



RU ok? encourages students to reach out to other students who may be struggling.

SIGNS TO WATCH OUT FOR:

- They don't feel like hanging out as much
- They are so anxious they can't relax
- They've gotten negative about life
- They talk about feeling hopeless
- They are harming themselves

DON'T WAIT, GET HELP NOW.

IN AN EMERGENCY

If you or your friend need urgent help, call 911. Stay with your friend until help arrives. Remember to keep yourself safe. If you feel threatened or your friend has a weapon, keep a safe distance.

IN A CRISIS

Text **HOME** to the crisis textline **741741**.