

## Helplines

In this list you will find National and Local Helpline Numbers that may be helpful to you during this time. If you are experiencing an Emergency **PLEASE DIAL 911 FOR IMMEDIATE ASSISTANCE.**

### **St. Louis Metropolitan Area**

- ☼ BHR Crisis Line
  - 314) 469-6644
  - (800) 811-4760
  - TTY (314) 469-3638
  
- ☼ BHR YOUTH Connection Helpline,
  - (314) 819-8802 or Toll Free 1 (844) 985-8282
  - St. Louis County Youth Connection Help line 314-628-2929.
  
- ☼ The Trevor Project (LGBTQ population)
  - 24/7 Phone Line: 1-866-488-7386
  - Website: <https://www.thetrevorproject.org/>
  
- ☼ The St. Louis Queer + Support Line
  - Phone: 314-380-7774
  - Website: <https://www.thesqsh.org/>
  
- ☼ Child Abuse and Neglect Hotline
  - If you suspect or know of any child abuse and neglect you can make a report here
  - 1-800-392-3738

### **National Resources**

- ☼ National Alliance on Mental Illness Helpline
  - Phone: 1-800-950-6264
  - Text NAMI to 741741
  
- ☼ The National Suicide Prevention Helpline
  - 24/7 Phone Line: 1-800-273-8255

- Website: <https://suicidepreventionlifeline.org/>

☼ National Domestic Violence Helpline

- Phone: 1-800-799-7233
- Website: [www.thehotline.com](http://www.thehotline.com)
- Text LOVEIS to 22522

My Healing Space  LLC