

# IN CRISIS? NEED HELP?

## CRISIS TEXT LINE

Text: **HOME** to 741741

More info: <https://www.crisistextline.org/>

## SUICIDE PREVENTION LIFELINE

Call now: 1(800) 273-8255

Chat now: <https://suicidepreventionlifeline.org/>

## AFTER SCHOOL (APP) [ANONYMOUS]

<https://afterschoolapp.com/>

Where Authenticity meets Positivity

## KARA (Grief assistance)

<https://kara-grief.org/>

## ANXIETY HELPER (App)

<https://itunes.apple.com/us/app/anxietyhelper/id1028767781?mt=8>

## IMMEDIATE EMERGENCY?

Call 911

## THE TREVOR PROJECT

Call: (866) 488-7386

Text: Text "Trevor" to (202) 304-1200

Chat online: [Click Here](#)