

A young person with short dark hair is sitting on a brick wall, leaning back with their head buried in their arms, appearing to be in distress or crying. They are wearing blue jeans, blue socks, and black sneakers. The background is a brick wall.

**School can
be hard,
and life can
be lonely.**

We can help.

Sometimes you just
need someone to listen.
You can call or text us.

We will listen.



988 suicide and crisis lifeline is answered locally by FirstLink.
Learn more at myfirstlink.org

