

Crisis Support: HELP!

The Hope Chest/Rachel Wethers, DOES check her voicemails/texts routinely for emergencies. Outside of emergencies, all phone calls and messages will be returned within business hours. PLEASE call 911 in a life threatening emergency, including but not limited to suicidal and/or homicidal thoughts, severe and harmful physical aggression, threats with weapons (even casually or impulsively crafted items that could harm), serious concerns about medication changes or responses (please call your doctor immediately!). The following hotlines have also been found helpful for parents and children alike, and I would encourage your exploring their supportive efforts if needed or you cannot reach me.

National Hotlines

Child Abuse Hotline (National): (800) 422-4453
Covenant House Youth Hotline: 800-999-9999
Crisis Text Line: Text "START" TO 741-741
Domestic Violence Hotline (National): (800) 799-7233
Eldar Abuse Hotline: 800-392-0210
Family Violence Helpline: 1-800-996-6228
Human Trafficking: 888-373-7888 or Text "BeFree" to 233733
National Council on Alcoholism & Drug Dependency Hope Line: 1-800-622-2255
National Crisis Line - Anorexia and Bulimia: 1-800-233-4357
Lifeline Crisis Chat (Online live messaging): <http://www.crisischat.org/>
National Suicide Prevention Lifeline: 1-800-273-TALK(8255)
National Hopeline Network: 1-(800)-SUICIDE (800-784-2433)
National Youth Crisis Hotline: (800) 442-HOPE (4673)
Planned Parenthood Hotline: (800) 230-PLAN (7526)
Poison Control Centers: (800) 222-1222
Rape, Abuse, and Incest National Network (RAINN): (800) 656-HOPE (4673)
Runaway Switchboards: 800-621-4000
Self Harm Hotline: 1-800-DONT CUT (1-800-366-8288)
Trevor Project (LGBTQIA): TrevorLifeline (call) 1-866-488-7386; TrevorText Text "Trevor" to 1-202-304-1200. Available Monday through Friday between 3pm-10pm EST / Noon-7pm PT

Local STL Crisis Supports

Behavioral Health Response (BHR) is a primary approach for the St. Louis professional crisis community to support in mental health crisis. They are always a great place to contact for local emergency support:

BHR 24/7 Crisis Hotline: (314) 469-6644
(800) 811-4760
TTY (314) 469-3638

Crisis Nursery Emergency Care for Children: 314-768-3201

Food Pantries- See United Way below

Homeless Hotline St. Louis Region: 314-802-5444

KUTO (Kids Under Twenty One): 1-888-644-5886 (Open everyday after 4p.m. CST ~ Staffed by trained youth volunteers.)

Safe Connections (Domestic Violence) 24 Hours Helpline: 314-531-2003

United Way 24/7 Resources: 2-1-1 or www.211helps.org

Womens Safe House: 314-772-8952

Youth In Need Hotline: STL City: 636-946-3771, STL County: 314-628-2929, St. Charles: 636-642-0642

YWCA St. Louis Regional Sexual Assault Center Hotline: 314-531-7273