

If you or a loved one needs additional support, *talk to your healthcare provider* and see the resources listed on the back.

**Long COVID
Info Service**



Looking for mental health services? A good first step is talking to your healthcare provider. You can also call the toll-free assistance number on the back of your insurance card. Ask about coverage for mental health services and for a list of in-network providers. See other mental health resources below.

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| Sliding Scale Counseling | Look for providers that offer services at a lower cost to uninsured patients. | UMSL Counseling and Social Advocacy Center | (314) 516-4613 |
| | | Provident Behavioral Health | (314) 533-8200 |
| | | Washington University Psych Service Center | (314) 935-6555 |
| | | Hopewell Center (Psychiatry) | (314) 531-1770 |

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| Support Group | Mayo Clinic Public Post-COVID Recovery & COVID-19 Support Forum* | https://connect.mayoclinic.org/group/post-covid-recovery-covid-19/ |
| | <i>*Please be aware that we are unable to monitor the content of external support groups.</i> | |

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| STL Behavioral Health Response | Crisis support, telephone counseling, mental health resources 24/7 | (314) 469-6644 www.bhrstl.org |
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| Crisis Text Line | 24/7 crisis support in the US | text HOME to 741741 |
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| Suicide & Crisis Lifeline | Available 24 hrs. | Dial 988 |
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| Trans Lifeline | Peer support lifeline | 1 (877) 565-8860 |
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