



RESOURCES & SUPPORT

Updated 5-2026

At Missouri Delta Medical Center, we are committed to supporting every aspect of your well-being—physical, emotional, medical, and family-related. That’s why we’ve created this Community Resource & Support Guide: to connect you with helpful services, organizations, and support systems in our area. Whether you’re navigating a medical diagnosis, seeking emotional support, or looking for assistance with basic needs, we hope this guide will serve as a valuable tool during difficult times.

QUICK GUIDE

Alzheimer's Support Group	573-380-0895
American Diabetes Association	417-890-8400
Anger Management	573-481-0505
Bootheel Behavioral Health	573-471-0800
Childcare Food Program	573-931-8400
Childcare Guidance	314-531-1412
Children Services (Early Head Start)	573-481-4301
Clothing (Children-Adult)	573-380-0177
Division of Senior Services	573-472-5233
Domestic or Sexual Violence Support ...	877-633-3843
Elders Volunteering for the Elderly	573-335-3331
Food Assistance	855-703-3663
Furniture/Home Essentials	573-380-0177
Grief Support Group	573-471-8820
Homeless Shelter	573-471-6014
House of Refuge	573-472-3843
Meals on Wheels (Medicaid)	800-392-0210
Meals on Wheels (non-Medicaid)	800-392-8771
Mississippi County Health Department ..	573-683-2191
Missouri Delta Adolescent Health	573-931-8500
Missouri Delta Behavioral Health	573-481-2320
Missouri Delta Inpatient Rehab	573-472-7130
Missouri Delta Medical Center.....	573-471-1600
Missouri Delta Memory Clinic	573-472-7702
Missouri Delta Patient Liaison	573-472-7406
Missouri Delta Social Services	573-472-7441
Missouri Veterans Commission	573-472-5350
National Alliance on Mental Health	800-374-2138
New Madrid Health Department	573-748-5541
Outpatient Rehabilitation Services	573-472-7375
Pharmacy	573-472-7450
Recovery Housing & Management	573-481-0505

Rehabilitation Services for the Blind	573-472-5240
Scott County Family Support Division ...	855-373-4636
Scott County Health Department	573-471-4044
SEMO Alliance for Disability (SADI)	573-651-6464
SEMO Area Agency on Aging	573-335-3331
SEMO Health Network	573-472-1770
Senior Lifestyles	573-472-7490
Sikeston Public Library	573-471-4140
Sikeston Nutrition Center	573-471-6047
Sikeston Senior Center	573-471-6047
Teen Ministry Center	573-380-0177
Unemployment Benefits	800-320-2519
Utility Assistance Program	573-471-4113
Veterans Administration (VA)	800-698-2411
Vital Records (birth certificates, etc.)	573-751-6387
Warming Shelter	573-380-0177
Weatherization Assistance Program	573-475-9372
YMCA	573-472-9622



