

Do you feel  
lonely, stressed,  
sad, angry,  
or confused?  
Do you miss  
your friends  
and routines?

*Philly HopeLine is a  
free helpline  
sponsored by Uplift  
Center for Grieving  
Children and The  
School District of  
Philadelphia.*

*It is staffed by  
Master's level  
clinicians from Uplift,  
and is open to all  
School District of  
Philadelphia students  
& families.*

*Hope is only  
a call away.*



**Philly  
Hope  
Line**

**Call or Text  
833-PHL-HOPE  
(833-745-4673)**

**SPONSORED BY**



**THE SCHOOL DISTRICT OF  
PHILADELPHIA**

**HOPELINE HOURS**

**Mondays – Fridays:  
12 p.m. – 9 p.m.  
Holidays, Saturdays  
& Sundays:  
12 p.m. – 4 p.m.**