**Audrain County Resource List**

**Uplift Mid-MO**

**(Listed in Alphabetical Order by Service Type)**

[**Alcohol and Drug Rehabilitation Resources**](#_ytkpmx2g1o39) **2**

[**Clothing Resources**](#_pxc3lbcnxnvt) **2**

[**City/County Numbers**](#_7r9ni6z1s5i) **3**

[**Counseling/Mental Health Resources**](#_p9nos8akcnn6) **4**

[**Disabilities Resources**](#_fm3toaj62unc) **5**

[**Domestic Violence & Crisis Resources**](#_hi283et8cq9s) **6**

[**Education Resources**](#_5qvoh6jsvcyl) **8**

[**Emergency Shelters**](#_tmplfckzn0gu) **8**

[**Employment Resources**](#_3y52h6yg2ny) **9**

[**Food Assistance**](#_p8vbhpxpk3zl) **10**

[**Furniture Resources**](#_a3m1djcy3qu1) **11**

[**General Resources**](#_p6h3uwmtszie) **11**

[**Inmate Resources**](#_i7l3yhqc23yn) **12**

[**Low-Income Housing Resources**](#_jxipy7j9wwcb) **13**

[Housing Authority Resources](#_4jhd2nixoaug) 14

[**Medical Resources**](#_y8hqduseese) **15**

[**National Crisis Hotlines**](#_xzlbwqnnivlt) **17**

[**Parenting/Child Resources/Family Support**](#_2sag1syxyq81) **18**

[**Senior Citizen Resources**](#_50iro1jw33u5) **23**

[**Spanish-Speaking Churches**](#_k4o411k2dqn3) **24**

[**Support Group Resources**](#_9mngja2wn3fm) **25**

[**Transportation Resources**](#_oi7m6aq2adsv) **26**

[**United Way of Audrain County**](#_6e4s83gelzg2) **27**

[**Utility Assistance/Housing Maintenance**](#_11jjuzve45s) **27**

[**Veterans Resources**](#_29dfr7k35er1) **29**

## Alcohol and Drug Rehabilitation Resources

* Celebrate Recovery Mexico
	+ A Christ centered 12 step program to aid in freedom from all types of addictions
	+ Located at 1st United Pentecostal Church?UPC1

1427 W Monroe st

* + Meal at 6pm and large group at 6:30pm on Tuesdays
* Celebrate Recovery Vandalia 573-594-3300
	+ A Christ centered 12 step program to aid in freedom from all types of addictions
	+ Located at Beacon of Hope Church in Vandalia from 6 p.m. – 9 p.m. on Friday nights.
	+ Transportation provided
	+ Childcare provided
* Lifechangers Outreach-573-405-0176
	+ Free, long term rehabilitation center & discipleship ministry that teaches others how to overcome any kind of addiction, through the word of God. Separate facilities for men and women.
	+ Women’s Center-1412 Heller St, Rolla, MO 65401
	+ Men’s Center-21063 HWY 68, Rolla, MO 65580
	+ info@lifchangersoutreach.com
	+ http://lifechangersoutreach.com/locations/missouri
* Turning Point Hannibal Council- Mexico 573-581-8828
	+ Outpatient rehab and counseling for alcohol and drug addiction
	+ Payment assistance is offered by way of sliding scale
	+ Must get an assessment
		- Only done on Thursdays 9 a.m. to 12 p.m.
	+ Call for more information
* Fresh Start Sober living 573-489-4640
	+ P.O. Box 161 Columbia MO, 65205
	+ Email: FreshStartCoMo@gmail.com
	+ Website: <https://freshstartcomo.com>
	+ A housing program where all tenants are involved in substance abuse recovery programs.
	+ Provides a drug and alcohol free environment for those who want to begin or continue the process of recovery.
	+ For a phone interview call between 10 am-2 pm Monday-Friday
* McCambridge Center 573-449-3953
	+ Must go through central scheduling at 888-403-1071
	+ 201 N Garth, Columbia MO 65203
	+ Provides inpatient care for women, pregnant women, and women with children with substance abuse problems
	+ Must be covered by a specific medicaid and will also take pregnant women without insurance.
* Missouri Department of Health and Senior Services (Missouri Opioids Information)
	+ For information on resources and data please visit <https://health.mo.gov/data/opioids/>
* MO-HOPE Project
	+ Provide education, public awareness, assessment and referral to treatment to help reduce opioid overdose deaths in Missouri
	+ For more information, visit the website at <https://mohopeproject.org>

## Clothing Resources

* Laura Mae’s New to You Thrift Store; 573-581-3238
	+ 409 Fairground St, Mexico, MO 65265
	+ Store hours: M-F 9 a.m. – 5 p.m.
	+ Provides gently used clothing at a very discounted prices
* Angel Wings Clothing (Foster Children) 573-721-5547
	+ 515 Hendricks St, Mexico MO 65265
	+ Provides a clothing resource for foster parents. Foster parents have the opportunity to select clothing, at no charge, for children who have joined their family
* Seconds to Go; 573-581-1971
	+ 623 E Holt St.Mexico, MO 65265

[www.handi-shop.com](http://www.handi-shop.com)

* + Store hours: Monday and Tuesday 9a.m. – 4p.m.; Wednesday (Dollar Bag Day), Thursday and Friday 9a.m. – 4p.m.
	+ Provides used clothing for women, men and children at a very discounted price
* Kathy’s Consignment; 573-582-0200
	+ 128 W Jackson St, Mexico, MO 65265
	+ Store hours: T, W, Th, F 10 a.m. – 5 p.m.; Sat 10 a.m. – 2 p.m.
* Facebook Marketplace
	+ Online Social Media Platform

## City/County Numbers

* Audrain County Assessor 573-473-5827
* Audrain County Circuit Clerk 573-473-5840
* Audrain County Clerk 573-473-5820
* Audrain County Courthouse 573-473-5840
	+ 101 N Jefferson St, Mexico MO 65265
* Audrain County Health Department 573-581-1332
* Audrain County Sheriff 573-473-5800
	+ 1100 Littleby Rd, Mexico MO 65265
* Child Support 866-313-9960
* County Children’s Division 573-581-3312
* Drivers License Bureau 573-581-2665
* Emergency Management 573-473-5892
* Juvenile Court 573-473-5880
* Laddonia City Hall 573-373-9228
	+ 301 E 1st St, Laddonia MO 63352
* Martinsburg Police Department 573-492-6616
	+ 101 E Washington St, Martinsburg MO 65264
* Mexico Chamber of Commerce 573-581-2765
	+ 100 W Jackson St, Mexico MO 65265
* Mexico City Hall 573-581-2100
	+ 300 N Coal St, Mexico MO 65265
* Mexico Public Safety 573-581-2100
	+ 300 N Coal St, Mexico MO 65265
* Probation and Parole 573-581-4112
* Vandalia Chamber of Commerce 573-594-3161
	+ 210 S Main St, Vandalia MO 63382
* Vandalia City Hall 573-594-6186
	+ 200 E Park St, Vandalia MO 63382
* Vandalia Police Department 573-594-3344
	+ 201 E Park St, Vandalia MO 63382

