In order to support local efforts to stop the spread of COVID 19, The SPOT made the following changes to our services in mid-March.

Please call (314) 535-0413 or message us on Facebook or Instagram if you need any assistance or have questions.

**MEDICAL**

- Services on an appointment-only basis
- Available services are limited to:
  - Testing or treatment for a recent HIV exposure
  - Birth control refills (if you have already receiving birth control from us)
  - STD treatment
- You must speak to the nurse to determine if you are eligible for medical services
  - Call (314) 535-0413 x220 after 9am Mon-Fri
  - We are only scheduling SAME DAY appointments
  - If you miss your scheduled appointment, you will not be eligible to schedule another appointment.
  - When you come for your appointment, we will take your temperature. You cannot bring other persons into the building for your appointment.
- We will NOT be providing routine HIV and STI testing and starting new birth control methods.

**MENTAL HEALTH**

Current clients: We are offering mental health counseling and psychiatry via phone and Zoom appointments.

If you are not a current client and need of counseling or psychiatry services, you can contact BHR 24/7 to be connected to other service providers or to talk with someone if you are experiencing a crisis.

**COMMUNITY RESOURCES AND REFERRALS**

United Way 211 is an excellent resource for help with a variety of needs and is available 24/7. Simply dial “211”.

We will continue to post resources through our social media outlets that we know SPOT clients may need. Check out our recent posts and follow us on social media to stay connected:

- The SPOT on Instagram
- The SPOT on Facebook

*Posts will include content on food/basic need resources, virtual social opportunities, general COVID health information, updates on our services, and our usual sexual health education.*