

I just got kicked out of my house

I think i'm having a panic attack

My parents just told me they are getting a divorce.

I'm so angry

Sometimes it seems I can't do anything right

I think i might b pregnant

My friend died n I don't know what to do

I'm worried i might cut again

HELP ME

I just had a huge fight. R u there?

I think I'm having an anxiety attack.

I feel so alone.

I'm sad all the time :(
:(

CRISIS TEXT LINE |

TM

Text DE to 741741

A free, 24/7 text line for people in crisis.

Project SAFETY, DSCYF is supported by a grant (5U79SM061732-03) from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (DHHS). No official endorsement by SAMHSA or DHHS for the information on this poster is intended or should be inferred.

Division of Prevention & Behavioral Health Services
Reach us at: 1-800-722-7710 www.kids.delaware.gov



*The Department of Services for
Children, Youth and Their Families*
Division of Prevention and Behavioral Health Services