Missouri Resource Guide

The help you need for a better future

July 2025

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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

If you are struggling to pay for food, help is available through the following programs:

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

If you are worried about having safe, stable and affordable housing, these resources may help:

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. **homelessshelterdirectory.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

Below are resources to help make sure you and your family are safe:

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. You can also report online at **apps.dss.mo.gov/OnlineCanReporting/default.aspx**

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 **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**. Learn more at **www.poison.org/**.

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 **mocadsv.org/how-to-get-help** for more information.

FINDING SUPPORT

Trying to balance everything, can be difficult. There are resources available to help support you. Community Partnerships and Community Action Agencies (CAA) offer a variety of local programs based on community needs. Visit **mofact.org/community-partnerships** to find a Community Partnership near you. Visit **communityaction.org** to find your local Community Action Agency.

CHILD CARE

The following resources may help you find affordable, quality 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** or **573-415-8605**

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**

Missouri Childhood Resource and Referral (MCRR)

MCRR services include help for families who are applying for child care subsidy, looking for child care, or needing community resources. MCRR services are provided by Child Care Aware of Missouri and funded by the Department of Elementary and Secondary Education. **mochildcareaware.org/families/** or **573-415-8605**

The ParentLink WarmLine

When you need help and aren't sure what questions to ask ParentLink's caring professionals offer trusted information, connections to vetted resources, and respectful listening support at no cost. Call the ParentLink WarmLine at **800-552-8522** or learn more at **education.missouri.edu/parentlink** or **833-KIN-4-KID** **(for kinship caregivers)**

HEALTH

You and your family's health is important so you can have a safe, healthy, and productive life.

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 Serivces

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

Not being able to pay your current or past utility bills can lead to lost employment, endanger persons in your household if there are shutoffs, and impact your future.

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

Mental wellness is important so you can take care of your needs, succeed in your future goals, and have positive relationships with others.

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 text/call **988**. Learn more about 988 Lifeline at **988lifeline.org/**. 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/**

Parenting

Creating a healthy foundation for lifelong mental health and wellness for Missouri's youth is important, and there are many resources available to support parents.

Early Connections

Early Connections offers helpful resources for parents to ensure that Missouri's children grow up healthy and happy – both mentally and physically. **earlyconnections.mo.gov**

ParentLink

ParentLink has quality parenting information, materials, outreach activities, and support groups at no cost. **education.missouri.edu/parentlink** or **573-882-7322**

Child Support

Child Support can help locate parents, establish paternity, enforce orders, and distribute collections. **dss.mo.gov/child-support** or **800-859-7999**

Alternatives to Abortion

Alternatives to Abortion provides resources to nearly 1,000 women by providing services during pregnancy and up to one year after giving birth. **dss.mo.gov/fsd/a2a**

Crisis Care Facilities

Some communities have Crisis Care facilities, which is a free service to families and is designed to ease immediate crisis or emergency situations. Crisis Care can also help the family prevent future crisis or emergency situations. **dss.mo.gov/cd/keeping-kids-safe/crisis-care-for-families.htm**

Legal

Missouri Legal Services

Legal issues, both past and current, can impact your ability to find training or work. The Missouri Legal Services provides free legal help. **lsmo.org** or **800-444-0514** (Eastern MO), **816-474-6750** (Western MO), **800-568-4931** (Mid-MO), or **800-444-4863** (Southern MO)

Missouri Free Legal Answers

Missouri Free Legal Answers is a virtual legal advice clinic in which qualifying users post civil legal questions to be answered by attorneys licensed in their state. **missouri.freelegalanswers.org/**

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**

Unemployment Benefits

You can file an unemployment claim online as soon as you are separated from your employer. File online at **uinteract.labor.mo.gov** or by calling **800-320-2519**.

