



*Quakers!
End the
Silence*



#@quakernation.cares



When?
Where?
Who?

When

IN SCHOOL

If you or someone you know is in **crisis**

Where and Who

Go to the **Counseling** Office and

Speak with any **Counselor**

Other Options
When In School

Where and Who

School Nurse, CST, Teacher,
Staff Member

OR
Your
Favorite
Assistant



ANYTIME & ANYWHERE

If you or someone you know is in crisis

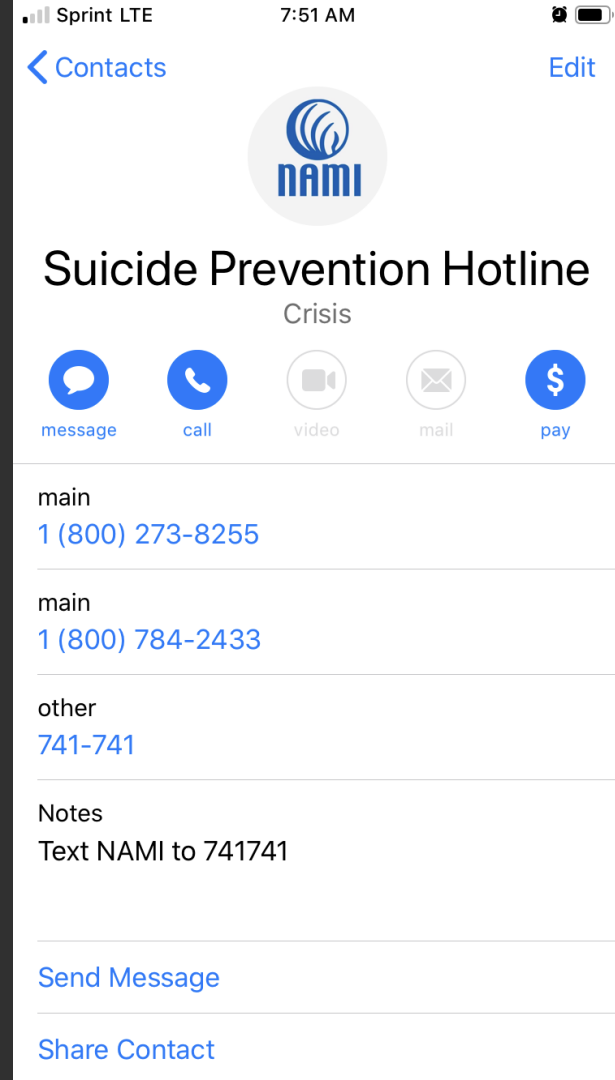
Suicide Prevention Lifeline

- 1-800-273-TALK or 1-800-SUICIDE

Crisis Text

- Text "NAMI" to 741741 (24/7 Availability)

SAVE THE
CONTACT
INFO TO YOUR
PHONE
Under
“Company”
list **Crisis**



ANYTIME & ANYWHERE



LGBTQIA Crisis Hotline

- If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk, call the TrevorLifeline now at 1-866-488-7386 or text “START” to 678678.

ANYTIME & ANYWHERE

Talk to a parent,
family member,
or other trusted adult.



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[#@quakernation.cares](https://www.instagram.com/quakernation/cares)

YOU
ARE
NOT
ALONE

*Hold
On
Pain
Ends*

THANKS TO OUR FRIENDS
AT NAMI
PHILADELPHIA
and BUCKS COUNTY
NATIONAL ALLIANCE FOR MENTAL HEALTH

<http://www.namiphilly.org/>

<https://namibuckspa.org/>