

Immediate / Frontline Crisis Intervention

Resource	Contact	Description	Veteran-Specific?	24/7?	Location	Notes
Veterans Crisis Line https://www.veteranscrisisline.net	Call: 988 → Press 1 • Text: 838255	Primary crisis intervention for veterans, service members, and families; trained responders with military cultural competence	Yes	Yes	National	Anchor resource
988 Suicide & Crisis Lifeline https://988lifeline.org	Call/Text: 988	Immediate crisis counseling; can route veterans to specialized support	No (but veteran option)	Yes	National	Universal entry point
Harry S. Truman VA Hospital (Columbia, MO) https://www.va.gov/columbia-missouri-health-care/locations/harry-s-truman-memorial-veterans-hospital	573-814-6000	Emergency psychiatric care and crisis stabilization for veterans	Yes	Yes	Local	ER-level intervention
VA Health Connect https://www.va.gov/health/connect/	833-381-1943	Phone triage line connecting veterans to urgent VA care and same-day services	Yes	Yes	Regional/National	Strong bridge resource
Missouri 988 (local routing) https://missouri988.org	Call/Text: 988	Routes to Missouri crisis centers; can coordinate local response	No (but veteran-inclusive)	Yes	State	Local linkage

High-Value Alternatives / Engagement Options

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Columbia Vet Center https://www.va.gov/columbia-mo-vet-center	573-814-6206	Community-based counseling with crisis support; less formal than hospital	Yes	Limited	Local	High engagement option
Vet Center Call Center https://www.vetcenter.va.gov	1-877-927-8387	24/7 peer-based support staffed by veterans/family members	Yes	Yes	National	Distinct from local Vet Center
Vets4Warriors https://vets4warriors.com	1-855-838-8255	Peer-to-peer crisis support line for veterans and service members	Yes	Yes	National	Lower barrier for reluctant callers
Crisis Text Line https://www.crisistextline.org	Text HOME to 741741	Text-based crisis counseling for those who prefer messaging	No (veteran-accessible)	Yes	National	Alternative modality

System Navigation / Transition Supports

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VA Suicide Prevention Coordinator (Columbia VA) https://www.va.gov/columbia-missouri-health-care/health-services/suicide-prevention	573-814-6000 (via VA)	Coordinates crisis response, safety planning, and follow-up care	Yes	Indirect	Local	Internal referral pathway
inTransition Program https://www.health.mil/inTransition	1-800-424-7877	Support during transitions between providers/systems; high-risk periods	Yes	Yes	National	Transition-focused
Missouri Veterans Commission (Mental Health Resources) https://veteranbenefits.mo.gov/mental-health-resources	573-751-3779	Navigation to crisis and VA mental health services	Yes	No	State	Secondary resource
MO National Guard Psychological Health Program https://www.moguard.ngb.mil/Programs/Psychological-Health-Program	573-638-9500	Crisis support and referral for Guard members and veterans	Yes (subset)	Variable	State	Niche population
MO National Guard CARE Team https://veteranbenefits.mo.gov	888-526-6646	Crisis support and assistance for Guard members/families	Yes (subset)	Variable	State	Similar to above

Regional VA Access Points

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Jefferson City VA Clinic https://www.va.gov/columbia-missouri-health-care/locations	573-635-0233	Access point to VA mental health services	Yes	No	Regional	Not primary crisis

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Sedalia VA Clinic https://www.va.gov/columbia-missouri-health-care/locations	660-826-3800	VA access point	Yes	No	Regional	Same
Mexico VA Clinic https://www.va.gov/columbia-missouri-health-care/locations	VA directory	VA access point	Yes	No	Regional	Same
Camdenton VA Clinic https://www.va.gov/columbia-missouri-health-care/locations	VA directory	VA access point	Yes	No	Regional	Same
Kirksville VA Clinic https://www.va.gov/columbia-missouri-health-care/locations	VA directory	VA access point	Yes	No	Regional	Same
St. James VA Clinic https://www.va.gov/columbia-missouri-health-care/locations	VA directory	VA access point	Yes	No	Regional	Same
Waynesville / Ft. Leonard Wood VA Clinic https://www.va.gov/columbia-missouri-health-care/locations	VA directory	VA access point for transitioning service members	Yes	No	Regional	Important population
Marshfield VA Clinic https://www.va.gov/columbia-missouri-health-care/locations	VA directory	VA access point	Yes	No	Regional	Lower priority
	573-814-6263	Outpatient VA mental health support	Yes	No	Local	Supplemental

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Buttonwood VA Clinic (Columbia) https://www.va.gov/columbia-missouri-health-care/locations/buttonwood-drive-va-clinic						

Housing Resources

Resource	Contact	Description	Veteran-Specific?	24/7?	Location	Notes
Show-Me Home: Homeless Veteran Initiative https://veteransclinic.missouri.edu/show-me-home-homeless-veteran-initiative/	573-882-7630	Free Legal Services	Yes	No	Mizzou Law Veterans Clinic	
Mid-Missouri Fisher House https://www.midmofisherhouse.org/how-do-i-stay.html	573-814-6000, ext 55460	Housing for families w/ a veteran being treated at VA	Yes	No	VA Hospital	
National Call Center for Homeless Veterans https://www.va.gov/homeless/nationalcallcenter.asp	1-877-424-3838 Or chat online	VA Services	Yes	Yes	Online/VA Hospital	
Welcome Home https://www.welcomeveterans.org/contact/	573-443-8001 Or online form	Shelter w/resources	Yes	No	2120 Business Loop 70 East	
Patriot Place Apartments https://columbiaha.com/housing-programs/veteran-housing/patriot-place-apartments/#	573-443-2556	Permanent Housing	Yes	No		
Columbia Housing Authority https://columbiaha.com/housing-programs/affordable-housing-program/	573-443-2556	Housing Assistance	No	No	201 Switzler St	