Transportation

Non-Emergency Medical 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**

Morides

Without reliable transportation, it can be impossible to start or continue employment or training. MO Rides can help connect you to local transportation services. **morides.org/search** or **844-836-7433**

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**

Re-entry Services

To ensure a smooth transition back into the community, the Reentry Unit connects Missourians involved with the criminal justice system with the resources they need.
doc.mo.gov/divisions/rehabilitative-services/office-reentry-services

Technology

Having technology is essential for online learning, applying for jobs, increasing skills, and managing your household. There are resources that can help you get the technology you need.

Phone Services

Reduced or no-cost phone services may be available in your area.

- **safelinkwireless.com**
- **lifewireless.com**
- **everyoneon.org/find-offers**

Trainings

There are free trainings to help with things like learning about computers and software, job search, career planning, help with applying and interviewing for jobs, and more. To start learning, go to:

- **careeronestop.org**
- **edu.gcfglobal.org**
- **digitallearn.org**
- **learndigital.withgoogle.com/digitalgarage/courses**
- **linkedin.com/learning**

Video Conferencing

There are many options for connecting to employers, classmates, teachers, physicians, family members, and others. The following are websites that offer video conferencing:

- **skype.com**
- **zoom.us**
- **apps.google.com/meet**
- **linkedin.com/learning**
- **webex.com**

PREPARING FOR YOUR CAREER

Preparing for your career can be overwhelming, but support is available to help you create a personalized plan, including skill enhancement, financial organization, tax credits utilization, and step-by-step career preparation.

Get your finances in order

There are several organizations that can help teach families how to effectively use income to meet today's needs and build your savings account.

Missouri Bankers Association

Learn how to create personalized financial plans.
mobankers.com/MBA/MBA/AboutMBA/Financial_Literacy.aspx

Missouri State Treasurer's Financial Literacy Portal

Learn about skills and habits to be financially successful. **treasurer.mo.gov/financial-literacy**

FDIC Money Smart

Learn how to plan for savings, meet unplanned expenses, use credit wisely, apply for loans and more. **fdic.gov/resources/consumers/money-smart/index.html**

Earned Income Tax Credit (EITC)

EITC can give low and moderate income working families a financial boost. **irs.gov/credits-deductions/individuals/earned-income-tax-credit**

Missouri Tax Returns

Low-income and elderly Missourians can get help preparing Missouri tax returns. **dor.mo.gov/personal/tax_assistance_information.php** or call **800-906-9887** or **888-227-7669**

The Federal Trade Commission Consumer Information

The Federal Trade Commission Consumer Information allows you to get your credit report for free once a year. **consumer.ftc.gov**

National Foundation for Credit Counseling (NFCC)

NFCC is a non-profit organization that may be able to help if you are struggling with excessive credit card or other debt. **nfcc.org** or **800-388-2227**

Sharpen your skills

Services exist to help you with skill development at any career stage you are in.

COMPLETE HIGH SCHOOL

High School Equivalency Test

The Department of Elementary and Secondary Education provides information on how you can get ready for and take your High School Equivalency Test. A High School Equivalency (HSE) certificate is comparable to a high school diploma to help you get employment or pursue education and training in Missouri. The Missouri State Board of Education approves two HSE tests in Missouri: The GED or the HiSet. For more information visit **dese.mo.gov/college-career-readiness/high-school-equivalency** or call **573-751-3504**

Career and Technical Education Services

Career and Technical Education Services helps youth and adults gain career skills and enter the workforce. **dese.mo.gov/college-career-readiness/career-education** or **573-751-3500**

Excel Centers

Excel Centers help adults to earn their high school diploma. While earning their diploma, participants can also earn college credits and/or get industry-recognized certifications. **excel.mersgoodwill.org** or **314-655-4820** (St. Louis), **417-862-5005** (Springfield), **573-686-6004** (Poplar Bluff), **573-499-1220** (Columbia), **573-271-5220** (Cape Girardeau), or **314-967-2005** (Florissant)

English as a Second Language (ESL)

