

**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**

