

### 1- Sexual assault and Rape:

Sexual Trauma & Abuse Care Center

708 W 9th Street, Ste. 105

785-843-8985 (24/7)

Provides 24 hour comprehensive advocacy and support services for child and adult victim-survivors of sexual violence, their families, friends and partners by staff and volunteer advocates. Free or low-cost counseling for survivors of sexual abuse.

### 2- Homeless

American Red Cross

785-843-3550

2518 Ridge Court, #205

Food, lodging, clothing for individuals impacted by disaster. Utility assistance for customers of Westar (Project DESERVE.)

Lawrence Community Shelter

785-832-8864 [www.lawrenceshelter.org](http://www.lawrenceshelter.org)

3655 E. 25th Street

Provides shelter & case management for homeless adults and families.

### 3- Food

Sunrise Project

Community pantry open 24/7: on the front porch at 1501 Learnard St. in Lawrence.

Take what you need, leave what you can. Contents include a variety of food + personal care products

Weekly free to-go meals: Wednesdays from 5-6pm curbside

Food Pantry - Trinity Episcopal Church 785-843-6166 [www.trinitylawrence.org](http://www.trinitylawrence.org)

1027 Vermont Street — Free Food Pantry

Tues 2-4 pm / Sat 10 am—12 pm —Walk-ins welcome.

American Red Cross

785-843-3550

2518 Ridge Court, #205

Food, lodging, clothing for individuals impacted by disaster. Utility assistance for customers of Westar (Project DESERVE.)

Food Pantry - Southside Church Of Christ 785-843-0770

1105 West 25th Street — Free food pantry

Must call before arriving. Tues/Wed/Fri 9:30-11:30 am.

KU campus cupboard (for students, faculty and staff): 785-864-4060 or via email [campuscupboard@ku.edu](mailto:campuscupboard@ku.edu)

#### 4- Domestic Violence

Willow Domestic Violence Center

Call for address

785-843-3333 / 1-800-770-3030

Provides free and confidential services to victims of domestic violence. Services include 24-hour crisis hotline, safe shelter, peer counseling, support group, court advocacy and more.

#### 5- Pregnancy

Heartland Community Health Center

1 Riverfront Plaza, #100

785-841-7297

Medical clinic with sliding scale fees, women's health and pregnancy care, food pantry, counseling program, marriage and family counseling, financial benevolence.

#### 6- Gender Identity

Social Perspective: we are dedicated to helping you create positive change. We work with adults who are managing their own or a loved one's depression, anxiety, or increased stress. 785) 522-4672 x841

Shannon Gorres

Are you anxious, angry, or aching for change? Feeling lost in discerning next steps? I work with brilliant people who are ready to move from stuck to flowing. (785) 384-8747

Sexuality and Gender Diversity KU: [sgd@ku.edu](mailto:sgd@ku.edu) / 785-864-4256

#### 7- Rent

American Red Cross

785-843-3550

2518 Ridge Court, #205

Food, lodging, clothing for individuals impacted by disaster. Utility assistance for customers of Westar (Project DESERVE.)

8- Transportation

Lawrence Transit System

785-864-4644

Coordinated public transit service throughout the city.

Catholic Charities

1247 Kentucky Street

785-856-2694

Provides: food voucher, rent and utility assistance, adoption and hospice services, transportation, counseling, legal immigration support and consult, case management, marriage for keeps, holiday supports, disaster relief, and advocacy.

9- Alcohol abuse

Alcoholics Anonymous

785-842-0110

Assistance through mutual support and fellowship for those who desire to stop drinking and/or maintain sobriety.

10- Drug abuse

Narcotics Anonymous

785-749-6631

Help with recovery from drug and alcohol addiction.

11- HIV/AIDS/STI

Redeemer Lutheran Church

2700 Lawrence Avenue

Lawrence, KS 66047-3016

Days/Times:

Friday 6:00 pm (18:00) • Open

Discussion/Participation

11- HIV/AIDS/STI

Health Care Access

330 Maine Street

785-841-5760

Facilitates access to health services for Douglas County residents with limited financial means who are not covered by private or governmental insurance programs.

Heartland Community Health Center

346 Maine Street, #150

785-841-7297

Medical clinic with sliding scale fees, food pantry, counseling program, marriage and family counseling, financial benevolence, pregnancy care.

Lawrence Memorial Hospital

325 Maine Street

785-505-5000

Providing acute care inpatient and outpatient services, community education programs, 24-hour emergency department and psychiatric stabilization services.

## 12- Counseling

Bert Nash Community Mental Health Center 785-843-9192 [www.bertnash.org](http://www.bertnash.org)

200 Maine Street

Outpatient mental health services for children, adolescents and adults: therapy, psychiatric services, screening, crisis intervention, evaluations, referrals & community based services (case management) for those that meet criteria. Homeless outreach program assists individuals and families with/without mental illness in locating housing.

Headquarters Counseling Center

211 East 8th Street, Suite C

785-841-2345

Free 24/7 counseling and referrals to other services for any personal concern. Individuals needing help but who are unsure where to begin are encouraged to contact the center. Suicide prevention and bereavement support also available.

## 13- Counseling (KU)

KU Psychological Clinic

785-864-4121 [www.psych.ku.edu/psych\\_clinic/](http://www.psych.ku.edu/psych_clinic/) 1415 Jayhawk Boulevard, Fraser Hall #340 Community-based mental health clinic. First session free; sliding scale for further needs.

KU CAPS: 785-864-2277

The mission of Counseling and Psychological Services is to aid in the emotional and psychological development of students in the university environment for the purpose of enhancing performance; assist in the evaluation of student academic progress for the purpose of improving student and faculty functioning and; contribute to the professional education of graduate students in mental health and counseling professions.

#### 14- Jobless

Ballard Center provides a variety of services, including employment assistance, a food pantry, a free clothing pantry, a professional work attire closet, and household items such as kitchenware. 785-842-0729

The Lawrence Workforce Center connects career seekers with employers. Whether you're looking for your first job or looking to change careers, the Lawrence Workforce Center can help you on your career journey. (785) 840-9675