## Counseling/Mental Health Resources

* Arthur Center Community Health 573-582-1234
	+ 340 Kelley Pkwy, Mexico MO 65265
	+ Crisis Line: 1-800-833-2064
	+ Website: <https://arthurcenter.com>
	+ Provide comprehensive healthcare with core services of primary medical care, oral health services, and behavioral health services to people of all ages who need access to these services regardless of immigration status or ability to pay.
	+ Primary care, behavioral health, and dental fees follow a sliding fee scale.
	+ Reduced rate available to those under 200% of the federal poverty level.
	+ Provides access to medications through its slide fee scale for generic medications (available only to patients of the Arthur Center)
* Christian Women’s Ministry (Fulton) 573-642-6198
	+ 820 Jefferson St., Fulton, MO, 65251
	+ cwmfulton@gmail.com
	+ FREE One-on-One Peer Counseling
	+ Marriage Peer Counseling
	+ Support Groups
	+ Bible studies
	+ Prayer support
	+ Seminars and Conferences
* Compass Health
	+ Must go through central scheduling at 888-403-1071
	+ 3501 Berrywood Dr, Columbia MO
	+ Provides a full continuum of outpatient/inpatient behavioral health services.
	+ Must go through an intake process: Open Access (walk in 8-4 Monday-Friday) for assessment
	+ They take some insurances, medicaid and go by a sliding scale for those who do not have insurance
* Audrain County Crisis Intervention Services (ACCIS) 573-581-3835
	+ Toll Free Crisis: 800-246-2280
	+ Provides support groups and counseling services to those affected by domestic and sexual violence.
* Mexico Counseling Services 573-975-4301
	+ 314 E Promenade, Mexico MO 65265
	+ Website: <https://mexicocounseling.wixsite.com/therapy>
	+ Provides individual, family and marriage therapy to children, adolescents and adults
	+ Business Hours: Monday-Thursday 8 am-5 pm
	+ They accept a variety of insurances including medicaid and medicare

## Disabilities Resources

* Audrain County Developmental Disability Services (ADDS) 573-581-8210
	+ 222 E Jackson St, Mexico MO 65265
	+ Website: [www.audraindds.org](http://www.audraindds.org)
	+ Email: info@audraindds.com
	+ Provides services and resources for individuals with developmental disabilities who live in or around Audrain County.
	+ Services Offered:
		- Developmental Training Center
		- Support Coordination
		- Respite Care
		- Independent Supported Living
		- Residential Homes
		- Transportation and Family Support
		- Adult Recreation Activities
	+ Serves individuals with developmental disabilities as determined by the Missouri Department of Mental Health-Division of Developmental Disabilities.
	+ The disability must have occurred before age 22 with the expectation that the disability is life-long and the individual is limited in their ability to function indpendently.
* Handi Shop Inc. 573-581-1191
	+ 508 E Liberty, Mexico MO 65265
	+ Website: [www.handi-shop.com](http://www.handi-shop.com)
	+ Provides meaningful employment opportunities for people with disabilities.
* Arthur Center Community Health 573-582-1234
	+ 340 Kelley Pkwy, Mexico MO 65265
	+ Crisis Line: 1-800-833-2064
	+ Website: <https://arthurcenter.com>
	+ Provide comprehensive healthcare with core services of primary medical care, oral health services, and behavioral health services to people of all ages who need access to these services regardless of immigration status or ability to pay.
	+ Primary care, behavioral health, and dental fees follow a sliding fee scale.
	+ Reduced rate available to those under 200% of the federal poverty level.
	+ Provides access to medications through its slide fee scale for generic medications (available only to patients of the Arthur Center)
* Supplemental Aid to the Blind (MO Department of Social Services) 573-751-4249
	+ The state provides blind persons who meet certain requirements with reasonable subsistence in accordance with the standards developed by the Family Support Division.
	+ Eligible individuals receive a monthly cash grant as well as MO HealthNet Coverage.
	+ Visit <https://dss.mo.gov/fsd/rsb> to see eligibility requirements. Located under “financial resources”
* Rehabilitation Services for the Blind | Main Line: 800 392-6004, Audrain Rep: 573-526-0898
	+ PO Box 2320
	+ 615 Howerton Court, Jefferson City MO 65102
	+ Provide eligible blind and visually impaired persons with services that will help them develop skills and abilities for employment and independence and find resources and support.
	+ Visit <https://dss.mo.gov/fsd/rsb>
* Children’s Therapy and Early Education School (CT School) 573-581-2793
	+ Provides early childhood education for children with delays or disabilities ages 3-5
	+ Students must be referred
	+ Contact Linda Huffman by phone or email at ctschool@sbcglobal.net
* DeafLead 573-445-5055 (V/TTY)
	+ Crisis Line: 321-800-3323 (V/TTY)
	+ Videophone: 573-303-5604
	+ TEXT: text HAND to 839863
	+ 2505 West Ash St, Columbia MO 65203
	+ Website: <https://www.deafinc.org/deaflead/index.html>
	+ Provides crisis intervention, advocacy, case management and mental health services for deaf, hard of hearing, late-deafened and deafblind victims of crimes and their families.
	+ Resources for Audrain County: Safe Passage (660-269-8999) and ACCIS
* Easter Seals Midwest 573-874-3777 or 800-675-4241
	+ Columbia Autism Services
		- 918 Bernadette Dr, Columbia MO 65203
	+ Central Missouri Easter Seals focuses on Autism
	+ Services include parent traini-ng, family support groups, and community integration
	+ Registration Office Number: 1-800-200-2119 or email at info@esmw.org
	+ Visit the website at <https://www.easterseals.com/midwest/our-programs/autism-services/>
* MPACT Parenting Training and Information 1-800-743-7634
	+ State Headquarters: 1530 S Main St, Suite 4, Joplin MO 64804
	+ Website: <https://www.missouriparentsact.org>
	+ Email: info@missouriparentsact.org
	+ Provides support, training, education and resources for parents with children with special educational needs
* Thompson Center for Autism & Neurodevelopmental Disorders (University of Missouri)
	+ Phone: 573-884-6052
	+ 205 Portland St, Columbia MO 65211
	+ Website: <https://thompsoncenter.missouri.edu/thompson-center-6/>
	+ Provide evaluations if you think your child has autism or other developmental concerns
	+ Provide information, resources and service programs to families who are affected by autism spectrum disorder and neurodevelopmental disorders.

## Domestic Violence & Crisis Resources

* Audrain County Crisis Intervention Services (ACCIS)
	+ 24 hour hotline: 1-800-246-2280
	+ Website: <https://audraincountycrisis.org>
	+ Offers referrals and emotional support to victims of domestic and sexual violence
	+ Shelter offers a safe, confidential environment for victims of domestic violence and/or sexual violence
	+ Provides education, resources and support
	+ Advocacy, crisis intervention, support, follow up services and assistance in creating plans of action to enhance personal safety
	+ Assist in filing ex-partes, police reports and victims compensation forms
	+ Assistance and support at legal hearings
	+ Support groups (All meetings at 103 W Monroe, Mexico MO, in the main office)
		- domestic violence: every Thursday at 10 AM
		- Sexual Violence: Every Wednesday at 10 AM
		- Art Group 2nd and 4th Tuesdays of each month at 5:30 PM
		- Teen Girls support group every Thursday at 3:30 PM
		- Teen Boys support group 1st, 2nd and 4th Thursday at 5 PM
* Missouri Coalition Against Domestic and Sexual Violence
	+ 1-888-666-1911
	+ website: <https://www.mocadsv.org/>
	+ Serves as a public information resource, including a directory of domestic and sexual violence service providers in the state.
* St. Brendan Society of St. Vincent de Paul
	+ 615 S Washington St, Mexico MO 65265
	+ 573-581-4720 ext. 556
	+ Can assist victims of domestic violence with beds and bedding after relocating from an abusive relationship
* Safe Passage Domestic Violence Crisis Intervention Services 660-269-8999
	+ Hotline: 660-269-8111
	+ P.O. Box 456, Moberly MO, 65270
	+ Website: <http://www.safepassagemoberly.org>
	+ Provides services for individuals and families who have experienced domestic and/or sexual abuse
	+ Center Services:
		- Women’s Shelter
		- Women’s Support Groups
		- Children’s Groups
		- Individual Counseling Referrals
		- Legal Service Referral
		- Medical Advocacy Services
* True North of Columbia 573-875-0503
	+ Crisis Line: 573-875-1370
	+ Toll Free Crisis Line: 1-800-548-2480
	+ Crisis line for the Deaf: 1-800-380-3323
	+ Website: <https://truenorthofcolumbia.org>
	+ Provide safety, shelter, education, and transitional support for those who have been affected by domestic and sexual violence.
* Circuit Clerk 573-473-5840
	+ Place to go if you are in need of an ex-parte.

