**Mental Health Resources**

**Behavioral Health Response** (BHR)

24 hour Youth Connection crisis line (including feeling unsafe, thinking of running away, facing personal problem), mobile outreach for emotional & mental health support

**Youth connection (under 19 years old): 314-819-8802 314-469-6644 1-800-811-4760**

<http://bhrstl.org/> text 2TALK to 31658

**BJC Behavioral Health** – Youth Services

Psychiatry, family assistance, crisis beds, outpatient program, individual & group counseling

314-747-7491 <https://www.bjcbehavioralhealth.org/> 1430 Olive St

**Safe Connections**

Free support services and counseling for issues of abusive relationships, trauma related to abuse, DBT groups for teens to regulate emotions, and improve relationships, LGBTQ+ trauma recovery group
**314-531-2003** <https://safeconnections.org/> 2165 Hampton Ave

**The Spot** (Supporting Positive Opportunities with Teens)

Counseling and case management; Monday – Friday 1:00pm-5:00pm

**314-535-0413** <http://thespot.wustl.edu/> 4169 Laclede Ave FB: The SPOT STL

**Transgender Suicide Prevention**
Also help with the legal process of name change or updating IDs.

**Hotline 1-877-565-8860**  contact@translifeline.org

**Metro Trans Umbrella Group** (MTUG)

By Trans for Trans community focus on visibility, advocacy, and education; creating a more inclusive and supportive community. Micro grants available for trans people of color to make a visible impact on the trans community.

314-270-2155 <https://www.stlmetrotrans.com> 438 N. Skinker Blvd

St. Louis Queer+ Support Helpline Friday-Monday 1pm to 7 pm **314-380-7774**

**National Suicide Prevention Lifeline: 1-800-273-8255**