

YOU ARE NOT ALONE



There is help 24/7. Get help for yourself, a friend, a family member or anyone.

If it is an emergency, then tell an adult and call 911!

- Franklin High School's Suicide Prevention Resources:
<https://sites.google.com/egusd.net/frhs-health-wellness/suicide-prevention>
- Incident Reporting Link:
<https://mobile.catapultems.com/elkgroveusd/fhigh/Report>

Suicide Prevention & Crisis Line

916-368-3111

1-800-273-8255

Trained volunteers provide confidential, anonymous telephone counseling and referral

Crisis Text Line

741-741

Text START to 741-741 for help if in crisis. A live, trained crisis counselor will help you move from a hot moment to a cool moment.

The Trevor Project

1-866-488-7386

A crisis intervention and suicide prevention line available 24/7 for LGBTQ youth.

Support and resources

The Trevor Project.org

CA Coalition for Youth, Crisis Line

1-800-843-5200

A crisis intervention and suicide prevention line available 24/7 for all youth.

iCare form

Blue form that you can get in any classroom or in Student Services if you are concerned about someone else. Turn the form into the blue box outside the back door of Student Services.

Back of Student ID Card

Local Suicide Prevention Crisis Line

916-368-3111

NATIONAL SUICIDE PREVENTION

800-273-TALK