JEFFERSON PARISH SCHOOLS
LOVE · LEARN · LEAD

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.