**National Suicide Prevention Lifeline:**

* **Call the Lifeline for confidential 24 hour support. 9-8-8 or 1-800-273-8255.**
* **BEHAVIORAL HEALTH RESPONSE (BHR)- 24 hour Crisis Lines 314-469-6644 or 800-811-4760**

**OR**

* **TEXT: HOME to 741741**
* **For help in Spanish call: Nacional de Prevención del Suicidio: 1-888-628-9454.**

**Therapy**

* **AGAPE CHRISTIAN COUNSELING SERVICE**- 314-994-9344
* **AVENUES COUNSELING**- 314-529-1391
* **CARE AND COUNSELING**- 314-878-4340
* **CAREPOINT CHRISTIAN COUNSELING**- 314-822-8888
* **CASA de SALUD MENTAL HEALTH COLLABORATIVE**- 314-977-1240 (immigrants/uninsured)
* **CENTER FOR LIFE SOLUTIONS**- 314-731-0100 or 314-731-4136 (medication assisted counseling)
* **COMMUNITY PSYCHOLOGICAL SERVICES (at UMSL)-** 314-516-4613
* **CREVE COEUR COMMUNITY COUNSELING**- 314-991-0100
* **EPICS COUNSELING**- 314-409-8606
* **LIFEQUEST CHRISTIAN COUNSELING**- 314-830-9970
* ﻿**MERCY PROFESSIONAL SERVICES, INC**.﻿- 314-993-8818
* **KIDS IN THE MIDDLE**- 314-909-9922 (separated or divorced families- before, during, or after)

**THE TREVOR PROJECT-** www.thetrevorproject.org - 866-488-7386 (24/7)- for LGBTQ youth