## Education Resources

* A Plus for Mexico Education 573-473-6536
	+ Email: Webberfamily@charter.net
	+ Audrain County only
	+ A+ provides teachers and their students with learning opportunities that cannot be secured for then through the normal funding channels
	+ Contact person Chris Webber
* MACC Adult Education and Literacy Program (HSE) 573-501-1524
	+ Anyone without a High School diploma is eligible
	+ High School Equivalency (HSE) test
	+ Skills deficient in reading, math, or language can also receive services
	+ Ages 17 and up
	+ Flexible classroom setting where adults who are at least 17 years of age have the opportunity to learn at their own pace. AEL offers individualized learning assistance for a variety of interests. Many students who participate in the AEL program are preparing for the High School Equivalency (HSE) test. Other students may receive instruction to brush up on their academic or everyday living skills. This program is free to the student and is funded by state and federal government.
	+ To sign up for orientation: [www.maccael.com](http://www.maccael.com)
* University of Missouri Extension-Audrain County 573-581-3231
	+ 101 N Jefferson, Room 304, Mexico MO 65265
	+ Email: femrites@missouri.edu
	+ Contact Person: Stephanie Femrite
	+ 4-H Youth Development Program: Create environments in which young people are valued, contributing members of their communities.
	+ Assist youth in acquiring knowledge, developing life skills, and forming attitudes that will enable them to become self-directed productive members of society.
	+ 7 Active 4-H Clubs in Audrain County for ages 8-18

## Emergency Shelters

* Audrain Shelter Resource Coalition 573-473-6328
	+ Provides homeless individuals with a warm & safe place to sleep & warm meal
	+ Shelter is Open December 1 - February 28
	+ 5:00 pm – 7:00 am.
	+ Shelter Location: 403 Fairground, Mexico, MO 65265 (Next door to the Help Center)
* Audrain County Crisis Intervention Services, Inc. (ACCIS) 573-581-3835
	+ 103 W Monroe, Mexico MO 65265
	+ Email: executive.director@audraincountycrisis.org
	+ Provides services to victim/survivors of domestic and sexual violence
	+ All services are free and confidential
	+ Contact person Peggy Payne
* Big Brothers Big Sisters of Central Missouri 573-874-3677 ex. 201
	+ 4250 E Broadway, Suite 1067, Columbia MO 65201
	+ Email: heather@bigsofcentralmo.org
	+ A mentor program that provides at risk children facing adversity with a strong and enduring professionally supported 1 to 1 relationship that change their lives for the better, forever. They provide this program to children of incarcerated parents, children of single parents, children in long term foster care or out of home placement, children of active duty or fallen military parents or children referred by schools or community agencies.
	+ For children ages K-18
	+ Contact person Heather Demitt-Fletcher
* Child Abuse and Neglect Emergency Shelter, Inc., Rainbow House 573-228-2921 ex. 2106
	+ 1611 Towne Dr, Columbia MO 65201
	+ Email: jbakutes@rainbowhousecolumbia.org
	+ A children’s emergency shelter and a Regional Child Advocacy Center
	+ Children are referred to the center by members of the Children’s Division, Juvenile Office and Local Law Enforcement.
	+ Audrain county is one of 11 counties served
	+ Contact person Janie Bakutes

## Employment Resources

* Jobfinders Employment Services 573-581-1230
	+ 1000 S Elmwood Dr, Mexico MO 65265
	+ Provides cost effective staffing solutions to clients while providing career opportunities to candidates.
* SkillUP Program 1-855-373-4636
	+ Missouri Department of Social Services Family Support Division
	+ Website: [www.on.mo.gov/SkillUp](http://www.on.mo.gov/SkillUp)
	+ Must be a Food Stamp recipient ages 16-59
	+ A voluntary program that offers free help with skills, training and employer connections to get a job or a better job
* Missouri Women’s Business Center 573-777-5236
	+ Website: [www.mowbc.org](http://www.mowbc.org)
	+ Email: info@mowbc.org
	+ Helps women start and grow their own business in a non-judgemental environment
	+ They offer no-cost business coaching, low-cost classes and workshops and networking events
* Ameristaff 573-581-1045
	+ 205 N Washington, Mexico MO 65265
	+ Full service staffing provider
* Missouri Staffing 573-581-9675
	+ 110 N Clark St, Mexico MO 65265
	+ Provide assistance in finding a job that best fits the skill set.
	+ Can visit the website to see available jobs and where they are located:
		- <http://www.stlouis-staffing.com/missouri-staffing-2/>
* Missouri Jobs Center 573-441-6361 or 1-888-728-5627
	+ Email: columbia@dhewd.mo.gov
	+ Website: <https://jobs.mo.gov>
	+ Main office: 101 Park De Ville Dr, Suite E, Columbia MO 65206
	+ help job seekers find gainful employment with family sustaining wages
* Website Search
	+ <https://www.indeed.com>
		- type in what you are looking for and where
	+ [https://www.snagajob.com/search/w-audrain+county,+mo](https://www.snagajob.com/search/w-audrain%2Bcounty%2C%2Bmo)
		- Provides a list of job options available in and around Mexico
	+ <https://simplyhired.com>
		- Provides a list of job options available in and around Mexico
	+ <https://m.adzuna.com/audrain-county-mo>
		- Provides a list of job options available in and around Mexico

## Food Assistance

* Mexico Help Center 409 Fairground; Mexico Mo 65265; 573-581-3238:
	+ Food distribution Wednesday 9 a.m.-12 p.m.; Friday 3 p.m.- 6 p.m. Every Monday morning from 9 a.m. – 10 a.m.
	+ There is a weekly program called Sharing Food with our Neighbors. It is food donated from Walmart, Aldi, and Mosers.
	+ VIP Veterans Pack: first come first serve basis
* some food and hygiene items
* delivered once a month to the help center by the Food bank for Central and Northeast Missouri
	+ Requirements: Once per month per individual
* St Johns Catholic Food Pantry 573-373-5351
	+ 7th and Elm, Laddonia MO 63352
	+ Food distribution 3rd Tuesday of the month from 9 a.m. to 11 a.m.
* First Baptist Church Vandalia:
	+ First Wednesday of every month 1 p.m. -3 p.m.;
	+ Help Center does food distribution every 3rd Thursday of the month 11 a.m. – 2 p.m.

##

##

## Furniture Resources

* Cherry Pitt Antiques 573-975-9882
	+ 108 S Jefferson, Mexico MO 65265
	+ Provides used, in good condition, furniture
* Seconds to Go 573-581-1971
	+ 623 E Holt St, Mexico MO 65265
	+ Does, at times, have nice used furniture at very discounted prices
* Help Center 573-581-3238
	+ 409 Fairground, Mexico MO 65265
	+ Does at times have nice used furniture at very discounted prices, may also be able to provide furniture to those in need
* St Brendan Society of St. Vincent de Paul 573-581-4720 ext 556
	+ 615 S Washington, Mexico MO 65265
	+ Provides assistance in the form of beds and bedding
* Show Me Central Habitat for Humanity Restore 573-499-1202
	+ 1305 Business Loop 70 E, Columbia MO 65201
	+ Open Tuesday-Saturday 8:30 am-4:00 pm
	+ Provide gently used, overstocked, and discontinued items donated by the community: discounted appliances, furniture, windows, doors, cabinets, vanities, plumbing supplies and more.
	+ Website: <https://www.showmehabitat.org/shop-the-restore>