HOME HEALTH HOMEMAKER PALLIATIVE CARE HOSPICE

NAME	ADDRESS	NUMBER	COUNTIES	SERVICES
<i>Missouri Delta Advanced Illness Management</i>	1126 N. Main Sikeston MO 63801	573-472-7565	Located in Scott County	Palliative Care
<i>Amedisys</i>	2955 Kanell Blvd Poplar Bluff, MO 63901	573-727-9687	Perry, Cape, Scott, New Madrid, Dunklin, Stoddard, Bollinger, Butler, Wayne, Iron, Reynolds, Pemiscot, Mississippi, Ripley, Carter	Home Health
<i>Crown Hospice</i>	2858 Professional Ct Cape Girardeau, MO 63703	573-335-4800 Fax: 573-335-4805	Perry, St. Gen, Bollinger, Cape, Scott, Mississippi, New Madrid, Stoddard, Poplar Bluff, Wayne, Carter, Ripley, Butler, Dunklin, Pemiscot	Hospice
<i>Elara Caring</i>	1614 West Business 60 Dexter, MO 63841 Home Health Suite A1 Hospice Suite A2	Home Health 573-624-2329 Fax: 573-624-2512 Hospice 573-614-4000 Fax: 573-624-2512	Home Health Stoddard, Scott, Mississippi, New Madrid, Butler, Wayne, Pemiscot, Dunklin, Carter, Cape, Perry, Bollinger, Ripley, Oregon, Howell, Shannon, Dent, Reynolds Hospice All above except: Oregon, Howell, Shannon, Dent, Reynolds	Home Health Hospice
<i>Elite</i>	1226 Linn Street Sikeston MO 63801 Home Health Suite F Hospice Suite G	Home Health 573-472-2234 Hospice 573-472-6163	Mississippi, Stoddard, New Madrid, Scott, Pemiscot, Dunklin	Home Health Hospice
<i>Extended Family Home Health</i>	105 Russell Hayti, MO 63851	573-359-2930 Fax: 573-359-0910	Pemiscot, Cape, Dunklin, New Madrid, Mississippi, Scott, Stoddard	Home Health Homemaker
<i>Family Affair Home Healthcare</i>	521 Greer Ave Sikeston, MO 63801	573-206-8949	Scott, New Madrid, Mississippi, Pemiscot, Stoddard, Dunklin	Homemaker
<i>Grace Reliant Health Services</i>	2749 Thomas Drive Cape Girardeau, MO 63701	573-803-5002 Fax: 573-803-5008	Perry, Cape, Scott, New Madrid, Dunklin, Stoddard, Bollinger, Butler, Wayne, Madison, St. Francis, Ste. Gen	Home Health
<i>Legacy Hospice</i>	1435 N Mt Auburn Rd Ste. 201 Cape Girardeau, MO 63701	573-803-3862 Fax: 573.803.3899	Bollinger, Cape, Mississippi, Perry, Scott, Ste. Gen, St. Francis, Stoddard	Hospice
<i>Lutheran Home Health</i>	2861 Bloomfield Road Cape Girardeau, MO 63703	573-334-1515 Fax: 573-785-0544	Bollinger, Cape, Scott, Perry, Stoddard	Home Health Homemaker Hospice
<i>Missouri Home Care</i>	731 Vine Street Poplar Bluff, MO 63901	573-785-7005 Fax: 573-785-0544	Butler, Bollinger, Carter, Stoddard, Wayne, Scott, Ripley	Home Health
<i>Preferred Hospice</i>	423 W. Bus 60 Dexter, Missouri 63841	573-614-4774 Fax: 573-614-4775	Reynolds, Madison, Bollinger, Cape, Scott, Mississippi, Carter, Wayne, Ripley, Butler, Dunklin, Pemiscot, New Madrid, Stoddard	Hospice
<i>Saint Francis Health Delivery</i>	211 St. Francis Drive Cape Girardeau, MO 63703	573-331-5180 Fax: 573-331-5006	Cape Portions: Scott, Perry, Mississippi, Stoddard, Bollinger	Home Health
<i>Southeast Home Health</i>	#10 Doctors Park Cape Girardeau, MO 63703	573-335-6609 Fax: 573-335-5864	Perry, Cape, Scott, Bollinger, Mississippi, Stoddard, New Madrid	Home Health Hospice
<i>Sovereign Home Health Care</i>	35 Villa Shopping Center New Madrid, MO 63869	573-621-3126 Fax: 573-748-6070	Mississippi, New Madrid, Scott, Stoddard, Dunklin, Pemiscot	Home Health
<i>Sunrise Home Care</i>	1227 Sterling Rd Poplar Bluff, MO 63901	573-776-6100 Fax: 573-776-6123	Stoddard, Butler, Carter, Dunklin, Ripley, Wayne	Home Health
<i>Tri County Home Health</i>	217C West Business Hwy 60 Dexter, MO 63841	573-624-2329 Fax: 573-624-2512	Stoddard, Dunklin, Cape, Scott, Wayne, New Madrid, Bollinger	Home Health Hospice
<i>Visiting Nurses Association of Southeast Missouri</i>	P.O. Box 768 Kennett, MO 63857	800-286-5892 Ext 157 573-888-5892 Fax: 573-888-1338	Bollinger, Butler, Cape, Carter, Dunklin, Mississippi, Scott, Pemiscot, Ripley, Stoddard, Wayne, New Madrid	Home Health Homemaker Hospice

