

# TALK TO US. GET HELP AND SAVE A *Life.*

## THE SAFE SCHOOL HELPLINE®

It's free and confidential 24/7

Are you feeling depressed and alone?  
Do you need someone to talk to?  
Just call and press option '3'  
when prompted. We're here  
to listen. Your call is anonymous  
and confidential. The Safe School  
Helpline® is free and confidential 24/7.

**800-4-1-VOICE EXT. 359**  
**800-418-6423 EXT. 359**

Free mobile app for Apple and Android Phones

