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HOPE IS REAL.

If you or someone you know is struggling, please reach out. The hotlines listed here are available 24 hours a day, 7 days a week and are confidential.

HOPE IS REAL. HELP IS REAL.
YOUR STORY IS IMPORTANT.

TWLOHA.COM

FIND HELP

Crisis Text Line (USA)

TEXT TWLOHA TO 741741

Crisis Text Line (Canada)

TEXT TWLOHA TO 686868

National Suicide Prevention Lifeline

1.800.273.TALK (273-8255)

For hearing and speech impaired with TTY equipment: **1.800.799.4TTY (779-4889)**
Español: **1.888.628.9454**

Rape, Abuse and Incest National Network (RAINN)

1.800.656.HOPE (656-4673)

The Trevor Project

1.866.4.U.TREVOR (488-7386)

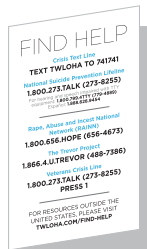
Veterans Crisis Line

1.800.273.TALK (273-8255)

PRESS 1

FOR RESOURCES OUTSIDE THE UNITED STATES, PLEASE VISIT TWLOHA.COM/FIND-HELP

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INSTRUCTIONS

Please print this file and cut along the solid gray line. Then fold along the dotted gray line as pictured. Share these resources with anyone you know who may be struggling.