

How To: Make A Mayday Call



Tell this information to a trusted adult or include your name and give them this note.

Remember, you can always reach out to our hotline at 800-448-3000. We are here to help 24/7.

Please Help Me

I need help RIGHT NOW!

Explain the problem, give details

Because of this, I feel:

I don't think I can be safe on my own.

Please help me by:

YOUR Life YOUR Voice

www.yourlifeyourvoice.org