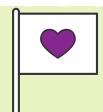
5 WAYS BHR IS HERE TO HELP NOW



Telephonic Support

BHR's crisis lines are operating as usual. Support is available 24/7 to anyone in St. Louis and the surrounding counties by calling 314-469-6644.

Additionally, youth in St. Louis
City/County, St. Charles County, and
Franklin County can call 314-8198802 or text BHEARD to 31658



Community

BHR Mobile Outreach team members are conducting outreaches via phone or Zoom and will provide resources/referrals as usual.



Self-Care tips

Members of our Community Relations team will be sending out weekly selfcare tips to help you cope. Feel free to forward these to coworkers, students, family members, and friends!



Virtual Mental Health Presentations

The Community Relations team is available to provide virtual presentations on numerous mental health topics for your staff, students, and community members. Please email trainings@bhrworldwide.com if interested.



Social Media

Check out BHR's social media pages for videos, tips, and articles on how to combat stress and improve mental health.

<u>Facebook</u> <u>Twitter</u> LinkedIn



For more information on BHR, visit our website bhrstl.org

Dili Sti.Oi 9