

WHO IS RU?OK Michigan?



RU?OK is a crisis support campaign and is sponsored by www.ruokmichigan.org, local community organizations and the faith community. **RU?OK** hosts a mobile-friendly website (www.ruok.help).

RU?OK works with the Crisis Text Line, National Suicide Prevention Lifeline, National Runaway Safeline, and the Trevor Project Lifeline. According to the American Foundation for Suicide Prevention, students who speak with a counselor online are three times more likely to see a counselor in person and three times more likely to enter treatment.

Crisis Text Line	Crisis Hot Line	Runaway Hotline	LGBTQ Hotline
			
Text HELLO to 741741	(800) 273-8255	(800) 786-2829	(866) 488-7386

R U OK? Staying connected and having meaningful conversations is something we can all do. You don't need to be an expert...just a good friend and a great listener. So, if you notice someone who might be struggling, start a conversation.

RU?OK Network Partners:

<p>Washtenaw Alive Oxygen Youth Washtenaw County Health Community Mental Health WACY Ozone House Corner Health Center Council for Children</p>	<p>Family Crisis Center The Landing Crisis Text Line RAHS National Runaway Safeline Michigan Human Trafficking Out of the Darkness Walks Elle's Place</p>
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RU?OK Michigan Website
www.ruokmichigan.org