

YOU ARE NEVER ALONE.

THERE IS HELP.

In school and struggling?

Connect with a trusted adult, such as a counselor, teacher, or coach.



Not at school and struggling?

- Connect with a trusted adult.
- Call or text 988 or chat at 988lifeline.org/chat if you or someone you know needs support.
- Call, text or submit a tip to Safe2Tell (safe2tell.org) for safety concerns

