

HEY, CAN WE HELP YOU?

Problems at school?

S.T.O.P.! Tipline

Visit your school's website
or call 866-393-6659
or text 866-393-6659



Stressed out?

Distress/Counseling Helpline

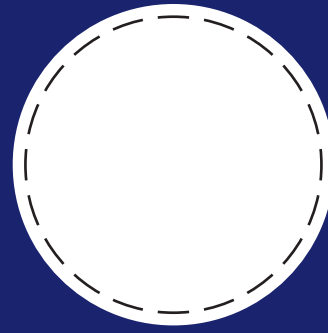
Call or text
1-800-985-5990

**Disaster
Distress
Helpline**

Need help now?

National Suicide Prevention Lifeline

1-800-273-TALK (8255)



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