

Connecting you with helpful resources and support when you need it most.

Have you ever needed help but **were too afraid to ask for it?**
Have you ever felt that asking for help **would make you look weak?**
Have you ever wondered why **asking for help can be so hard?**

With the HELPme app, we are here to help you find help when you need it most, while removing anything that stops people from getting that help. The HELPme app is your connection to help that respects your dignity and privacy.

How HELPme Can Help?

- Help for you, or someone you know
- Food
- Housing
- Crisis Counselors
- Suicidal Feelings
- Anxiety, Depression
- Abuse, Violence Intervention
- and more...

How HELPme Works?

- ① Be courageous
- ② Identify your need in the app
- ③ HELPme will connect you with the help you need



[View Student Training Video](#)



Get **help** in the way you need it. Download today.

