

YOU CAN...

- **Contact 24/7 Mental Health support via call, text, or chat.**
- **Connect to a Peer Helpline hotline.**
- **Find a Safe Place to stay.**
- **Fill out self-assessments to learn your risk of anxiety, depression, and more.**
- **Report cases of bullying, abuse, and trafficking.**
- **Take fun quizzes and share the results with your friends.**
- **Share the app with friends.**
- **And more!**

ABOUT THE CCRB

MINDREACH was created by the Community and Children's Resource Board. The CCRB contracts with local nonprofit agencies who provide mental health and substance use treatment services for children under age 19 in St. Charles County. The CCRB oversees the administration and distribution of the Children's Community Services Fund, which is funded through a 1/8 cent sales tax.

Find more resources at stcharlescountykids.org



St. Charles County
Missouri

**EMERGENCY
MENTAL HEALTH
SUPPORT FOR
YOUTH IN
ST. CHARLES
COUNTY
MISSOURI**

WHAT IT IS...



Reaching out to the minds of St. Charles County, Missouri youth, **MINDREACH** is a mobile phone app that combines self-assessments, access to mental health hotlines, definitions, parent support, and some fun into a single location.



GET THE APP!



SCAN ME!

FOR PARENTS

MINDREACH also includes a section just for **Parents** to learn about mental health and discover resources to help when a youth is struggling with mental health.

Although **MINDREACH** includes links to national and state hotlines, it was specifically developed for youth in St. Charles County, Missouri.

