

# This Card Is A Lifeline!

If you are in need of help and don't know how to ask for it, give this card to a:

- WHS Peer Counselor
- GLC or School Psychologist
- Teacher
- Parent or a trusted Adult



**THERE IS HOPE!!!**

# IF YOU RECEIVE THIS CARD:

**STAY** with this person.  
They need your support.

## **LISTEN.**

Your care and attention are more important than ever.

## **GET HELP.**

Take the person seriously.  
Ensure they are safe, receive help, or are connected to one of the resources provided.

## **RESOURCES AVAILABLE:**

**Suicide Prevention**  
877.727.4747

**Teen Line**  
800.852.8336

**The Trevor Hotline**  
*(Gay & Questioning Youth)*  
866.488.7386

**Our House** *(Grief Recovery)*  
310.475.0299

**Walnut High School**  
909.594.1333