



Are you overwhelmed?
Do you feel sad or lonely?
Do you feel scared or worried?

Provident can help.

Provident's **TeleHope** program provides telephonic-based prevention services for older adults who are experiencing social isolation, depression, anxiety or thoughts of suicide.

TeleHope participants will receive regular telephone calls from a mental health provider to help support their social and emotional needs.

To enroll, call one of the numbers below or email TeleHope@providentstl.org.

In St. Louis City call: 314-884-6182

**In St. Louis County or Jefferson County call:
314-884-6186**

Provident's **TeleHelp Line** offers emotional and resource support to older adults and those caring for others. Provident is here to help older adults and caregivers find the support they need.

The TeleHelp Line is available for older adults and caregivers to call trained mental health providers to seek help for themselves or for their loved one.

**Call 314-446-5152
3-11 pm, seven days a week**

If you or someone you know may benefit from these programs, please contact Provident Behavioral Health. If you are age 55 or over, there is no cost for these services.

If you are having thoughts of suicide please dial 988.



St. Louis County/Jefferson County services are funded by Marillac Foundation as well as the Jefferson County Community Mental Health Fund Board and the Lutheran Foundation of St. Louis. City of St. Louis services are funded by the St. Louis Mental Health Board.

Provident Behavioral Health • 2650 Olive • St. Louis, MO • Providentstl.org

