

Help for others:

- **ACT**

- **Acknowledge** the pain that they are in

- **Care** for them by telling them you are concerned

- **Tell** a trusted adult who can get them help

- **Help for yourself:**

- Complete exit ticket today

- Talk to your school counselor or other trusted adult

- INTERFACE Referral Service 1-888-244-6843 or call/email us at MassSupport and we can help you get connected to a mental health professional, support group, or other resource!

- 888-215-4920 MassSupport@riversideecc.org

- **24/7 hotline services:**

- National Suicide Prevention Hotline 1-800-273-TALK (8255)

- Crisis Text Line: Text the word “HOME” to 741-741

- Trevor Project for LGBTQ Youth: Call 1-866-488-7386 or text the word “START” to 678-678



**How to help yourself
and others**