

# 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 314-819-8802 or text BHEARD to 31658



## Community Outreaches

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 self-care 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](mailto: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.

[Facebook](#)

[Twitter](#)

[LinkedIn](#)

# BHR

Behavioral Health Response

we care, we listen, we respond...24 hours a day



For more information on BHR,  
visit our website

[bhrstl.org](http://bhrstl.org)