>(417) 883-3800</td>
<td>plannedparenthood.org</td>
<td>Family planning, pregnancy testing and health services</td>
</tr>
<tr>
<td>Pregnancy Care Center</td>
<td>Springfield</td>
<td>(417) 887-0800</td>
<td>417choices.com</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>christiancountyhealth.com/wic</td>
<td>Nutrition, food vouchers and breastfeeding support</td>
</tr>
</tbody>
</table>

### 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.

Ask a librarian about our adult literacy resources.
Senior Services

MO Adult Abuse & Neglect Hotline
Springfield
1-800-392-0210
health.mo.gov/safety/abuse

MO Seniors Legal Helpline
1-800-235-5503

Nixa Senior Center
Nixa, MO
(417) 725-2322
facebook.com/nixaseniorcenter

Ozark Senior Center
Ozark, MO
(417) 581-2538
facebook.com/OzarkSeniorCenter

OATS Transit
(417) 887-9272
oatstransit.org/christian

SeniorAge Area Agency on Aging
Springfield
(417) 862-0762
senioragemo.org

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.

Christian County Library
christiancountylibrary.org

We are your public library, serving all of Christian County

CLEVER
7428 W. Veterans Blvd.
(417) 743-2277

NIXA
208 N. McCroskey St.
(417) 724-6100

OZARK
1005 N. 4th Ave.
(417) 581-2432

SPARTA
147 Library Ln.
(417) 441-1400