

**Depressed? Feeling Hopeless?  
Angry? Lonely? Need Help?**



[www.ruok.help](http://www.ruok.help)

You are not alone! No matter what you are struggling with, giving up is not the answer.

Text "HELLO" to 741741

**CRISIS TEXT LINE |**

Call (800) 273-8255



Do you know someone who is struggling?  
Have them connect to one of the following:

Text "HELLO" to 741741

**CRISIS TEXT LINE |**

or call (800) 273-8255



**THE TREVOR PROJECT**  
LGBTQ CRISIS HOTLINE  
(800) 488-7386

**( National  
Runaway  
Safeline )**  
(800) 786-2929

ozone   
**HOUSE**  
(734) 662-2222

For more info about helping a friend, visit:



[www.ruok.help/friend](http://www.ruok.help/friend)