

If you're looking for a sign, this is it.

Anxiety & Depression

School Counselors

Mr. Fischer, Ms. DaRold
& Ms. Mecca

Student Assistance Counselor

Ms. Consulmagno

National Suicide Prevention Hotline

800-273-8255

suicidepreventionlifeline.org/chat

Trevor Project LGBTQIA+

866-488-7386

Text "START" to 678-678

2NDFLOOR Youth Helpline

(24/7, TEXT or CALL): 888-222-2228

TransLifeline

877-565-8860 (10am-4am)

HEARD Alliance

800-273-8255

Text "START"
to 741-741

Substance Abuse

Student Assistance Counselor

Ms. Consulmagno

School Counselors

Mr. Fischer, Ms. DaRold
& Ms. Mecca

Recovery Hotline

855-441-4405

ProjectKnow

877-998-6436

Violence / Abuse

School Counselors

Mr. Fischer, Ms. DaRold
& Ms. Mecca

Student Assistance Counselor

Ms. Consulmagno

Sexual Abuse Hotline

800-656-HOPE (4673)

Domestic Violence Hotline

800-799-7233

Planned Parenthood

609-599-4881

Women's Space – Crisis Line

609-394-9000

Child Abuse Hotline

800-792-8610

National Youth Crisis Hotline

800-448-4463



You are
not
alone!

SMS supports you

Please reach out if you need to talk to someone or are concerned about a loved one.