## Youth Connection Helpline

314-819-8802 🔄 Always reach BHR directly through our Local Number



Reach BHR through the 988 Network

TEXT: BHEARD to 31658 =



CHAT: at 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









