



NEED TO TALK?

If you or someone you know needs assistance, you're not alone. Help is available.



CALL OR TEXT 988

If you're thinking about suicide, are worried about a friend or loved one, or would like emotional support, the Lifeline network is available 24/7. It is free and confidential.

www.988lifeline.org

CRISIS TEXT LINE |



TEXT HOME TO 741741

Free, 24/7 support via text message for everything: anxiety, depression, suicide, school and more. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment. www.crisistextline.org

2.1.1

Get Connected. Get Help.™



CALL 211

211 is the most comprehensive source of information about local resources and services. Caring, local experts are available to help, 24/7. Calls to 211 are confidential and can be anonymous. www.211.org



**TEXT START TO 678678
OR CALL 866-488-7386**

Reach out to a counselor if you're struggling, find answers and information, and get the tools you need to help someone else. Connect to a crisis counselor 24/7, 365 days a year. It is 100% confidential, and 100% free.

www.thetrevorproject.org

SCHOOL COUNSELORS

Kaitlin Boyd - kboyd@auburncc.org

Cayley Volpin - cvolpin@auburncc.org

