



RESOURCES & SUPPORT

Updated 5-2025

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 Group573-380-0895
- American Diabetes Association417-890-8400
- Anger Management573-481-0505
- Bootheel Behavioral Health573-471-0800
- Childcare Food Program573-931-8400
- Childcare Guidance314-531-1412
- Children Services (Early Head Start)573-481-4301
- Clothing (Children-Adult)573-380-0177
- Division of Senior Services573-472-5233
- Domestic or Sexual Violence Support ...877-633-3843
- Elders Volunteering for the Elderly573-335-3331
- Food Assistance855-703-3663
- Furniture/Home Essentials573-380-0177
- Grief Support Group573-471-8820
- Homeless Shelter573-471-6014
- House of Refuge573-472-3843
- 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 Health573-931-8500
- Missouri Delta Behavioral Health573-481-2320
- Missouri Delta Inpatient Rehab573-472-7130
- Missouri Delta Medical Center.....573-471-1600
- Missouri Delta Memory Clinic573-472-7702
- Missouri Delta Patient Liaison573-472-7406
- Missouri Delta Social Services573-472-7441
- Missouri Veterans Commission573-472-5350
- National Alliance on Mental Health800-374-2138
- New Madrid Health Department573-748-5541
- Outpatient Rehabilitation Services573-472-7375
- Pharmacy573-472-7450
- Recovery Housing & Management573-481-0505

- Rehabilitation Services for the Blind573-472-5240
- Scott County Family Support Division ...855-373-4636
- Scott County Health Department573-471-4044
- SEMO Alliance for Disability (SADI)573-651-6464
- SEMO Area Agency on Aging573-335-3331
- SEMO Health Network573-472-1770
- Senior Lifestyles573-472-7490
- Sikeston Public Library573-471-4140
- Sikeston Nutrition Center573-471-6047
- Sikeston Senior Center573-471-6047
- Teen Ministry Center573-380-0177
- Unemployment Benefits800-320-2519
- Utility Assistance Program573-471-4113
- Veterans Administration (VA)800-698-2411
- Vital Records (birth certificates, etc.)573-751-6387
- Warming Shelter573-380-0177
- Weatherization Assistance Program573-475-9372
- YMCA573-472-9622



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 | | 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

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

Family Medicine

Charlotte DeWitt, FNP
Sikeston, 573-471-0200
Kayla Babb-Dicus, FNP
Sikeston, 573-471-1105
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
Alana Jackson, FNP
Sikeston, 573-472-6001
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

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

Natalia Vandeven, FNP
Charleston, 573-683-2327

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
Sikeston, 573-472-7702

Infectious Disease

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

Internal Medicine

Madhu Sahai, MD
Sikeston, 573-472-7702
Fred Uthoff, DO
Sikeston, 573-472-7702
Stephen Welton, MD
Sikeston, 573-471-0200

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

Adonis E. Bernardo, MD
Sikeston, 573-481-2208

Oncology/Hematology

Andrew Moore, MD
Kimberly Hagedorn, APRN
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

Pulmonology

Muhammad Ehtisham, MD
Sikeston, 573-472-7702

Rheumatology

David Gibson, MD
Sikeston, 573-472-6010

Surgery

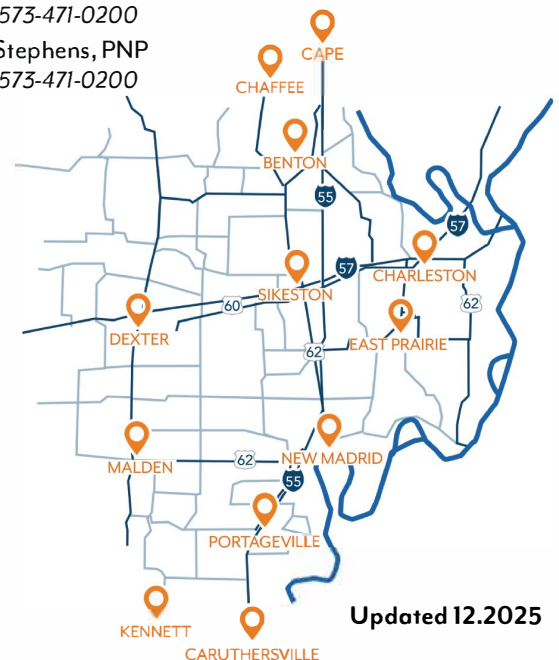
Muhammad Aman, MD
Sikeston, 573-472-7124
Razvan Iorga, MD
Sikeston, 573-621-4828

Urology

Animesh Sahai, MD
Sikeston, 573-471-8656

Wound Care

Sarah Curry, MD
Sikeston, 573-472-4325



Updated 12.2025

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. <https://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. <https://www.hud.gov/states/missouri#RentRelief> or call 800-955-2232

Shelters

Shelters for the unhoused can provide temporary housing while helping you find a home or apartment. <https://www.homelesshelterdirectory.org/state/missouri>

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 <https://www.mocadsv.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: <https://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 <https://www.mocadsv.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. <https://www.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. <https://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. <https://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. <https://www.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. <https://www.ssa.gov/disability> 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. <https://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

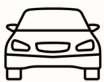
The Department of Mental Health has resources to help with suicide prevention, alcohol and drug treatment, coping with disaster, and veterans in crisis. dmh.mo.gov/crisis-assistance or 800-364-9687

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. <https://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. <https://www.va.gov/> or 800-698-2411



MISSOURI DELTA
MEDICAL CENTER

573-471-1600

1008 N. Main, Sikeston MO 63801