## General Resources

* American Red Cross Heart of Missouri 573-635-1132 or 1-800-733-2767
	+ 1511 S Providence Rd, Columbia MO 65203
	+ <https://www.redcross.org/local/missouri.html>
* Central Missouri Community Action (CMCA) 573-443-8706 ex. 1068
	+ 807 N Providence Rd, Columbia MO 65203
	+ Email: Brooke-Eskridge@showmeaction.org
	+ Local in Mexico: Thomas A. Dobyns II; 801 E Breckenridge St, Mexico MO 65265
		- 573-582-7864 or cell 573-253-4810
	+ CMCA’s programs and services are designed to help low-income families meet their basic needs and overcome poverty by offering programs that support the emotional, physical and economic well-being of families. They offer programs such as Head Start(preschool), Early Head Start (infants and toddlers), Energy Assistance, Rental Assistance, Housing Development, Financial Education, Weatherization (improvements to reduce energy bill) and more.
* The Help Center Inc. (Laura Miller George Help Center) 573-581-3238
	+ 409 Fairground St, Mexico MO 65265
	+ Contact Person: Phillip Iman 573-721-7307
	+ Email: Phillip.iman@mexicohelpcenter.org
	+ Provide supplemental food to anyone who is feeling the effects of food insecurity.
	+ They are also the Salvation Army for Audrain county which provides limited financial assistance, support and guidance to anyone finding themselves in difficult situations, as well as referrals to partnering agencies.
	+ Adopt a Child Program provides Christmas gifts to children whose families cannot afford to provide themselves.
* Mexico Family Area YMCA 573-581-1540
* United Way of Audrain County 573-581-0404
* Uplift Mid-Mo 573-212-8376
	+ [www.upliftmidmo.org](http://www.upliftmidmo.org)
	+ Email: contact@upliftmidmo.org
	+ To receive a referral, visit the following Churches or agencies:
		- [Centennial Baptist Church](http://www.centennialbaptistchurch.com/) | (573) 581-5173
		- [First Presbyterian Church](https://www.mexicofpc.com/) | (573) 581-5689
		- [Genesis Church](http://genesisbegins.com/) | (256) 361-8673
		- Consuming Fire Ministries | (573) 253-0142
		- [Victory Christian Fellowship](https://victorychristian.info/welcome) | (573) 581-6317
		- CMCA, Help Center, or Arthur Center Community Health
* Missouri Department of Social Services 573-581-3312
* Audrain County Health Department 573-581-1332
* U.S. Department of Veterans Affairs 314-289-7950
	+ Website: [www.stlouis.va.gov](http://www.stlouis.va.gov)
* Missouri Department of Social Services Toll Free Information Numbers Website
	+ <https://dss.mo.gov/toll.htm>
	+ Provides an extensive list of social services toll free numbers

##

## Inmate Resources

* Northeast Community Service Agency Inc. 573-582-7440
	+ 101 N Jefferson, Mexico MO 65265
	+ Email: ncsa@sbcglobal.net
	+ Contact Person: John Dial
	+ Provide the courts with additional sentencing alternatives in the form of community service and restitution for non-violent juveniles and adult offenders
* Agape House of Vandalia 573-594-6490
	+ 206 S Walnut Box 161, Vandalia MO 63382
	+ Email: ruthg64@windstream.net
	+ Provides affordable overnight lodging to families of offenders in the state correctional centers of Vandalia and Bowling Green
	+ Contact Person Carlene Galloway

## Low-Income Housing Resources

* Arthur Center Community Health
	+ Housing Liason, Kirsten Bledsoe (573) 975-7947
* Berkshire Estates 573-213-4818
	+ 601 Mars St, Mexico MO 65265
	+ Contact Monica (Property Manager)
	+ Provides housing for very low, low and moderate income seniors 55 or older
	+ Based on income
* Mexico Meadows 573-581-5745
	+ 2150 Jubel Dr, Mexico MO 65265
	+ Email: mexicomeadows@fairwaymanagement.com
	+ Contact person: Janice Erdel
	+ Provides housing for low income families based on income guidelines (not income based)
	+ Must be 18 or older with no outstanding unpaid debt (must be paid up or a payment plan in place)
	+ No felony charges or convictions
	+ 1 pet under 30 lbs.
* Cedar Grove Rentals, LLC 573-721-9955
	+ 426 W Love St, Mexico MO 65265
	+ Contact Person: Tori Feger
	+ Website: [www.cedargroverentals.com](http://www.cedargroverentals.com)
	+ Private rental company that does participate in the Housing Choice Vouchers Program (Section 8)
* Mexico Apartments 573-581-8805 or 660-886-3100
	+ 2717 S Clark St, Mexico MO 65265
	+ Email: info@macocompanies.com
	+ Get application at: <https://management.macocompanies.com/properties/mexico-apartments/>
	+ Provides low income housing by participating in the Housing Choice Vouchers Program
	+ Also provides low income housing based on income guidelines through (LIHTC)
	+ All tennants regardless of income are required to contribute $25 toward monthly rent.
	+ There are HUD rental assistance income qualifications as well as Mexico low-income housing tax credit income limits.
	+ Age requirement: 62 or older
* Windwood Apartments in Vandalia 573-594-3213 or 660-886-3100
	+ 200 Gaslight Rd, Vandalia MO 63382
	+ Email: info@macocompanies.com
	+ Get application at: <http://management.macocompanies.com/properties/windwood-apartments/>
	+ This is a tax credit property and tenants must fall under the income guidelines of the Low Income Housing Tax Credit program.
	+ All apartments are 2 bedrooms.
	+ Only allows service or companion pets.
	+ They do provide 10 straight market units that can be rented out to those who are over the income guidelines.
* Country Place (Kodiak Properties) 417-882-4440
	+ 4294 Friendship Dr, Mexico MO 65265
	+ Contact Person: Carrie Rule
	+ Provides low income housing based on certain income guidelines (must fall under a certain amount), and number of people in the household
	+ Pets require a $400 non-refundable pet fee
* Teal Lake Village 573-975-4031
	+ 2683 Amelia St, Mexico MO 65265
	+ Website: [www.hrmservices.org](http://www.hrmservices.org) (corporate office)
	+ Email: teallakevillage@hrmservices.org
	+ Contact Person: Stephanie Barton
	+ Provides low income housing based on income limits and also accepts Section 8
	+ 1 Pet under 35 pounds per household with a $200 pet deposit
* Catholic Charities of Central and Northern Missouri 573-635-7719
	+ 2201 W Main St, Jefferson City MO 65109
	+ Website: <https://cccnmo.diojeffcity.org/programs/housing-financial-counseling/>
	+ Contact: Hannah DeBerry, HUD-Certified Housing & Financial Counselor at hdeberry@cccnmo.org
	+ Offers education and counseling on topics such as budgeting, mortgage, banking information, credit scores and savings strategies.
	+ Eligibility: Individuals, families or groups who are tenants, homeowners, homeless, or homebuyers
* Audrain Habitat for Humanity 573-581-1994
* Show Me Central Habitat for Humanity Restore 573-499-1202
	+ 1305 Business Loop 70 E, Columbia MO 65201
	+ Open Tuesday-Saturday 8:30 am-4:00 pm
	+ Povide gently used, overstocked, and discontinued itmes donated by the community: discounted appliances, furniture, windows, doors, cabinets, vanities, plumbing supplies and more.
	+ Website: <https://www.showmehabitat.org/shop-the-restore>