NURSING HOME ASSISTED LIVING

Transportation

Scott County Transit System

573-472-3030
573-887-6577

Any transportation needs
All in town trips
Senior Citizens;
Handicapped—\$3 one way
General Public—\$4 one way

NEMT (Non-Emergency Medical Transportation)

866-269-5927
MUST HAVE ACTIVE
MEDICAID
No Cost

Southeast Missouri Transportation System

573-783-5505
Pemiscot & New Madrid
Counties to Sikeston
No Cost

Dunklin County Transit

573-276-5806
Long distance medical
transportation for clients living
in Scott, Pemiscot, Stoddard
and New Madrid Counties
Costs Vary

Stoddard County Transit

573-624-8624
Travels within Stoddard
County and trips to Advance,
Puxico, Cape Girardeau,
Sikeston, Poplar Bluff
Costs Vary

Mississippi County Transit

573-649-5650
Provides long distance
medical transportation for
clients living in Mississippi
County
Costs Vary

Hillbilly Shuttle

573-328-4768
Provides medical
transportation for Bootheel
residents to appointments
throughout the state

We Care Transportation

573-545-4369
Provides local & long distance
medical transportation in
Bootheel

NAME	ADDRESS	NUMBER
<i>Advance Nursing Center</i>	315 S. Tilley, Advance MO	573-722-3440
<i>Aspire Senior Living of East Prairie</i>	186 Millar Road, East Prairie, MO	573-649-3551
<i>Bertrand Nursing Facility</i>	603 West Highway 62, Bertrand MO	573-683-4290
<i>Big Prairie Assisted Living</i>	411 N. Kingshighway, Sikeston MO	573-471-5503
<i>Bloomfield Living Center</i>	606 West Missouri, Bloomfield MO	573-568-2137
<i>Chaffee Nursing Center</i>	12273 State Hwy 77, Chaffee MO	573-887-3615
<i>Charleston Manor</i>	1220 East Marshall, Charleston MO	573-683-3721
<i>Clearview Nursing Center</i>	430 Salcedo Road, Sikeston MO	573-471-2565
<i>Colonial Manor</i>	907. W. Malone, Sikeston MO	573-471-5541
<i>Cotton Point Living Center</i>	609 S. Railroad St #9751, Matthews MO	573-471-7861
<i>Crowley Ridge Care Center</i>	Highway 60 West, Dexter MO	573-624-5557
<i>Cypress Point Health Care</i>	801 Bailiff Drive, Dexter MO	573-624-8908
<i>Daybreak Nursing Center</i>	410 State Hwy H, Sikeston MO	573-471-7683
<i>Delta South</i>	640 Colonel George E. Day Pkwy, Sikeston MO	573-471-3400
<i>Dexter Living Center</i>	215 Rear West Grant, Dexter MO	573-624-7491
<i>East Prairie Nursing Center</i>	21 Miller Road, East Prairie MO	573-649-3551
<i>Fountainbleau Lodge</i>	2001 N. Kingshighway, Cape Girardeau MO	573-335-1999
<i>Gideon Care Center</i>	300 Lunbeck Ave, Gideon, MO	573-448-3505
<i>Hunter Acres Caring Center</i>	628 Northwest Street, Sikeston MO	573-471-7130
<i>La Bonne Maison Senior Living - Assisted Living & Independent Living by Americare</i>	226 Plaza Dr, Sikeston MO	573-475-4342
<i>Life Care Center of Cape Girardeau</i>	2852 Independence, Cape Girardeau MO	573-335-2086
<i>The Lutheran Home</i>	2825 Bloomfield Road, Cape Girardeau MO	573-335-0158
<i>Malden Nursing Center</i>	1209 Stokelan Drive, Malden MO	573-276-5115
<i>Memory Lane of Dexter Nursing Center</i>	415 S Catalpa Street, Dexter, MO	573-624-7491
<i>Newbridge Retirement Community</i>	1205 S. Mt. Auburn Rd, Cape Girardeau MO	573-803-1863
<i>New Horizons Transitional Care & Rehab</i>	103 Kennedy Drive, Sikeston MO	573-471-3529
<i>New Madrid Living Center</i>	1050 Dawson Rd., New Madrid MO	573-748-5622
<i>Portageville Nursing & Rehabilitation</i>	290 W State Hwy 162, Portageville MO	573-379-2017
<i>Prairie View Skilled Nursing</i>	606 West Missouri Street, Bloomfield, MO	573-568-2137
<i>Sikeston Convalescent Center</i>	103 Kennedy Drive, Sikeston MO	573-471-6900
<i>The Arbors at WestRidge Place</i>	539 Northwest St, Sikeston MO	573-471-6484
<i>Westfield Nursing Center</i>	3144 State Hwy FF, Sikeston MO	573-471-1174



