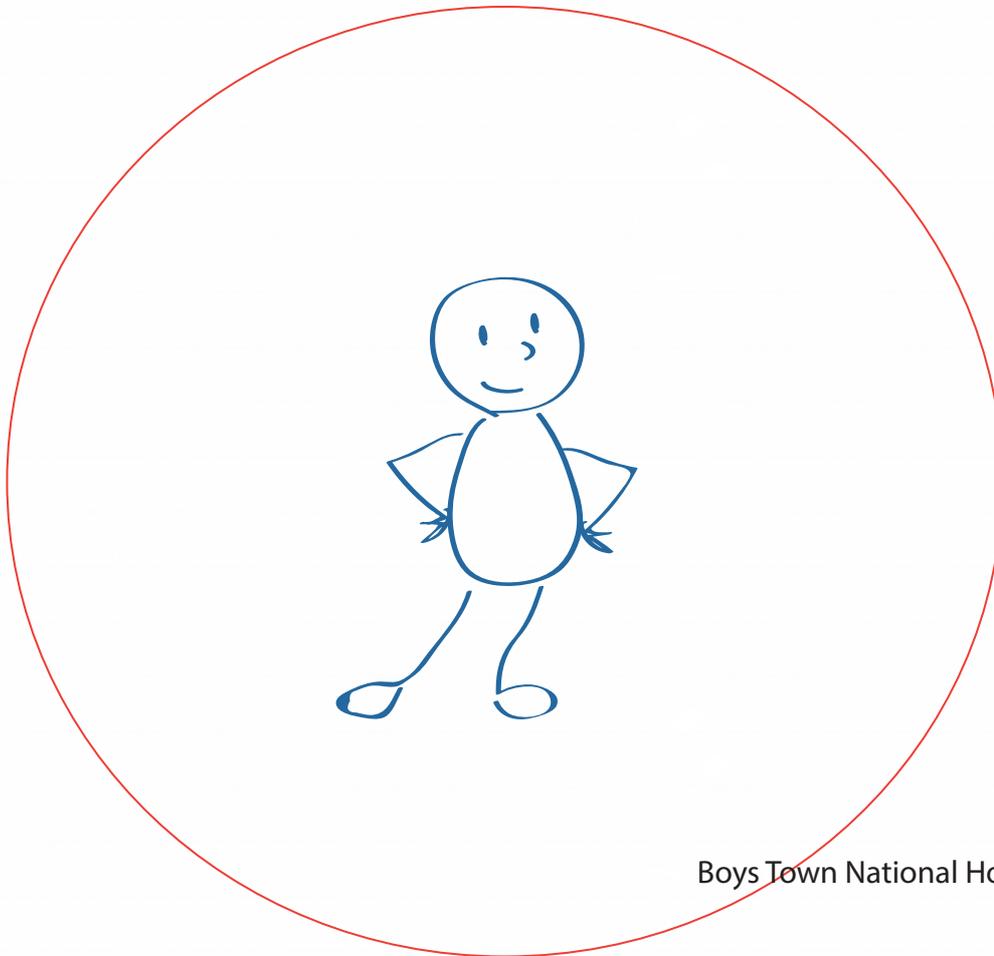


YOUR CIRCLE

Before things get stressful, it is important to map out who you are going to go to for help if you are not able to keep yourself safe or if you just need some extra support. Knowing who to talk to ahead of your stressful time allows you to get immediate support when you need it most.



Boys Town National Hotline - 1-800-448-3000

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www.yourlifeyourvoice.org