### Housing Authority Resources

* Audrain County Housing Choice Vouchers (Section 8) through Mexico Housing Authority 573-581-2294
	+ 828 Garfield Ave, P.O. Box 484, Mexico MO 65265
	+ Monday-Friday 8 a.m. – 5 p.m.
	+ <http://mexicoha.com/section-8>
	+ Provides assistance for extremely low and low-income families in the private rental market through the Housing Assistance Payment Program.
	+ The private rental unit must meet HUD Housing Quality Standards and the rent must be approved within rent reasonable guidelines.
	+ Rent assistance based on annual income
* Mexico Housing Authority 573-581-2294
	+ Low-income housing in a total of 203 Public Housing units
	+ Rent is based on 30% of income
	+ Provide assistance for Audrain County except for Vandalia and Farber
	+ Does not provide any type of emergency housing programs
* Vandalia Housing Authority 573-594-3712
	+ 200 S Main St, Vandalia MO 63382
	+ Email: housing@bgvha.org
	+ Provides housing to low income families based on income
	+ Public housing agency that participates in the Section 8 Housing Choice Voucher program and Public Housing program
	+ Application must be hand delivered to the address listed above from 8:30 a.m. to 12:30 p.m.; and 1 p.m. to 4:30 p.m. Monday-Friday, or emailed to the above email address. Must include these documents: social security cards and birth certificates for all household members, proof of all income,and photo IDs for all adult household members
	+ If need help completing application due to disability you can request help at 573-594-3712
	+ Preference is given to the homeless (sleeping outside or in car), and the elderly

##  Medical Resources

* American Cancer Society 573-635-4821 or 800-635-9194
	+ 2409 Hyde Park Rd, Jefferson City MO 65109
	+ Website: <https://www.cancer.org/>
	+ Provides understandable information to newly diagnosed cancer patients and caregivers, supports and advocates for cancer research, provides service referrals, provides direct services such as nutritional supplements, wigs and support groups.
	+ Eligibility: Anyone with cancer and their family. Services are free.
* Audrain County Health Department 573-581-1332
	+ 1130 S Elmwood, Mexico MO 65265
	+ Website: <http://www.audraincountyhealth.org>
	+ Provide Immunizations for children, WIC program, Communicable Disease Program, Maternal Child Health Program, Foot Clinit (for elderly, diabetic and obese), Prescription Assistance, Free Mammogram clinic, opoid program, Smoking Cessation
	+ Eligibility: Audrain County Citizen
	+ Fee: Some based on services offered
* Audrain County Team for Assistance (Audrain County Medical Assistance Program (ACMAP)
	+ 573-581-1332
	+ 1130 S Elmwood Dr, Mexico MO 65265
	+ Email: shewlett@audraincountyhealth.org
	+ Provides medication payment assistance to residents of Audrain County on an emergency need basis directly to the pharmacy
	+ Eligibility:
		- Must have a prescription from a physician or advanced practice licensed provider
		- Medication must be needed to prevent impairment to health, hospitalization, complications or death
		- Must lack the financial resources needed to meet his/her health needs
		- Must be uninsured or underinsured
	+ Maximum annual benefit of $50 per recipient
	+ Contact Person Sandra Hewlett
* Community Health Center of Central Missouri
	+ For an appointment at any of the 5 clinics call 573-632-2777
	+ Website: <https://www.chccmo.org>
	+ Provides primary care for central Missouri residents
	+ Departments:
		- Dental, family medicine, dietician, optometry, behavioral health, pediatrics, OB/Gyn, prescription assistance and lab.
	+ Sliding Fee Scale available
* Mizzou Urgent Care - Mexico
	+ 3626 S. Clark
	+ <https://www.muhealth.org/locations/mizzou-urgent-care-mexico>
	+ Provides convenient and cost-effective option for adults and children needing urgent, but not life-threatening medical care. It features MU Health Care emergency medicine providers offering care seven days a week.
		- Can be reached at 573-581-1812 Monday-Sunday 8 am- 6pm
* Options for Women (located in Bowling Green) 573-213-5119
	+ Hotline: 573-213-5115
	+ Text Line: 573-222-0891
	+ Website: <https://calloptionsforwomen.com>
	+ Provides coaching, resources and clear information/options about pregnancy and unplanned pregnancies
	+ Not a medical facility
	+ Offers:
		- pregnancy testing
		- abortion education (does not perform or refer for abortions)
		- first trimester ultrasounds
		- pregnancy and parenting education
		- adoption information
		- referrals and medical help
		- referrals to temporary housing and shelter

## National Crisis Hotlines

* National Suicide Prevention Lifeline:
	+ 1-800-273-8255
	+ Live Chat: <https://www.contact-usa.org/chat.html>
	+ website: <https://suicidepreventionlifeline.org/>
* Child Abuse and Neglect Hotline: Missouri Department of Social Services
	+ 1-800-392-3738 (TTY)1-800-669-8689
	+ For hearing and speech impaired, contact Relay Missouri at 1-800-735-2466/voice or 1-800-735-2966/text pone
	+ Be prepared to answer a series of very important questions:
		- child’s name, parents, alleged abuser, and where child can be located
		- Is it life threatening?
		- your knowledge of the abuse
		- Are you a witness to the abuse?
		- Are there other witnesses that can be contactes?
* National Domestic Violence Hotline: 1-800-799-7233
* BetsOff-Gambling support:
	+ 1-888-238-7633
	+ A Missouri program that provides assistance such as referral to treatment programs and self-exclusion programs
* Deafline: Support for the hearing impaired
	+ 1-321-800-2132
	+ (TTY) 1-800-380-3323
	+ Text “Hand” to 839863
* Elder Abuse and Neglect Hotline
	+ Missouri Department of Health and Senior Services
	+ 1-800-392-0210
	+ (TTY) 1-800-669-8819
* Rape and Abuse Crisis Service
	+ 1-800-303-0013 or
* Disaster Distress Helpline
	+ 1-800-985-2132
	+ or text “TalkWithUs” to 66746
* National Alliance on Mental Health Illness
	+ Warmline: 1-800-374-2138
	+ weekdays; 9 AM to 7PM, weekends/holidays; 3PM to 9PM
	+ Answers 7 days a week for encouragement
	+ Help Line: 1-800-950-6264
		- info@nami.org/ with questions about mental health issues including
			* symptoms
			* treatment options
			* support groups and services
			* education programs
			* resources for family
* Parental Stress Helpline
	+ 1-800-367-2543 or 1-800-632-8188
* School Violence Hotline
	+ 1-866-748-7047
	+ or text “Reportit” to 847411
	+ Be prepared to answer a series of questions:
		- person intending or committing harm
		- name, grades, location of all involved
		- school and city
		- you can remain anonymous
* Veterans Crisis Line
	+ 1-800-273-8255 and press 1
	+ Text: 838255
	+ (TTY) 1-800-799-4889
	+ Website and live chat: <https://www.veteranscrisisline.net/>
* Missouri Access Crisis Intervention
	+ Behavioral Health Response: 1-800-811-4760
	+ (TTY) 1-314-469-3638
	+ A mental health professional will answer and ask questions about your current mental health status and make recommendations for care
* Missouri Human Trafficking Hotline
	+ 1-844-487-0492
	+ can also report at <https://ago.mo.gov/app/HTHReport>
	+ More Human Trafficking resources can be found at [www.makemofree.com](http://www.makemofree.com)
* Missouri Crisis Line
	+ 1-888-761-4357
	+ or text “Hand” to 839863
	+ General Crisis Support sponsored by the University of Missouri

