

PEOPLE IN CRISIS NEED A FRIEND WHO KNOWS HOW TO GET HELP, THAT'S YOU!



- FREE + ANONYMOUS
- IMMEDIATE HELP
- 24/7 CRISIS COUNSELORS
- RESILIENCE TRAINING
- STUDENT LEADERSHIP PROGRAMS
- LOCAL RESOURCES

(access to: food, therapy, housing, escaping violence, support groups etc.)

EXPERT CONTENT











YOU MATTER.











