

Stress/Grief/Suicide/Crisis Response Numbers:

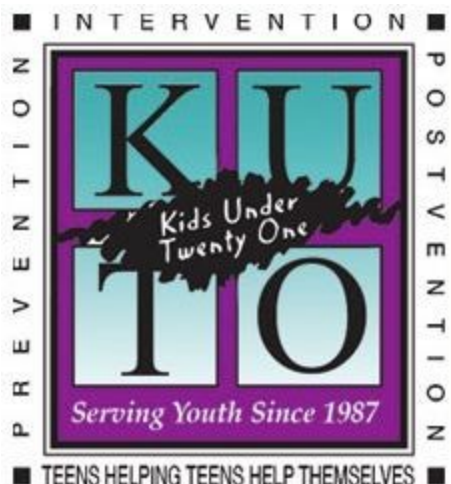


Crisis Hotline

(314) 469-6644
 (800) 811-4760
 TTY (314) 469-3638

BHR pledges to:

- Answer your call whenever you need us — 24 hours a day, 7 days a week, 365 days a year
- Help you or someone you know through an emotional crisis
- Provide easy emergency access to mental health services
- Assist with hospitalization if needed
- Give you the skills necessary to connect with community resources



Toll-free 1-888-644-5886

Open everyday after 4p.m. ~ Staffed by trained youth volunteers.

CRISIS TEXT LINE |

A free, 24/7 text line for people in crisis



TEXT *Hello* to **741741**



S.A.F.E. ALTERNATIVES

1-800-DONTCUT (366-8288) selfinjury.com



Annie's Hope

314-965-5015 annieshope.org

