



Philly HopeLine

Hope Is Only A Call Away

CALL FOR FREE:

1-833-PHL-HOPE

(1-833-745-4673)

SERVICES

- Free grief and loss support, including COVID-19 losses
- Emotional support
- Information and referrals for Uplift's grief support groups for youth and families
- Dedicated grief support hours for Spanish speaking and grieving LGBTQ+ youth

These free services are available to anyone, regardless of immigration status.

SCHEDULE

Mondays - Fridays 10 a.m. - 8 p.m.

Holidays 12 p.m. - 4 p.m.

Grieving Queer & Trans Tuesdays 1 p.m. - 4 p.m. and

Youth Hours: Thursdays 4 p.m. - 8 p.m.

Spanish Language Hours: Tuesdays 10 a.m. - 1 p.m. and
Thursdays 1 p.m. - 4 p.m.

ABOUT US

The Philly HopeLine is an award-winning free, confidential helpline sponsored by **Uplift Center for Grieving Children** and the **School District of Philadelphia**. It is staffed by Master's level clinicians from Uplift, and is open to all Philadelphia students and families. Our interpretation line offers translations into over 100 languages.

UPLIFTPHILLY.ORG/PHILLY-HOPELINE