

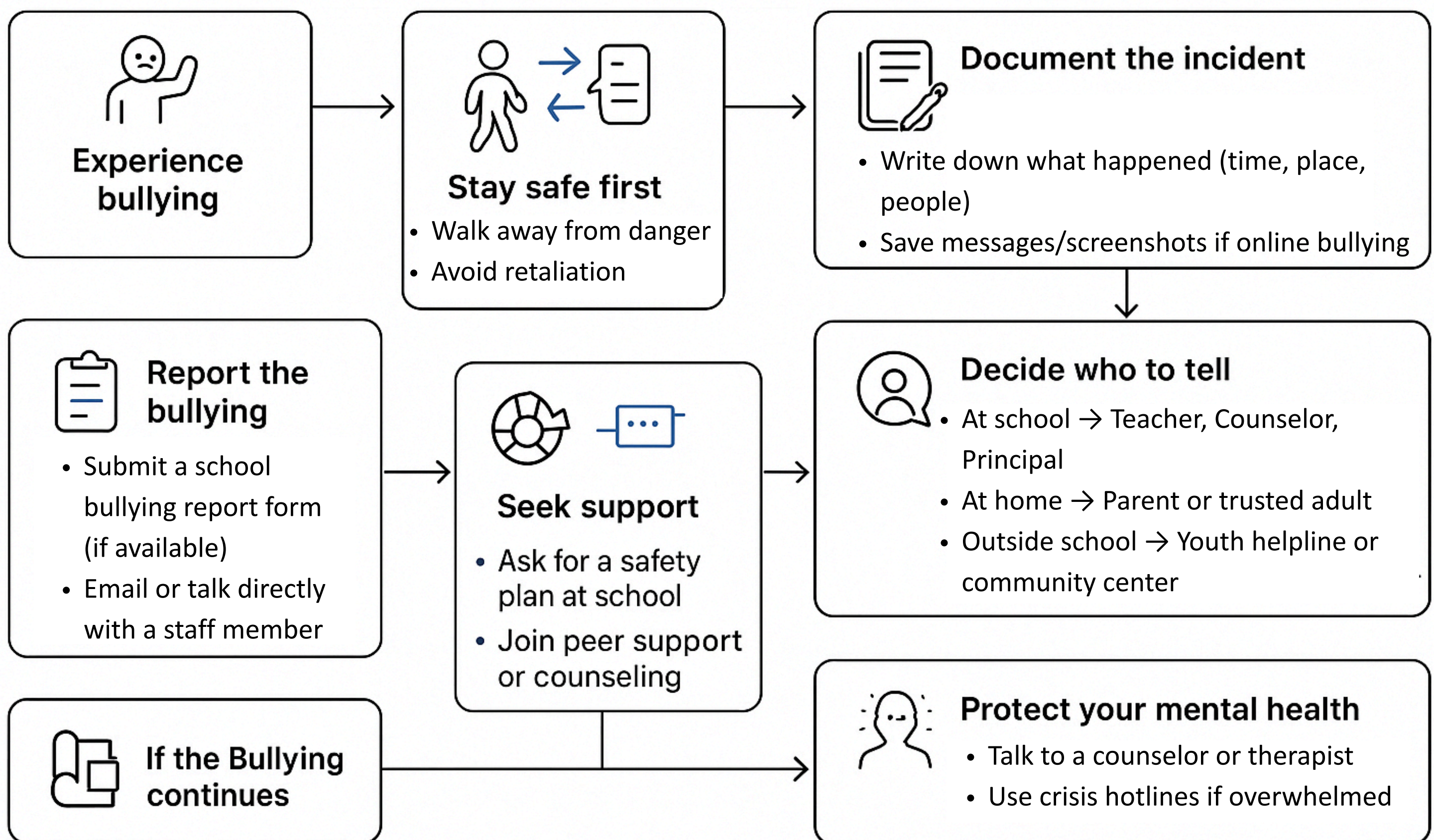
Need immediate help?

Call or text **988** if you are thinking about suicide or feel unsafe. Available 24/7, confidential, free.

Text HELLO to **741741** to connect with a trained crisis counselor.

Childhelp National Child Abuse Hotline – Call or text 1-**800-422-4453** for help if you or someone you know is experiencing abuse.

WHAT TO DO IF I EXPERIENCE BULLYING



✨ Remember: Reaching out for help is not weakness — it is a right you deserve to claim.



Life & Law
Your Voice, Your Choice