



# Philly HopeLine

Hope Is Only A Call Away

**CALL OR TEXT FOR FREE**

**1-833-PHL-HOPE (1-833-745-4673)**

## SERVICES

- Free mental health counseling
- Grief support
- Emotional wellness
- Counseling for COVID-19 related losses
- **New:** Dedicated service hours for Spanish speaking and LGBTQ+ youth

## SCHEDULE

**Mondays - Fridays** 10 a.m. - 8 p.m.

**Holidays** 12 p.m. - 4 p.m.

**Spanish Language Hours** Thursdays 1 p.m. - 4 p.m.  
& Fridays 10 a.m. - 1 p.m.

**Queer and Trans Youth  
Service Hours** Thursdays 4 p.m. - 8 p.m.  
& Fridays 1 p.m. - 4 p.m.

## ABOUT US

**The Philly HopeLine** is an award-winning free, confidential helpline sponsored by **Uplift Center for Grieving Children** and the **School District of Philadelphia**. It is staffed by Masters's level clinicians from Uplift, and is open to all Philadelphia students and families. Our interpretation line offers translations into over 100 languages.

**UPLIFTPHILLY.ORG/PHILLY-HOPELINE**