MISSOURI DELTA MEDICAL CENTER

Allergy

Morgan Brasher, FNP
Sikeston, 573-472-7134

Athletic Training

Kyle Lemarr, ATC
Sikeston, 573-472-2663

Audiology/Vestibular Specialist

Jessica Shaw, AuD
Zachary Shaw, AuD
Chance White, DPT, VAM
Sikeston, 573-472-6034

Cardiology

Zaid Alirhayim, MD
Sikeston, 573-481-1072

Chiropractic

Tim Moy, DC
Sikeston, 573-481-4227

Dermatology

Allison Sindle, MD
Heather Pullen, FNP
Sikeston, 573-472-7777

Endocrinology

Muhannad Al-Kilani, MD
Sikeston, 573-471-4417

Family Medicine

Charlotte DeWitt, FNP
Sikeston, 573-471-0200
Kayla Babb, FNP
Sikeston, 573-471-1105
Natalia Mainord-Cannon, FNP
Charleston, 573-683-2327
Margaret Dicus, FNP, PNP
Sikeston, 573-471-1105
Ashley Elkins, FNP
Sikeston, 573-472-6001
Douglas Fitzwater, MD
Portageville, 573-379-5467

Amy Folsom, PA

Sikeston, 573-471-0200

Jeffrey Griesemer, MD
Charleston, 573-683-2327

Lauren Hardy, PA
Sikeston, 573-471-0200

Walter Johnston, FNP
Chaffee, 573-887-4171

Ted Kapanjie, DO
Sikeston, 573-471-0200

Maradale Karafa, FNP
Sikeston, 573-472-6001

Alicia King, DO
Sikeston, 573-471-0200

Aubree Lemarr, FNP
Sikeston, 573-471-1105

Marc Lumsden, DO
Sikeston, 573-471-0200

Alisha Manes, FNP
Sikeston, 573-472-6030

Alana McCoy, FNP
Sikeston, 573-472-6001

Jeremy Mooty, FNP
Sikeston, 573-472-6001
Colleen Hunter-Pearson, MD
Sikeston, 573-472-6030

Kristin Presley, FNP
Malden, 573-990-1002

Dennis Reed, PA
Portageville, 573-379-5467

Emmy Scott, FNP
Charleston, 573-683-2327

Donna Springer, MD
Sikeston, 573-471-1105

Amy Stinnett, FNP
Portageville, 573-379-5467

Briana Pullum-Thompson, FNP
New Madrid, 573-748-2546

Amber Thorne, FNP
Benton, 573-545-3700

Sheila Underwood, FNP
Caruthersville, 573-575-4181

Hollie Wheeler, FNP
Dexter, 573-614-5762

Sharon White, FNP
Sikeston, 573-471-0200

Lacey Young, MD
Sikeston, 573-471-0200

Gastroenterology

Michael Freeman, MD
Judith Pais, PA
Taylor Stark, FNP
Cape Girardeau, 573-332-0700
Brittney Dirnberger, FNP
Heather Jackson, FNP
Wilson Pais, MD
Sikeston, 573-621-4935

