

Bulldog Resource Card

CALL: Support Hotline: 330-434-9144

National Lifeline: 1-800-273-TALK

Trevor Hotline: 1-866-488-7386

911

TEXT: Crisis Text Line: text **4hope** to 741741

Trevor Text Line: text **START** to 678678

Twitter: Lifeline @800273TALK

Instagram: BePresentOhio

Web: suicidepreventionlifeline.org (suicide info)

werhere4u.org (mental health info 4 teens)

thetrevorproject.org (LGBTQ, 24/7 chat)

People:

School Counseling Office:

Mrs. Paul, Mrs. Cottrill

Mrs. Burdette, Mr. LePard

Mrs. Dean & Ms. Mason

Your Principals, Teachers, Coaches & Staff are also here to help!

Parents too!