

REACH OUT FOR HELP

All students are encouraged to ask for help for themselves or others.

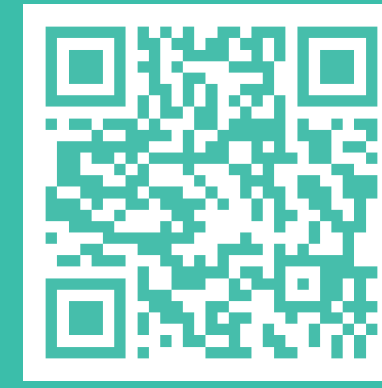
WHERE CAN YOU GET HELP?



SAFE 2 HELP
NEBRASKA

Help for Others

Use to share information that may help prevent harm, bullying, school violence, and other threats to safety.



Call/Text: 833.980.SAFE (7233)

Mobile App



www.safe2helpne.org

Help for Self

Use when experiencing thoughts of suicide or emotional distress.

Call/Text: 988

988

SUICIDE
& CRISIS
LIFELINE



Immediate Help

Use when a serious and immediate medical or life-threatening emergency is happening.

Call/Text: 911

