

IN CRISIS? NEED HELP?

SUICIDE PREVENTION LIFELINE

Call now: 1(800) 273-8255

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

CRISIS TEXT LINE

Text: **HOME** to 741741

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

