



Do you feel lonely, stressed, sad, angry, or confused?  
Do you miss your friends and your routines?

# HOPE IS ONLY A CALL AWAY.



## Philly HopeLine

**CALL OR TEXT  
833-PHL-HOPE  
(833-745-4673)**

*Mondays – Fridays 12 p.m. – 9 p.m.*

*Holidays, Saturdays y Sundays 12 p.m. – 4 p.m.*

Philly HopeLine is a free helpline sponsored by Uplift Center for Grieving Children and the School District of Philadelphia. It is staffed by Masters's level clinicians from Uplift, and is open to all School District of Philadelphia students & families.

### PATROCINADO POR



THE SCHOOL DISTRICT OF  
PHILADELPHIA



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