

STRESSED, DEPRESSED,  
LONELY OR SAD?

TEXT "CONNECT"  
TO 741-741

TEXT TRAINED CRISIS COUNSELORS ABOUT ANYTHING ON YOUR MIND  
FREE 24/7, CONFIDENTIAL & NATIONWIDE  
OVER 90% OF TEXTS ARE ANSWERED WITHIN 5 MINUTES

**IF YOU NEED HELP OR KNOW SOMEONE WHO DOES...**

**Visit Your School's Website** OR **Call 866-EYE-on KY**  
Click on the S.T.O.P.! Tipline Logo (866-393-6659)

OR

**Fill Out an Online Form** OR **Text 866-393-6659**  
By Scanning QR Code



**BCPS  
Mental Health Student  
Hotline**

**502-869-HELP  
(4357)**

*Feeling sad? Depressed? Anxiety?  
Fear? We can help!*

**NATIONAL  
SUICIDE  
PREVENTION  
LIFELINE**

1-800-273-TALK (8255)  
suicidepreventionlifeline.org

**NATIONAL  
HUMAN  
TRAFFICKING  
HOTLINE**

CONTACT THE NATIONAL HUMAN TRAFFICKING HOTLINE

Do you want to get out of the life?  
Are you being forced to work against your will?  
Or threatened or tricked by your boss?  
Do you know someone who may be?

**CALL**  
1-888-373-7888

**TEXT**  
"BeFree" (233733)

**LIVE CHAT**  
HumanTraffickingHotline.org

24/7 • Toll free • Confidential • 200+ languages

Get help.  
Report a tip.  
Find services.  
Learn about your options.

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**Polars**

**Prevent Child Abuse  
Kentucky**

**CHFS**  
KENTUCKY  
Cabinet for Health and  
Family Services  
Kentucky Department for  
Community Based Services

All Kentuckians are  
mandated reporters.

**1.877.KYSAFE1**

**REPORTITKY.ORG**

If you see something, say something.