

Mental Health Resources

Metro St. Louis

Dr. Jameca Woody Cooper – 1-833-8CALLDR or www.drjameca.com

Provident Counseling & Mental Health – 314-533-8200

Affinia – 314-898-1700 (Nonprofit health and counseling services)

Nationwide

Ayana Therapy – <https://www.ayanatherapy.com> (focusing on diverse, underserved populations)

Psychology Today verified therapists – <https://www.psychologytoday.com/us/therapists>

National Suicide Prevention Hotline – 1-800-273-8255