I know things are hard being home right now, away from your friends.

If it’s getting so bad you need some help, here are some hotlines you can call or text.

Go ahead. It’s anonymous.

If you just need to vent text 2nd Floor 1-888-222-2228

If you are being abused by an adult 1-877-652-2873

If you feel like you’re depressed or in crisis Text NJ to 741741

If you feel like you might want to kill yourself 1-855-654-6735

If there is domestic violence in your home 1-800-572-7233