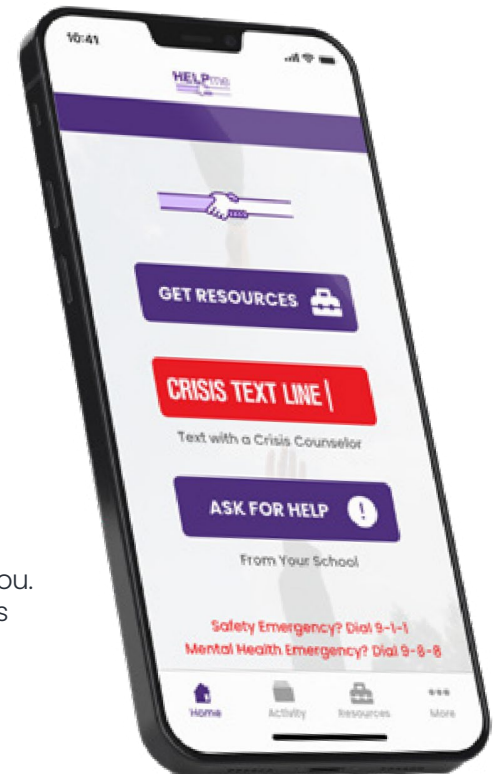


Connecting you with helpful resources and support when you need it most.

We understand that asking for help can sometimes be hard. If you are struggling, please know **you are not alone**. We care about YOU, and we are providing our school community with a safe place to ask for and receive help. Asking for help is BRAVE and is the first step to feeling better.

The HELPme app is available to you 24 hours a day, 7 days a week.



GET RESOURCES 

If you or your family need assistance with food, shelter, transportation, or domestic violence – enter your zip code in **Get Resources** section of the app, and you will be provided with links to local resources who can help you. There is also a video library of wellness resources, including topics such as Stress & Anxiety, Bullying, Suicide Prevention, and Anger Management.

CRISIS TEXT LINE |

If you are experiencing a painful emotion, click the **Crisis Text Line** button, and you will be connected to a crisis counselor. The counselor will introduce themselves and invite you to share your thoughts and feelings at your own pace. Everything is confidential and you never have to share anything you don't want to. The counselor will help you sort through your feelings until you are feeling calm and safe.

ASK FOR HELP 

If you would like to request help directly from your school, click the **Ask for Help** button. You can request help for yourself, a friend, or your family. Your request will remain anonymous, or you can choose to identify yourself. A trusted adult from your school will respond by messenger to gather more information and/or provide the help requested.

Get help in the way you need it. Download today.

View Student
Training Video

View Spanish
Student Training
Video

Or Access via the Web:
<https://web.helpmeresources.com/login>

