

# You are never alone. There is help.

**In school and  
struggling?**

Connect with a trusted adult.



**Not at school and  
struggling?**

- Connect with a trusted adult.
- Call or text 988 or chat at [988lifeline.org/chat](https://988lifeline.org/chat) if you or someone you know needs support.
- Call, text or submit a tip to Safe2Tell ([safe2tell.org](https://safe2tell.org)) for safety concerns