Gerontology

Madhu Sahai, MD
Haruka Nakamura, AGPCNP
Sikeston, 573-472-7702

Infectious Disease

C. Edward Lavalley, MD
Sikeston, 573-471-4312

Internal Medicine

Madhu Sahai, MD
Sikeston, 573-472-7702
Fred Uthoff, DO
Sikeston, 573-472-7702

Neurology

Enrique Sumire, MD
Sikeston, 573-472-6010

Obstetrics/Gynecology

Rachel Coppage, FNP
Jane Eaves, WHNP
Tristan Fowler, DO
Michael Holland, DO
Farrah McSpadden, MD
Libby Menz, FNP
Eric Morton, DO
Sikeston, 573-472-7535

Occupational Medicine

Ted Kapanjie, DO
Ashley Riddle, FNP
Sikeston, 573-481-2208

Oncology/Hematology

Andrew Moore, MD
Sikeston, 573-471-4312

Orthopedics

Samantha Broughton, FNP
Rudy Rodriguez, MD
Dylan Stephens, PA
Sikeston, 573-472-2663

Pain Management

Kenneth C. Moy, DO
Sikeston, 573-481-2210

Palliative Care

Omar Khan, MD
Sikeston, 573-472-7565

Pediatrics

Douglas Fitzwater, MD
Portageville, 573-379-5467

John Roach, MD

Sikeston, 573-471-0200

DeAnn Stephens, PNP
Sikeston, 573-471-0200

Podiatry

Jacob Randich, DPM
Sikeston, 573-475-6488

Psychiatry

John Lake, MD
Sikeston, 573-472-7490
Daniel Beck, PA
Julie Jones, PMHNP
Debi Oliver, LPC
Sikeston, 573-481-2320

Naveed Mirza,, MD
Kristerpher Brimberry, PMHNP-BC
Stacey Grays, DNP, PMHNP-BC
Camellia Vermillion, PMHNP-BC
Dexter, 573-625-7149

Pulmonology

Muhammad Ehtisham, MD
Sikeston, 573-472-7702

Rheumatology

David Gibson, MD
Sikeston, 573-472-6010

Surgery

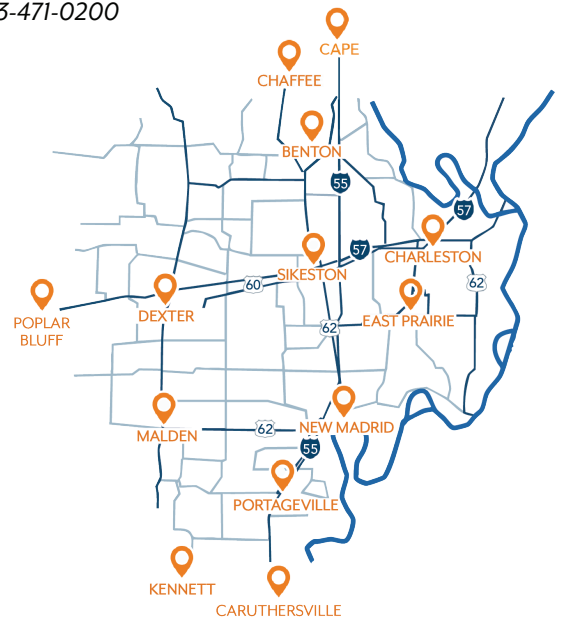
Muhammad Aman, MD
Razvan Iorga, MD
Sikeston, 573-472-7124

Urology

Animesh Sahai, MD
Sikeston, 573-471-8656

Wound Care

Sarah Curry, MD
Sikeston, 573-472-4325



For help finding a provider that is right for you, please call our Patient Liaison, 472-7406

MEETING YOUR BASIC NEEDS

If you struggle to meet your basic needs, and worry about paying for things, or keeping your family safe, there are resources that may be able to help. Visit the Missouri Family Resources at familyresources.mo.gov for help finding resources.

