

**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**

---



Washington  
University  
in St. Louis

**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.

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

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

<b>STL Behavioral Health Response</b>	Crisis support, telephone counseling, mental health resources 24/7	<b>(314) 469-6644</b> <a href="http://www.bhrstl.org">www.bhrstl.org</a>
---------------------------------------	--	---

<b>Crisis Text Line</b>	24/7 crisis support in the US	text HOME to <b>741741</b>
-------------------------	-------------------------------	----------------------------

<b>Suicide &amp; Crisis Lifeline</b>	Available 24 hrs.	<b>Dial 988</b>
--------------------------------------	-------------------	-----------------

<b>Trans Lifeline</b>	Peer support lifeline	<b>1 (877) 565-8860</b>
-----------------------	-----------------------	-------------------------