

"I felt invisible.
I didn't fit in with
anyone and I struggled.
I texted HelpLine and
learned ways to deal."

If you or a friend is suffering...

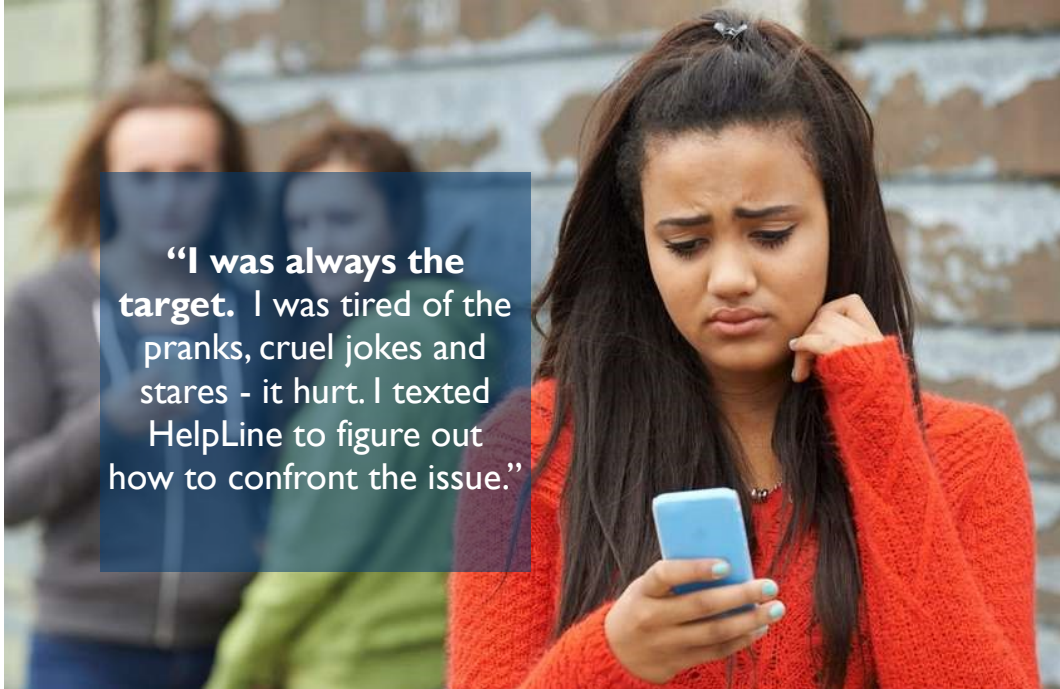
- + Bullying or Shaming
- + Depression, Grief or Loss
- + Teen Dating Violence
- + Sexual Assault
- + Drugs, Alcohol or Substance Abuse
- + Thoughts of Suicide or Self-harm

Text helpline to 898211
or call 1.800.684.2324

We can help. HelpLine offers a 24/7,
confidential text messaging service.
Text or call us today.

Standard text message rates apply. HelpLine is a contract provider of the Delaware Morrow
Mental Health Recovery Services Board. An equal opportunity employer/provider.





“I was always the target. I was tired of the pranks, cruel jokes and stares - it hurt. I texted HelpLine to figure out how to confront the issue.”

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“I was always being blamed. He would always apologize for hurting me, but I knew it wasn’t right. I texted HelpLine for help.”

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“I’m always stressed out. Between homework, sports and work - it’s too much! I texted HelpLine to get help with sorting it all out.”

