It's okay to not be okay…

BHR Crisis Line: 314-469-6644

Life Line: 1.800.273.8255

Life Crisis: 314-647-4357

Teen Line: 310-855-4673

Teen TEXT: 839863

KUTO: 1.888.644.5886 (kids under 21)

Youth American Hotline: 1.877.968.8545

The Trevor Helpline: 1-866-488-7386

(Suicide prevention for LGBT community)

www.shutterstock.com · 413255764

Please talk, someone will listen

If this is an emergency, please call 911