FOOD ASSISTANCE

Supplemental Nutrition Assistance Program (SNAP) Benefits

A monthly benefit to help low-income households buy food. To get help through SNAP, you will need to apply and complete an interview. mydss.mo.gov/food-assistance

Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)

Helps with food, nutrition education, breastfeeding support, and healthcare referrals to income-eligible women, infants, and children up to their 5th birthday. wic.mo.gov

Food Pantries

There are over 1,000 Food Pantries across Missouri. feedingmissouri.org

Temporary Assistance Program

Provides cash benefits to low-income families for the household's children such as clothing, utilities, and other needs. mydss.mo.gov/temporary-assistance

Free and Reduced School Meals

Parents and guardians of school-aged children can fill out an application to get free or reduced-priced meals at school, for children enrolled in participating Head Start, Pre-K, and K-12 school districts.

Department of Health & Senior Services Food Programs

Good nutrition is vital to good health. Community food programs help provide meals and nutrition information to Missourians who qualify. health.mo.gov/living/wellness/nutrition/foodprograms

HOUSING

U.S. Department of Housing and Urban Development (HUD)

If you need help with rent, contact HUD. hud.gov/states/missouri/renting or call 800-955-2232

Shelters

Shelters for the unhoused can provide temporary housing while helping you find a home or apartment. homelesshelterdirectory.org/missouri.html

Landlord and Tenant Laws

Landlord and tenant laws can help you understand your rights about repairs, evictions, deposits, etc. ago.mo.gov/civil-division/consumer/landlord-tenant-law

SAFETY

Report Child Abuse & Neglect

Anyone may report suspected child abuse, neglect, or exploitation to the Missouri Child Abuse and Neglect Hotline at 800-392-3738. This hotline is answered 24 hours a day, 7 days a week.

Report Senior or Disabled Adult Abuse

Anyone who suspects a senior or disabled adult is being abused, neglected, bullied, or exploited should call the Adult Abuse and Neglect Hotline at 800-392-0210 or at health.mo.gov/abuse.

Physical or Mental Abuse

If you or someone you know needs help with physical or mental abuse, call the National Domestic Violence Hotline at 800-799-7233. Learn how to get help at moadsv.org/how-to-get-help

Poison Control

The Missouri Poison Control Center helps people exposed to dangerous chemicals, drugs and other substances find the right care. For emergencies, call 911. For non-emergencies, call 800-222-1222.

Human Trafficking

Human trafficking involves the use of force, fraud, or coercion to obtain some type of labor or commercial sex act. Report human trafficking to: humantraffickinghotline.org/en or 888-373-7888.

Victims of Crime

The Office for Victims of Crime (OVC) promotes access to information, resources, and services to protect at-risk youth, victims of crime, and their families. dps.mo.gov/dir/programs/cvsu

Crime Victim Protections

The Safe at Home program helps protect crime victims by giving them substitute and mail forwarding address(es). sos.mo.gov/business/SafeAtHome/HowToApply or 866-509-1409.

Sexual Abuse

If you or someone you know needs help with sexual abuse, call the National Sexual Assault Hotline at 800-656-4673. Go to mocasv.org/how-to-get-help for more information.



CHILD CARE

Child Care Subsidy Program

The Child Care Subsidy program helps with the cost of child care so parents can focus on work that can support their family's needs. dese.mo.gov/childhood/child-care-subsidy

Find Child Care

The State of Missouri offers a one-stop website to help you do things like find a child care facility, learn about early education programs, and more. mo.gov/education/pre-k-and-child-care

United 4 Children

United 4 Children gives guidance and support to families looking for child care in Missouri, and resources to people wanting to opening a child care business. united4children.org or 314-531-1412

The ParentLink WarmLine

The ParentLink WarmLine at 800-552-8522 offers support, information, and resources for parents, caregivers, and professionals. Online developmental screening tools are available to check children's development from birth to 5 years of age. education.missouri.edu/parentlink or 833- KIN-4-KID (for kinship caregivers)



HEALTH

MO HealthNet (Missouri Medicaid)

Low-income Missourians may be eligible for healthcare coverage through MO HealthNet, the state Medicaid program. mydss.mo.gov/healthcare

Community Health Centers

Community Health Centers serve individuals of all ages who have coverage through Medicaid, Medicare, and private insurance. mo-pca.org/find-a-health-center