Final Salute Inc. https://www.finalsaluteinc.org/AssistanceRequest.html	Online Form only	Housing Assistance for women vets only	Yes	No	Online only
Hud-Veterans Affairs Supportive Housing (VASH) 314-418-5400 https://www.hud.gov/helping-americans/housing-choice-vouchers-homeless-veterans		Housing Assistance	Yes	No	VA Hospital
Voluntary Action Center https://www.vacmo.org/shelter/	573-874-2273	Shelter	No	No	1509 Ashley St Check in from 5:30 PM to 7:30 PM
CoMo Mobile Aid https://comomobileaid.org/		Direct Aid and Supplies 702 Wilkes Blvd, M/W/F 11:30am-12pm	No	No	1509 Ashley St, M/Th 4:30 PM-5:45 PM
Salvation Army Harbor House https://centralusa.salvationarmy.org/midland/columbia/	573-442-1984	Shelter	No	Yes	602 N. Ann St.
Turning Point https://www.wilkesblvdumc.org/about_us	573-449-4363	Services Warming & Cooling Center, if under 25F or over 75F overnight	No	No	7:30 AM-3:30 PM 702 Wilkes Blvd

Mental Health Resources

Resource	Contact	Description	Veteran-Specific?	24/7?	Location	Notes
Wounded Warrior Project	woundedwarriorproject.org	Overall Support	Y	N	Online Only	
NAMI Missouri Family Support Group https://namimissouri.org/registration-nami-family-support-group-for-military-families/	Online Only	Ongoing support group		Y	N	Online Only
Military Counseling for Stress https://www.militaryonesource.mil/health-wellness/mental-health/military-counseling-for-stress/	800-342-9647	Short Term Counseling		Yes	No	Online

Resource	Contact	Description	Veteran-Specific?	24/7?	Location	Notes
America's Little Helpers https://saluteheroes.org/americas-little-helpers/		Support for children of wounded and disabled veterans	Y	N	Online only	Must apply
Sesame Street for Military Families https://sesamestreetformilitaryfamilies.org/		Games, apps, PDFs to help discuss difficult topics	N	Y	Online only	
Daniel Boone Regional Library https://www.dbrl.org/	573-443-3161	Mental Health Kits nonfiction section	N	N	Multiple 100 W. Broadway, Columbia, MO 65203	
		Mental Health Guide	N	N		
		https://www.dbrl.org/research-and-learn/mental-health-guide				
		Social Work Team	N	N		
	573-817-7031	https://www.dbrl.org/using-the-library/social-work				
NAMI Family Caregiver Help Line https://www.nami.org/nami-helpline/family-caregiver-helpline/	1-800-950-6264 press 4	Help line for caregivers	N	N	Online only	10:00 am - 10:00 pm, Monday-Friday
OneSource https://www.militaryonesource.mil/	800-342-9647	Overall Support	Y	Y		
NAMI MO Veterans Peer Support Group https://namimissouri.org/support-and-education/support-groups/connection/registration-nami-connection-support-group-for-veterans/		Peer Support	Y	N	Online only	

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Food						
The Food Bank for Central & Northeast Missouri https://sharefoodbringhope.org/ Tues-Fri 10:00 am-4:00 pm, Sat 10:00 am-2:00 pm	573-474-1020	Food bank Also visits multiple parts of town	N	N	705 Business Loop 70 W. Columbia, MO 65203	
		Senior Boxes	N	N	Delivery	Must apply
		VIP Veteran Packs	Y	N	Same as food bank	First Thursday of the month
Food Not Bombs https://sites.google.com/view/fnbcomo/	Contact via site Multiple times per month, check site for dates	Free hot meals	N	N	Field Park & 9th and Broadway, Columbia, MO	
Bountiful Baskets https://www.bountifulbaskets.org/	Contact via site	Discount Produce Must volunteer with them	N	N	Time and address on sign up	
Helping Hands Southern Boone MO https://helpinghandssbc.com/	helpinghandssoboco@gmail.com 573-356-1174	Mon-Tues 2:00-4:00 PM, Wed-Thurs 5:30-7:30 PM, (CLOSED second Thursday of the month), 2nd & 4th Saturdays Each Month 9 AM - 12 PM	N	N	113 E. Broadway, Ashland,	
Columbia Center for Urban Agriculture – Produce Prescription Program https://columbiafarmersmarket.org/programs-events/produce-prescription/			N	N	Speak with your Compass Health Provider	
Annie Fisher Food Pantry	573-815-1072	Local food pantry Wednesdays 9 am-4 pm	N	N	1201 Paquin St., Columbia MO 65201	

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Destiny Worship Center Food Pantry https://www.dwc-como.com/food-pantry	Emergency Contact 573-474-5885 (Mon-Fri 8-5) Hours: 2nd Saturday each month, 10 AM – 12 PM	Food Pantry	N	N	4914 Prairie Ridge St Columbia, MO 65202	
Progressive Missionary Baptist Church	573-443-0611	Food Pantry 1st and 3rd Tuesday, 1 PM – 3 PM	N	N	702 Banks Ave, Columbia MO 65203	
Loaves and Fishes	573-449-4363	Hot meals, must be sober 5pm-6pm	N	N	1304 Bowling St., Columbia, MO 65201	
Meals on Wheels Columbia https://mealsonwheelscolumbia.org/	573-886-7554	Hot meals delivered	N	N	Delivery, must apply	