## Parenting/Child Resources/Family Support

* Audrain County Children’s Division 573-581-3312
	+ 4690 S Clark St, Mexico MO 65265
	+ Hotline: 1-800-392-3738
	+ Hearing and Speech Impaired: 1-800-735-2466/voice or 1-800-735-2966/text
	+ Provides child welfare services to help ensure the safety and well-being of Missouri children.
	+ Website for more info: <https://dss.mo.gov/cd/keeping-kids-safe/can.htm>
	+ Website: <https://dss.mo.gov/cd/office/audrain.htm>
* Audrain County Health Department 573-581-1332
	+ Child Safety Seat Program
		- Provides car seats for families who qualify
		- Guidelines
			* Audrain County resident
			* Proof of valid driver’s license
			* Child’s parent or legal guardian
			* Meet financial guidelines of 185% poverty
			* Provide proof of income from everyone in the household
			* 1 car seat per family
		- Visit website at <http://www.audraincountyhealth.org/specialprograms.html>
	+ Becoming a Love and logic Parent
		- Provides practical tools and techniques that help parents achieve respectful, healthy relationships with their children
		- Contact Audrain County Health Department for session information via telephone or website at <http://www.audraincountyhealth.org/loveandlogic.html>
	+ Child Care Provider Education
		- Provides education and Child Care Health Consultation (CCHC) services on nutrition, hygiene, health, and wellness promotion to childcare providers and/or families in Audrain county.
		- Eligibility for CCHC services: Available to all Audrain county childcare providers and the children and parents they serve.
		- To apply call 573-581-1332 and a CCHC nurse will set up an appointment
		- For more information visit the website at <http://www.audraincountyhealth.org/cchc.html>
	+ Safe Crib Program
		- Offers baby cribs to those in need
		- Clients who request a crib must also be eligible for one of the following:
			* WIC
			* Missouri Medicaid
			* Have an income level that is less than 185% of the poverty level
			* Must be 35 weeks gestation or post-partum
			* If post-partum, infant should be less than 3 months old
			* Missouri resident
			* This is a last resort for clients who have no full size or portable crib and no other resources for obtaining one.
		- Requirements:
			* Must participate in 2 individual safe sleep education sessions provided by Audrain County Health Department
			* The first session is for initial assessment and education before given the crib
			* The second session is a follow up home visit to assess the use of the crib and safe sleep practices.
		- Can call the Audrain County Health Department or visit the website at <http://www.audraincountyhealth.org/safecrib.html>
	+ Women, Infants and Children Program (WIC)
		- Provides services to pregnant women, new mothers, infants and children up to age 5
		- Clinics are held from 7:30 am-4 pm on Tuesday and some Fridays at the Audrain County Health Department in Mexico
		- Clinics are held from 9:20 am-3 pm on the 2nd Thursday of every month in Vandalia (by appointments only)
		- Must have proof of identity, residence and income for all members of applican’s household
* Bright Futures Mexico 573-581-3773 ex. 2409
	+ 2101 Lakeview, Mexico MO 65265
	+ Email: brightfutures@mexico.k12.mo.us
	+ Website: <https://www.mexicoschools.net/community/bright_futures_mexico>
	+ Contact Person: Marci Minor
	+ Mexico School District #59
	+ Help students achieve success by matching student needs with resources through partnerships between schools and the community.
	+ Bright Futures Programs:
		- Lunch Buddy Program
* Child Care Subsidy Program
	+ Helps families with the cost of childcare so they are able to focus on finding and holding steady work that can support their family’s needs.
	+ Can visit <https://dss.mo.gov/fsd/child-care.htm> for all eligibility requirements and program information.
	+ You can print a paper application and drop of in person at your local Family Support Division office at:

4690 S Clark St.

Mexico, MO 65265 or mail application to:

Family Support Division

615 E 13th St

Kansas City, MO 64106

* Child Care Aware of Missouri (866) 892-3228 or 1-800-200-9017
	+ Assist families by providing a list of child care providers in their area
	+ Can visit the website at [www.mo.childcareaware.org](http://www.mo.childcareaware.org) or email at referralcenter@mo.childcareaware.org
* Children’s Therapy and Early Education School (CT School) 573-581-2793
	+ Provides early childhood education for children with delays or disabilities ages 3-5
	+ Students must be referred
	+ Contact Linda Huffman by phone or email at ctschool@sbcglobal.net
* Faith Maternity care 573-642-7414
	+ Fulton, MO, does cover Audrain residents
	+ Residential & Non-Residential services
	+ Pregnant & Homeless can stay until baby’s first birthday
	+ Life skills training
	+ Utility & Rent Assistance
	+ Baby Boutique for clients
	+ outreach@faithmaternity.com
	+ <http://faithmaternity.com/>
* Mexico Area Family YMCA, Inc. Also one in Vandalia. 573-581-1540
	+ 1127 Adams St, Mexico MO 65265
	+ Contact Person: Lori Brandow
	+ Email: lori.brandow@mexicoymca.org
	+ Serves residents of Audrain county with programs offered in health and wellness, preschool education, after school childcare, youth sports, character development, aquatics fitness, swim lessons, competitive swim, summer day camp and martial arts.
	+ Programs are open to everyone regardless of race, gender, religious preference or the ability to pay.
	+ Summer Food Program that feeds any child through the age of 18 a free breakfast and lunch when school is not in session.
		- Breakfast and lunch served at the YMCA in Mexico
		- Lunch only at the First Baptist Church in Laddonia, MO and at the Vandalia, MO YMCA
* Missouri Girls Town 573-642-5345
	+ PO Box 59, 8548 Jade Road, Kingdom City MO, 65262
	+ Email: mblumer@mogirlstown.org
	+ Provides residential behavioral health care for adolescent girls between the ages of 8 and 21 who are in need of a therapeutic and structured living environment to address emotional and behavioral disorders.
	+ Client referrals are accepted from:
		- DSS: Children’s Division
		- DSS: Adoption Subsidy
		- Dept. of Mental Health
		- Division of Youth Services
		- Juvenile Offices/Courts
		- Contracted State Agencies
		- Private Placement
	+ Admission Forms and Documents can be found at <http://missourigirlstown.org/admissions/>
* MPACT Parenting Training and Information 1-800-743-7634
	+ State Headquarters: 1530 S Main St, Suite 4, Joplin MO 64804
	+ Website: <https://www.missouriparentsact.org>
	+ Email: info@missouriparentsact.org
	+ Provides support, training, education and resources for parents with children with special educational needs
* Options for Women (located in Bowling Green) 573-213-5119
	+ Hotline: 573-213-5115
	+ Text Line: 573-222-0891
	+ Website: <https://calloptionsforwomen.com>
	+ Provides coaching, resources and clear information/options about pregnancy and unplanned pregnancies
	+ Not a medical facility
	+ Offers:
		- pregnancy testing
		- abortion education (does not perform or refer for abortions)
		- first trimester ultrasounds
		- pregnancy and parenting education
		- adoption information
		- referrals and medical help
		- referrals to temporary housing and shelter
* ParentLink University of Missouri 573-882-7323 or 1-800-552-8522
	+ Text: 585-326-4591
	+ Email: parentlink@missouri.edu
	+ Website: <https://education.missouri.edu/parentlink/>
	+ Provides quality parenting information, materials, and other resources to strengthen and support Missouri’s families
	+ Supports families and communities by linking parents and professionals to information and resources.
* Parents as Teachers
	+ An early-learning program for parents and children prenatal to age 5
	+ Offered at no cost to all interested parents
	+ Program Services:
		- Home Visits-Personalized home visits by certified parent educators
		- Group Connections-group meetings with other parents and enjoy parent-child activities
		- Play Groups (only in Mexico)-Monthly play groups held on weekday mornings
		- Screenings-offers periodic screening of overall development, language, hearing and vision.
	+ Mexico 573-581-3776
		- 920 S Jefferson St, Mexico, MO 65265
	+ Community R-VI Parents as Teachers 855-708-7567
		- 36063 Hwy BB, Laddonia, MO 65332
	+ Van-Far Parents as Teachers 573-594-2731
		- 2122 ACR 557,Vandalia, MO 65265
* Safe Kids Coalition Columbia (does cover Audrain County) 573-771-9216
	+ Provides car and booster seats as well as other safety resources
	+ Eligibility: preventable injury programs for children 19 and under
	+ Intake Procedure: car seat fitting and instruction by appointment, educational program requests are scheduled 4-6 weeks in advance
	+ Visit the website at <https://muserves.missouri.edu/partners/show/147> or email them at brooksjen@health.missouri.edu
* ShowMe Healthy Relationships (University of Missouri Extension)
	+ Contact the CMCA at 855-422-4510
	+ Website: [www.ShowMeHealthyRelationships.com](http://www.showmehealthyrelationships.com)
	+ Provides free courses on improving relationships, finding a good partner, strengthening the stepfamily dynamic, coping with stress, taking charge of finances and parenting for couples, singles and parents.
* St Brendan Society of St. Vincent de Paul 573-581-4720 ext 556
	+ 615 S Washington St, Mexico MO 65265
	+ Provides tangible assistance to those in need in the form of beds and bedding
* St Joseph Early Learning Center Martinsburg 573-492-6398
	+ 412 E Kellett St, Martinsburg MO 65264
	+ Email: kesisi2@yahoo.com
* Missouri Women’s Business Center 573-777-5236
	+ Website: [www.mowbc.org](http://www.mowbc.org)
	+ Email: info@mowbc.org
	+ Helps women start and grow their own business in a non-judgemental environment
	+ They offer no-cost business coaching, low-cost classes and workshops and networking events
* Williams Family Support Center Head Start 573-581-6806
	+ Provides childcare in a learning environment for low income families in Audrain County.
	+ Children ages 6 weeks to 5 years
	+ Age and income eligibility requirements
	+ Contact pattyv@cmca.us

