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# HOPE IS REAL.

If you or someone you know is struggling, please reach out. The hotlines listed here are available 24 hours a day, 7 days a week and are confidential.

HOPE IS REAL. HELP IS REAL.  
YOUR STORY IS IMPORTANT.

[TWLOHA.COM](http://TWLOHA.COM)

# FIND HELP

**Crisis Text Line**

**TEXT TWLOHA TO 741-741**

**National Suicide Prevention Lifeline**

**1.800.273.TALK (273-8255)**

For hearing and speech impaired with TTY equipment: **1.800.799.4TTY (779-4889)**  
Español: **1.888.628.9454**

**National Child Abuse Hotline**

**1.800.4.A.CHILD (422-4453)**

**National Domestic Violence Hotline**

**1.800.799.SAFE (799-7233)**

**Rape, Abuse and Incest National Network (RAINN)**

**1.800.656.HOPE (656-4673)**

**The Trevor Project**

**1.866.4.U.TREVOR (488-7386)**

**Veterans Crisis Line**

**1.800.273.TALK (273-8255)**

**PRESS 1**

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## INSTRUCTIONS

Please print this file and cut along the solid gray line. Then fold along the dotted gray line as pictured. Share these resources with anyone you know who may be struggling.