

**I know being a kid can sometimes be hard. Feeling anxious, sad, overwhelmed, stressed, isolated or alone. Help is Available.**

**Here are some hotlines you can call or text.**

**Go ahead.  
It's anonymous.**

If you just need to vent, text 2nd Floor  
**1-888-222-2228**

If you are being abused by an adult  
**1-877-652-2873**

If you feel like you're depressed or in crisis  
**Text NJ to 741741**

If you feel like you might want to hurt yourself  
**988 Suicide and Crisis Lifeline**

If there is domestic violence in your home  
**1-800-572-7233**

