



TALK TO US. SAVE A LIFE.

Are you feeling depressed and alone?
Do you need someone to talk to?
Just call and press "3" when prompted.
We're here to listen. Your call is anonymous and confidential.

THE SAFE SCHOOL HELPLINE[®]
It's free and confidential 24/7.

800-4-1-VOICE EXT 359
800-418-6423 EXT 359

Free mobile app available for Apple and Android phones.

