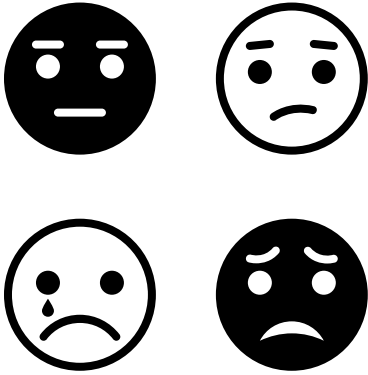


24/7 Crisis Support

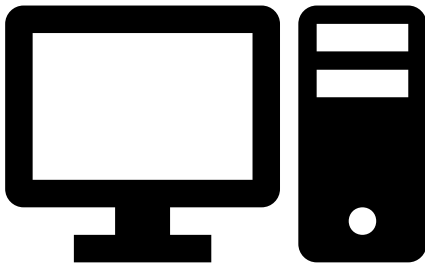


Even when school is not in session, you can get help if....

- You feel alone, scared, or overwhelmed
- You have thoughts of hurting yourself
- You are worried about a friend being in danger
- You are in crisis

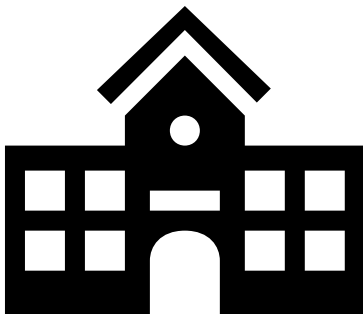
Call one of these 24-hour hotline numbers

- National Suicide Prevention Lifeline 1-800-273-8255
- National Hopeline Network 1-800-784-2433
- ICARE Call Center 1-800-866-2465
- Transi Care (formerly known as Adapt Mobile Crisis) 1-866-260-8000



Texting options- Text one of these numbers and a crisis counselor will respond quickly.

- Crisis Text Line 741741
- ICARE Text 817-335-3022



If you have a crisis outside of school hours, use one of the numbers above

- Take care of yourself by practicing healthy coping skills:
 - Practice deep breathing
 - Draw or write in a journal
 - Talk to a trusted adult

Be sure to contact your school counselor. See your school website for their office number and email address.