## Senior Citizen Resources

* Aging Best (800) 369-5211
	+ Application Assistance
	+ Medicaid and Medicare
	+ Disability Resources
	+ Property Tax Credit - Rebate on rent to qualifying individuals
	+ Family Caregiver Support
	+ Respite
	+ Legal Services
	+ Elder Abuse
	+ Transportation
	+ Home Delivered Meals
	+ Ramps & small repairs
* Central Missouri Area Agency on Aging 573-443-5823
	+ 1121 Bus. Loop 70 E, Columbia MO 65201
	+ Website: [www.cmaaa.net](http://www.cmaaa.net)
	+ Email: cmaaa@cmaaa.net
	+ Provides a variety of services for older Americans including the Ombudsman Program, application assistance, medicaid and medicare, disability resources, family caregiver support, respite, legal services, elder abuse, transportation, home delivered meals, and more.
	+ Eligibility: Age 60 or older
* Central Missouri Community Action Foster Grandparents Program for Audrain County 573-443-8706 ext. 1129 or ext. 1131
	+ 800 N Providence Rd Suite 220, Columbia MO 65203
	+ Recruits lower income men and women ages 55 and older to offer support to children in educational settings.
	+ Minimum time commitment is 15 hr per week
	+ Will receive orientation and training
	+ Benefits:
		- tax free stipend of $2.65 hr which is not considered a wage and not factored into household income
		- 14 paid holidays per yr, paid snow days and teacher work days when school is closed
		- a meal served every shift
		- transportation reimbursement
		- Limited accident and liability insurance while on duty
		- recognition and appreciation
* Care Coordination Program of Audrain County 573-581-7678
* CLAIM Program (Community Leaders Assisting the Insured of Missouri (Medicare Issues) 573-817-8300
	+ 200 N Keene St, Columbia MO 65201
	+ website: <https://missouriclaim.org/>
	+ Partners with CMCA
	+ CLAIM services are free, unbiased and confidential
	+ How CLAIM helps:
		- Help with applications for enrollment into health insurance including Medicare prescription drug coverage and programs to help with medicare part B and D costs
		- Answer questions about Medicare, Medicaid/Mo healthnet, Medicare Advantage or supplemental insurance
		- Assist in understanding and organizing health care bills and statements
		- Assist in submitting claims
		- Assist in Medicare appeals process in whatever capacity necessary
* Food Stamps for Seniors (SNAP)
	+ SNAP is the current form of the program formerly known as Food Stamps. SNAP’s goal is to reduce hunger and increase food security. Participants receive monthly benefits on an electronic benefit transfer car (EBT).
	+ website with helpful information: <https://www.retireguide.com/social-security/benefits/food-stamps-for-seniors/>
	+ website: <https://mydss.mo.gov/food-assistance/apply-for-snap>
	+ phone: 855-373-4636
* Meals on Wheels
	+ Meals on Wheels is a nationwide program that provides older Americans nutritious meals and safety checks at little to no cost. The meals can be delivered to your home if you meet eligibility requirements, or you can go to a congregate nutrition site for socialization and food.
	+ link with helpful information: <https://www.retireguide.com/retirement-life-leisure/senior-housing/aging-in-place/meals-on-wheels/>
	+ Meals on Wheels website: <https://www.mealsonwheelsamerica.org>
* Mexico Senior Center 573-581-7743
	+ 606 E Park St, Mexico MO 65265
	+ Email: audrainca@cmaaa.net
	+ Contact Person: Ione Bickell
	+ Provide nutritious meals to our senior population. They do both congregate meals and home delivered meals. They provide information and referral, socialization, educational and recreational activities to adults 60 years or older and their spouses regardless of age. They do not charge for services
	+ Congregate lunch is 5 days a week at noon
	+ Deliver meals 7 days a week to Mexico, Vandalia, Laddonia, Farber, Martinsburg and Thompson
	+ Also provide health screenings, nutrition education and recreational activities that include cards, pool, dominoes, line dancing, yoga exercise, bingo, blue grass music and other programs.
* Missouri Department of Health and Senior Services 573-751-6400
	+ 912 Wildwood PO Box 570, Jefferson City MO 65102
	+ Email: info@health.mo.gov
	+ Website: <https://health.mo.gov>
	+ Provides a variety of information, programs and services for senior citizens and their families.

## Spanish-Speaking Churches

* Baptist Church (Iglesia Bautista Ríos de Vida)
	+ 310 N Wade St., Mexico, MO
* First United Pentacostal Church
	+ 1427 W. Monroe, Mexico, MO
* Old Coach's Pizza (Mexico) side building
	+ Sunday mornings
* Wesleyan New Hope Community Church (Pan de Vida)
	+ 1125 W. Boulevard, Mexico, MO
	+ Sunday's 1pm

##

##

##

## Support Group Resources

* Narcotics Anonymous (Local) 573-489-7454 (Chris)
	+ Website: <https://midmissourina.org/10-2/>
	+ Meetings held at the Presbyterian Church
		- 400 Lakeview Rd, Mexico MO 65265, Room 301
	+ Meeting Dates:
		- Sunday, Monday, Wednesday at 7pm
		- Friday at 12pm
	+ A safe place where recovering addicts can meet regularly to help each other stay clean
* Alcoholics Anonymous (Local) 573-473-4361 (Chad)
	+ Website: <http://www.aacomm.org/meetings/groups/mexico-group>
	+ Meetings held at the Presbyterian Church
		- 400 Lakeview Rd, Mexico MO 65265, Room 301
	+ Meeting Dates:
		- Tuesday and Thursday at 6pm
* Celebrate Recovery
	+ Vandalia: 573-594-3300
		- Beacon of Hope Church, Fridays 6 pm-9 pm
		- Transportation and childcare provided
* Grief Support Group 573-581-5655
	+ Meetings held at Saint John’s Lutheran Church
		- 1000 Dorcas St, Mexico MO 65265
	+ 2nd Monday of the month at 5:30 pm
* Breastfeeding Support 573-581-1332
	+ Meetings held at Kentucky Road Christian Church
		- 716 N Kentucky, Mexico MO 65265
	+ First Wednesday of every month at 10 am.
* Alzheimer's Association Greater Missouri Chapter (Alzheimers Support Group) 573-581-1088
	+ Website: <https://www.alz.org/greatermissouri>
	+ 24/7 helpline: 800-272-3900
	+ Missouri Veterans Home Dementia Support Group
	+ Held at the Missouri Veterans Home
		- 1 Veterans Dr, Mexico MO 65265
	+ 3rd Wednesday of each month from 1:30 pm-3 pm
* Audrain County Crisis Intervention Services (ACCIS) 573-581-2280
	+ Domestic Violence Support Group
		- meets every Thursday at 10 am
	+ Sexual Violence Support Group
		- meets every Wednesday at 10 am
	+ Art Group
		- meets 2nd and 4th Tuesdays of each month at 5:30 pm
	+ Teen Girls Support Group
		- meets every Thursday at 3:30 pm
	+ All meetings take place at the main office at 103 W Monroe, Mexico MO 65265
	+ Every other Wednesday, Sexual Violence support group meets at Mexico United Methodist Church at 122 E Promenade
* Conquer Support Group 573-721-6389
	+ Meetings are held at Refuge Church every Thursday from 5 pm-6 pm.
	+ Provides a place for people who suffer with chronic illnesses to meet and talk about goals, struggles and their illness.

