



YOU ARE NOT ALONE

If you are worried about yourself or a friend,
tell a trusted adult immediately.



Feeling overwhelmed, stressed,
anxious, hopeless, or in emotional distress?
HELP IS AVAILABLE RIGHT NOW.



CALL OR TEXT

988

The 988 Suicide & Crisis Lifeline
is available to anyone needing support.



Free



Confidential



Available 24 Hours
a Day, 7 Days a Week



Call or Text Anytime

TALK WITH A TRUSTED ADULT:



School Counselor



Teacher



School Nurse



Administrator



Parent or Guardian

ADDITIONAL RESOURCES:

Visit:

Louisiana988.org



Find information, resources,
and online chat support to
help you or someone you care about.

REACH OUT. SPEAK UP. GET HELP.