

National Suicide Prevention Lifeline: 1-800-273-8255 (TALK)

The Samaritans: 877-870-4673 (HOPE)

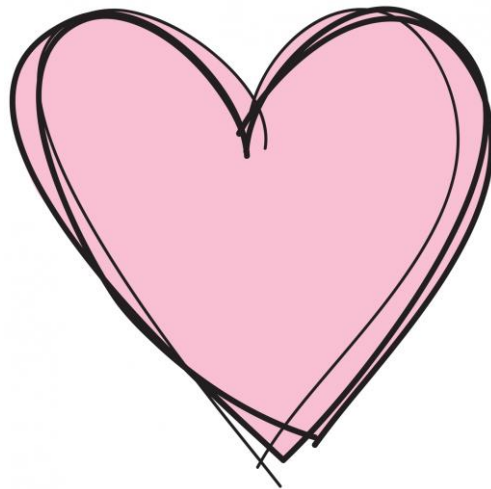
Trevor Project Lifeline: 866-488-7386

Child Help USA National Hotline: 1-800-4-A-CHILD (1-800-422-4453)

Boys Town National Hotline: 800-448-3000

National Teen Dating Violence Hotline: 1-866-331-9474 or text "**loveis**" to 22522

And if you ever need me please do not hesitate to email me! We can talk and cry it out together.



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