



RESOURCES FOR HELP:

PACER's National Bullying Prevention Center:

<https://www.pacer.org/bullying/>

- Resources to learn about bullying and prevention
- Stories about students taking action
- Tips



US Department of Health and Human Services:

<https://healthfinder.gov/FindServices/>

- Find resources in your area
- Health organizations listed by topic



National Domestic Violence Hotline:

1-800-799-SAFE (7233), or 1-800-787-3224 (TTY)

<https://www.thehotline.org/>

- Anonymously report abuse by calling or online 24/7
- Information and resources about healthy relationships, setting boundaries, consent and conflict resolution



National Suicide Prevention Lifeline:

1-800-273-8255

<https://suicidepreventionlifeline.org/>

- Free and confidential support
- Find local providers and professionals
- Stories of hope and recovery



Love Is Respect:

1-866-331-9474 or Text LOVEIS to 22522

<https://www.loveisrespect.org/>

- Help for yourself or others who are victims of abuse
- Information and resources about healthy relationships, setting boundaries, consent and conflict resolution
- Blogs, videos, stories from survivors





RESOURCES FOR HELP:

One Love:

<https://www.joinonelove.org/>

- Signs of healthy and unhealthy relationships
- Volunteer opportunities to empower others to take action
- Stories and blog



Help Guide:

<https://www.helpguide.org/>

- Guide to mental health, physical health and wellness
- Information about relationships and self-care



OK 2 Talk:

1-800-273-8255

<https://ok2talk.org/>

- Peer support and blog posts
- Online community to share stories, quotes, poems, videos, photos, etc. related to mental health



YO! Youth Organizing - Disabled and Proud:

<http://www.yodisabledproud.org/resources/safety-online.php>

- YO! Safety Tips: learn to protect your identity and use
- the internet and mobile devices safely



Some other places to go for help:

- Your local YWCA, YMCA, shelter, police/fire department, school counselor, place of worship, hospital or your doctor, a trusted parent or adult