

Mental Health & Wellness

Our mental and emotional health is a key part of our overall health.

Below is a list of resources for helping you understand mental health, get immediate support, and find a provider.

Resources

The following links contain information for learning about depression, anxiety, and trauma. These resources are for educational purposes only and are not substitutes for counseling, therapy, or medical treatment.



What is Depression? – bit.ly/depressionpdf

What is Anxiety? – bit.ly/anxietypdf

What is Trauma? – bit.ly/traumapdf

Relaxation Techniques – bit.ly/relaxationtech

Need Immediate Support?

Behavioral Health Response (BHR) is a St. Louis-based hotline where you can get immediate support. BHRSTL.org or call [800-811-4760](tel:800-811-4760).

The Crisis Text Line is a supportive hotline for folks in need of support. Text [HOME](https://www.crisistextline.org/) to [741741](https://www.crisistextline.org/).

The Suicide and Crisis Lifeline is available if you are in immediate need of support. Call [988](tel:988).

If you are facing addiction, you are not alone. Call [1-800-622-4357](tel:1-800-622-4357) for treatment referral and information.

Find a Provider

Psychology Today is an online directory of mental health professionals. This website allows you to search for a provider by your location, insurance coverage, and a variety of other preferences. If you have insurance, you can also contact your insurance company for a list of in-network mental health providers.

Visit PsychologyToday.com to get started.

Not all therapists are able to take insurance. Open Path Collective is an online directory of therapists that provide services on a sliding-scale or discounted rates to make mental health care more accessible.

Visit OpenPathCollective.org to get started.