



Break the Silence. Talk about it. **SAVE A LIFE.**

Are you feeling depressed and alone? Do you need someone to talk to? Just call and press 3 when prompted. We're here to listen. Your call is anonymous and confidential.

THE SAFE SCHOOL HELPLINE[®]
It's free and confidential 24/7

800-4-1-VOICE ext 359
800-418-6423 ext 359

**FREE MOBILE APP AVAILABLE
FOR APPLE AND ANDROID PHONES**

