

# Youth Connection Helpline

**314-819-8802**



*Always reach BHR directly  
through our Local Number*

**988**



*Reach BHR through  
the 988 Network*

**TEXT: BHEARD to 31658**



**CHAT: at [www.bhrstl.com](http://www.bhrstl.com)**



**GO: to your local Safe Place site**



***Need to Talk?***

***Feeling Depressed?***

***In a Crisis?***

***Being Bullied?***

***Thoughts of Suicide?***

***Worried about Someone Else?***



## SCAN THE QR CODE TO GET HELP NOW



ST. LOUIS COUNTY  
**CHILDREN'S  
SERVICE FUND**  
*Investing in kids. Creating brighter futures.*



**988** SUICIDE & CRISIS  
LIFELINE