English as a Second Language (ESL) can help you find Missouri schools and free ESL programs in Missouri to help you learn English. **esldirectory.com/esl-program-search/usa/missouri**

Adult Education and Literacy (AEL) Program

Free assistance to adults who need basic skills such as reading, writing, math, and English language. **ael.mo.gov** or **573-751-1249**

HELP FINDING YOUR CAREER PATH

The Talify Skills Assessment

The Talify Skills assessment can help you learn more about your personal work skillset. **jobs.mo.gov/talify** or **888-728-5627**

Jobs League

Jobs League can help teens and young adults learn about careers and get work experience. **dss.mo.gov/employment-training-provider-portal/jobs-league.htm** or **888-728-5627**

Job Corps

Job Corps helps students train for technical jobs through four locations in Missouri. **jobcorps.gov** or **800-733-JOBS**

Jobs for America's Graduates - Missouri (JAG)

JAG-Missouri helps students reach their full potential by providing extra guidance, helping with classroom success, and providing work-based learning in many middle school, high school, and alternative school programs, resulting in increased graduation and employment rates. **jag-missouri.org** or **417-425-5139**

HELP WITH PURSUING YOUR FUTURE

SkillUP

SkillUP helps Food Stamp (SNAP) recipients get free help with skills, training, and employer connections to get a job or a better job. **on.mo.gov/skillup**

Missouri Work Assistance (MWA)

The Missouri Work Assistance (MWA) helps Temporary Assistance recipients become ready for a job, get real work experience, find employment, and keep a job. **mydss.mo.gov/missouri-work-assistance**

Missouri Job Centers

Missouri Job Centers offer services to help people, find jobs, explore careers options, and gain and/or improve on skills needed to be successful in the workplace. **jobs.mo.gov/career-centers**

Missouri Vocational Rehabilitation

Missouri Vocational Rehabilitation specializes in employment and training services that can assist eligible individuals with disabilities in achieving and maintaining successful employment. **dese.mo.gov/adult-learning-rehabilitation-services/vocational-rehabilitation** or **877-222-8963**

Missouri Community Colleges

Missouri Community Colleges offer employment and training programs and certificates. **mccatoday.org**

Missouri Registered Apprenticeships

Missouri Registered Apprenticeships can help you learn important trade skills while earning a paycheck. **jobs.mo.gov/content/moapprenticeships** or to **866-506-0251**

Employment and Training Services

Employment and training services are available to help Missourians with developmental disabilities, mental health or substance use disorders. **dmh.mo.gov/about/employment-services** or **800-207-9329** (Developmental Disabilities) or **800-575-7480** (Behavioral Health)

Rehabilitation Services for the Blind

Rehabilitation Services for the Blind helps visually impaired Missourians get training, education and technical help to find great employment and live independently. **dss.mo.gov/fsd/rsb**

Credential Completion and Employment Financial Assistance Program

Credential Completion and Employment Financial Assistance Program is a short-term program to help youth who exited foster care earn a recognized credential or specialized training that leads to employment. **dss.mo.gov/cd/older-youth-program/credential-completion-assistance.htm** or **800-950-4673**

Missouri Connections

Missouri Connections supports the career development efforts of schools, community organizations, and adult job seeker programs. It helps individuals learn about their talents, skills, and interests, and makes the connection between planning for continued education and the work world. **missouriconnections.org**

Trade Adjustment Assistance

If your employer moved your job out of the United States or eliminated your job due to foreign competition, Trade Adjustment Assistance may help. **jobs.mo.gov/trade-adjustment-assistance** or **888-728-5627**

Journey to College

Journey to College resources from the Missouri Department of Higher Education & Workforce Development provide information to help plan and pay for college. **journeytocollege.mo.gov**

Fast Track Workforce Incentive Grant

Fast Track Workforce Incentive Grant provides adults with the education and skills needed to enter the workforce in fields that are in high demand. **dhewd.mo.gov/initiatives/fasttrackgrant_for_students.php**

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