

**FREE
MENTAL
HEALTH
COUNSELING**

**EMOTIONAL
WELLNESS**

**GRIEF
SUPPORT**

**COVID-19
RELATED
LOSSES**

Whatever your question, hope is just a call away.



Philly HopeLine

CALL OR TEXT FOR FREE
1-833-PHL-HOPE
(1-833-745-4673)

Mondays – Fridays 10 a.m. – 8 p.m.
Holidays 12 p.m. – 4 p.m.

The Philly HopeLine is a free, confidential 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 Philadelphia students and families. Service is available in both English and Spanish, and our interpretation line offers translations into over 100 languages.

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THE SCHOOL DISTRICT OF
PHILADELPHIA



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