## Transportation Resources

* Oats Transit
	+ To Schedule a ride in Audrain county call 573-449-3789 or 800-269-6287
	+ Calls must be made between the hours of 9:30 am and 5 pm Monday-Friday, at least 2 business days prior to the scheduled appointment date.
	+ Oats Transit is available to anyone regardless of age, income, disability, race, gender, religion or national origin.
	+ For information about fares visit the website at <https://www.oatstransit.org/audrain>
	+ In town Mexico: Tues, Thurs, and Fri 6 am to 4 pm
	+ To Columbia: 2nd Thurs each month
	+ To Mexico: 2nd Tues each month
* We/Will Transport 573-473-2681 or 573-721-3777 or 573-795-1788
	+ Does accept Medicaid
	+ Fares are $.75 a mile each way. If only one way, $.75 a mile to destination and $.55 a mile to get driver back.
* Logisticare
	+ 1807 Park 270 Drive, Suite 518, St. Louis MO, 63146
	+ Contact in Missouri:
		- Humana National Medicare 1-866-588-5122
		- Missouri Medicaid 1-866-269-5927
		- United Healthcare Medicare National 1-866-418-9812
	+ Website: [www.logisticare.com](http://www.logisticare.com)
	+ Serves as a critical logistical link between people in the community and the health care services they need to stay healthy.
	+ Provides non-emergency medical transportation (NEMT)
	+ Must call and reserve 5 calendar days before the scheduled medical appointment
* Affordable Taxi 573-567-2131
	+ Fares: Out of town is $2.00 a mile, set rates for in town to specific places like Walmart ($6.50), McDonalds (5.50) etc.
	+ Does work with the Senior Center. If a client is a senior citizen, they can get a paper from the Senior Center and be reimbursed for transportation at the end of the month.

## United Way of Audrain County

* 2-1-1 Get Connected, Get Answers United Way of Central Missouri
	+ Just dial 211 to get connected
	+ If not supported by phone provider dial 800-427-4626
	+ Website: [www.211Helps.org](http://www.211helps.org)
	+ Provides community services for:
		- Basic Human needs: food pantries, shelters, financial assistance
		- Physical and Mental Health resources
		- Work Initiatives: educational and vocational training programs, English as a second language classes, job training, GED prep, financial and transportation assistance
		- Support for seniors and those with disabilities
		- Support for children, youth and families

## Utility Assistance/Housing Maintenance

* Ameren Missouri:
	+ The Low-Income Home Energy Assistance Program (LIHEAP):
		- Energy Assistance/Regular Heating (EA): Helps with one time payment for your primary heating bills from November through March.
		- Energy Crisis Intervention Program: (ECIP): Helps pay your full bill when your energy is shut off or is threatened to be shut off. The amount of help received is based on the amount of money needed to settle your crisis.
			* Winter: Available November through May based on funding
			* Maximum amount you can receive is $800
			* Summer: Available June through September
			* Maximum amount you can receive is $300
		- Eligibility Requirements for ECIP:
			* Responsible for paying heating and cooling costs
			* U.S. Citizen or have been legally admitted for permanent residence
			* Have $3000 or less in bank accounts, retirement accounts or investments.
			* Meet specific guidelines that vary according to household size and fuel type.
		- How to Apply:
			* Download and print the application at <https://dss.mo.gov/fsd/energy-assistance/index.htm> or <https://showmeaction.org>
			* Mail application and documentation to CMCA Energy Office; 800 North Providence, Suite 200; Columbia MO 65203
* Home Weatherization Assistance Program: 573-443-8706 ext: 1958
	+ To apply fill out the application completely and be sure to provide required documentation (noted in the instructions on the application)
	+ Email: wx@showmeaction.org
	+ Applications can be printed from the website at <http://showmeaction.org>
		- mailed to or dropped off at CMCA Weatherization Program
			* 800 N Providence, Suite 104, Columbia MO 65203
* Temporary Assistance for Needy Families Program (TA) 855-373-4636 (This resource can be placed under other headings as well)
	+ Designed to provide cash benefits to low income families for the household’s children such as clothing, utilities and other services
	+ Visit <https://dss.mo.gov/temporary-assistance> for eligibility requirements, application and answers to any other questions you may have
	+ Completed applications can be mailed to

Family Support Division

Attn: TA Application

615 E 13th St

Kansas City, MO 64106

Or dropped off at the Local Family Support Division Resource Center:

4690 S Clark St

Mexico, MO 65265

* Vandalia Salvation Army 573-795-3127
	+ Contact: Pamela Mims
	+ Provide Utility Assistance up to $50Requirements:
		- 6 month time period
		- Bill has to be in shut off status
		- Need to provide id and bill
* CMCA Energy Line 573-443-1100 or 800-573-3637
	+ Applications can be found at <https://showmeaction.org/services/energy-assistance>
* CMCA Audrain County
	+ Family Resource Center: Tad Dobyns 573-582-7864
	+ <https://showmeaction.org/contact/audrain-county>
* Catholic Charities of Central and Northern Missouri 573-635-7719
	+ Provides programs designed to help people in need, including financial counseling
* Missouri American Water 1-866-430-0820 Audrain County # 573-582-7864
	+ The Low Income Program provides customers with help in determining the best payment plan to fit their needs.
	+ Website: <https://amwater.com/moaw/customer-service-billing/low-income-program>

## Veterans Resources

* VetAssist Program 1-888-314-6075 or 314-514-2444
	+ Website: <https://veteranshomecare.com/vet-assist/>
	+ Provides in-home care for veterans or their surviving spouses earned from military service. Some services include: help with bathing, help with dressing, medication reminders, transportation, meal prep, transferring to and from bed, personal care, respite care, light housekeeping, laundry, companionship, additional services.
	+ Eligibility:
		- A veteran or surviving spouse of a veteran who served at least 90 days on active duty, at least 1 day during wartime with an honorable discharge (Persian Gulf War vets must have 2 years of active duty)
		- A non service connected medical condition causing you to need assistance with activities of daily living
		- A net worth at or less than $129,094.
* Military One Source 573-356-2153
	+ Toll Free: 800-342-9647
	+ TTY/TDD: Dial 711 and give the toll free number 800-342-9647
	+ Provides 24/7 support in a wide range of areas: individualized consultations, coaching, and non-medical counseling for many aspects of military life
	+ Eligibility: Member of the military
	+ Visit [www.militaryonesource.mil](http://www.militaryonesource.mil)
* Missouri Veterans Home-Mexico 573-581-1088
	+ 1 Veterans Dr, Mexico MO 65265
	+ Website: <https://mvc.dps.mo.gov>
	+ Veterans Service Program: Provides counseling and assistance to thousands of Veterans and their dependents throughout the state. Visit the website for all relevant information. (Program information, eligibility and benefits)
	+ Veterans Service Officer for this area: Allison-Mitchell, Yvonne
	+ Email: yvonne.mitchell@mvc.dps.mo.gov
	+ Monday-Thursday 8 am-4:30 pm, 573-567-8111
	+ Friday 8 am-12pm 573-581-1088 ext 1258
* Veteran Homeless Hotline 877-424-3838
* Veterans Crisis Line 1-800-273-8255 Press 1