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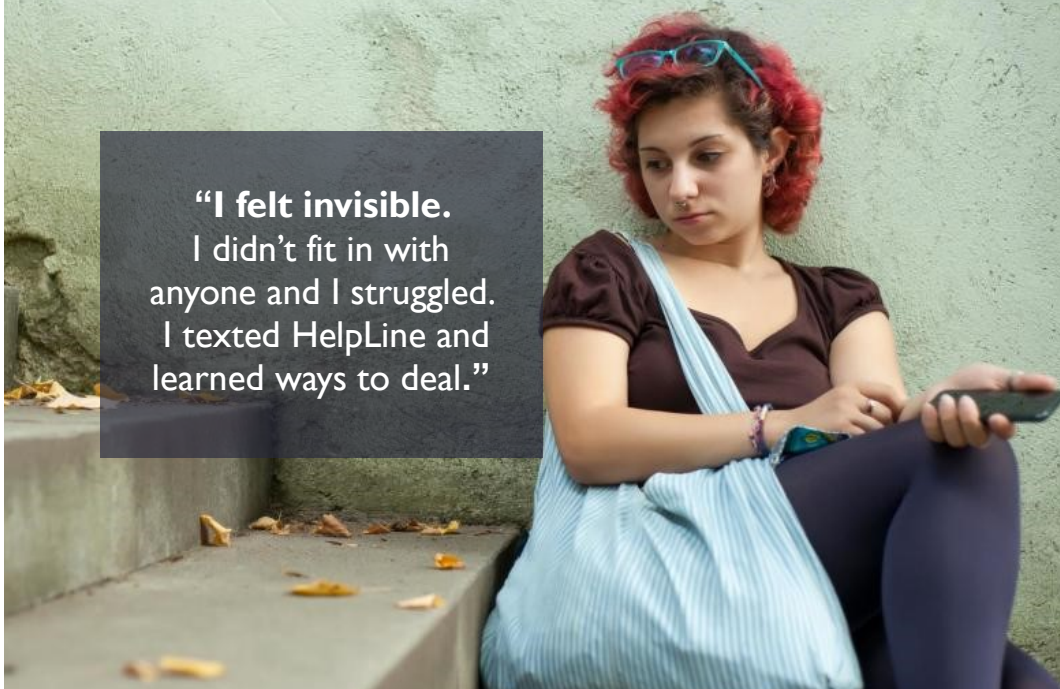
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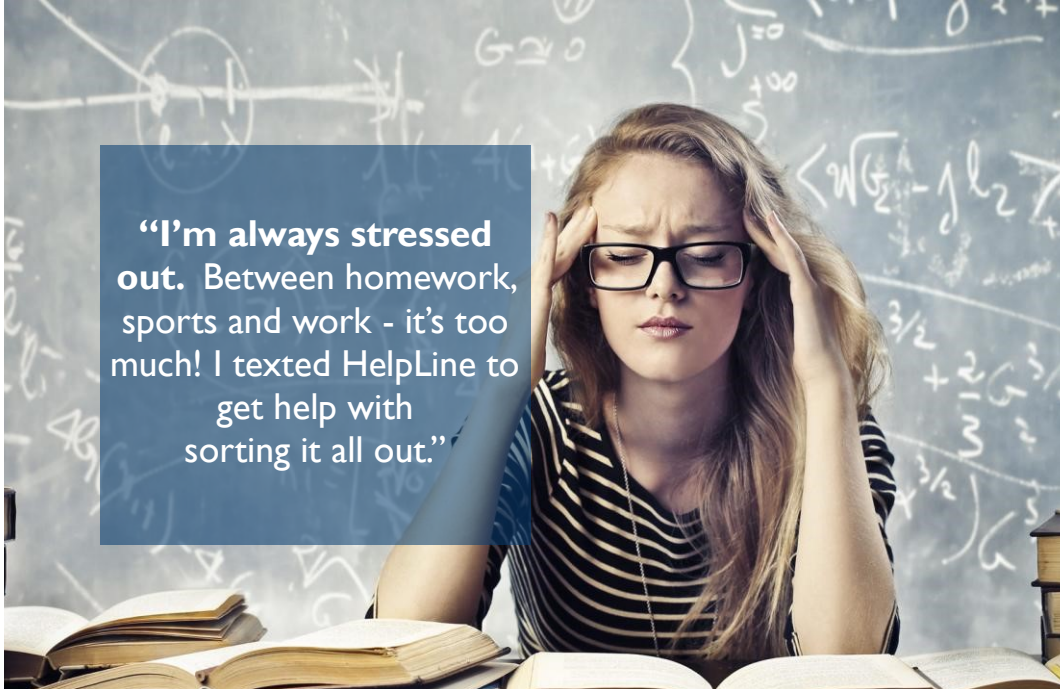
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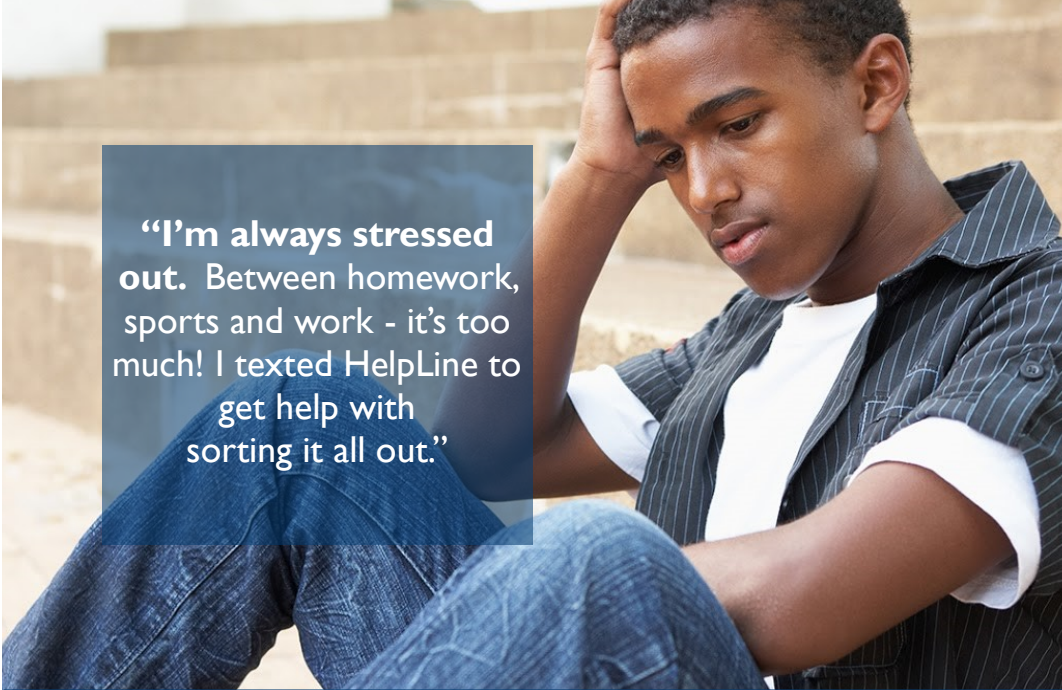
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