

I know things are hard being home right now, away from your friends.

If it's getting so bad you need some help, 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 kill yourself
1-855-654-6735

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

