

# Mid-Missouri Crisis Line

**573-445-5035** (Columbia)

or

**888-761-HELP** (4357)



When you don't know whom to turn to...

We can listen.

We can help.

- Suicide Intervention
- Domestic Violence
- Emergency Needs
- Depression Services
  - Victim Support
  - Stress Support
- Drug & Alcohol Abuse
  - Child Abuse