Healthy Moms, Healthy Babies

Find resources and information for all stages of pregnancy. healthymomsbabies.mo.gov

Missouri Department of Health & Senior Services

Missouri Department of Health & Senior Services has many helpful resources, including:

- Maternal health topics: health.mo.gov/living/families/genetics/newbornhealth
- Immunizations: health.mo.gov/living/wellness/immunizations
- Youth topics & teen pregnancy prevention: health.mo.gov/living/families/adolescenthealth
- TEL-LINK, helps you find health services: health.mo.gov/living/families/tellink or 800-835-5465

The Centers for Disease Control and Prevention

The Centers for Disease Control and Prevention has information on diseases and conditions, healthy living, traveler's health, emergency preparedness, and more. cdc.gov or 800-232-4636



DISABILITY

The Department of Mental Health

The Department of Mental Health has offices throughout the state that can help with developmental disabilities for you or a loved one. dmh.mo.gov/dev-disabilities/regional-offices or 800-364-9687

The Social Security Administration

Apply for disability benefits through the Social Security Administration. ssa.gov/applyfordisability or 800-772-1213 (TTY 573-522-9061)

Centers for Independent Living

There are 22 Centers for Independent Living (CILs) statewide that offer independent living services to people with disabilities to increase their independence and their opportunity to participate in day-to-day life within their communities. mosilc.org/mo-centers-db or 888-667-2117

Special Health Care Needs

Provides health care support services, including service coordination for children and adults with disabilities and chronic illness. health.mo.gov/living/families/shcn or 800-451-0669



UTILITY ASSISTANCE

The Low Income Home Energy Assistance Program (LIHEAP)

LIHEAP helps eligible Missourians pay their energy bill. mydss.mo.gov/utility-assistance

The Missouri Public Service Commission

Offers energy efficiency and assistance programs. psc.mo.gov/General/Energy_Efficiency_Assistance_Programs or 800-392-4211 (TTY 573-522-9061)

The Weatherization Assistance Program

Offers cost-effective energy-efficient home improvements to low-income households, with a focus on vulnerable groups like the elderly and children. It aims to reduce utility bills, enhance comfort, and ensure health and safety for eligible homeowners and tenants. dnr.mo.gov/energy/weatherization



MENTAL HEALTH

Community Mental Health Centers

If you or someone you know needs help, consider reaching out to a local Community Mental Health Center. dmh.mo.gov/mental-illness/help/community-mental-health-centers

The Department of Mental Health

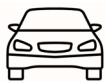
The Department of Mental Health has resources to help with suicide prevention, alcohol and drug treatment, coping with disaster, and veterans in crisis. dmh.mo.gov/crisis-assistance or 800-364-9687

The National Suicide Prevention Lifeline

If you are thinking about suicide, are worried about a friend or loved one, or need support call the National Suicide Prevention Lifeline at 800-273-8255 or dial 988. Services are also available at dmh.mo.gov/behavioral-health/suicide-prevention

LifeLaunch

A website where young individuals navigating the transition into adulthood can find mental health resources and support systems. lifelaunchmo.org/



TRANSPORTATION

If you have healthcare coverage through MO HealthNet, Non-Emergency Medical Transportation (NEMT) provides free rides to covered MO HealthNet services. NEMT can include public transportation, bus tokens, vans, taxi, ambulance, or ride shares. mydss.mo.gov/mhd/transportation



VITAL RECORDS

The Department of Health and Senior Services can provide you with a copy of your birth certificate or other records for a fee. health.mo.gov/data/vitalrecords or 573-751-6387



VETERANS

The Missouri Benefits & Resources Portal

The Missouri Benefits & Resources Portal helps service members, veterans, and their families find benefits and local resources. veteranbenefits.mo.gov or 573-522-4061

The Veterans Administration (VA)

The Veterans Administration (VA) supports veterans and their loved ones through services such as health care, housing, employment, education and more. va.gov or 800-698-2411



MISSOURI DELTA
MEDICAL CENTER

573-471-1600

1008 N. Main, Sikeston MO 63801