



ALL SERVICES ARE **FREE** WE'RE HERE TO LISTEN **24/7**

CALL US AT 1-855-201-2121

EMAIL US AT TALK@121HELP.ME

TEXT 121Help at 20121 (NO USER RATES APPLY)

CHAT with us at 121help.me

121help is here for **YOU** 24/7

What is 121help?

121help is a confidential, free crisis counseling program especially for kids. You can get in touch with a counselor by phone, chat, email or text.

Who are the counselors?

When you talk to a counselor, you'll be speaking to someone who cares. The counselors are all trained - they'll listen and try to help you work things out. If you're scared or feel out of control, that's OK. The counselors have heard it all!

Are 121help services 24/7?

Yes! Phone, email and text are available at all times, chat has limited hours that are posted on the website.

What kind of problems do kids have that contact 121help?

121help is for all kids who are going through a hard time and just need to talk. Whether your problem is big or small, it's for kids who may be experiencing depression, problems with friends, bullying, eating disorders, substance abuse, family problems, abuse, and more.

Is 121help free?

Yes! Even for texting, user rates are not even charged to data plans for most carriers.

What about confidentiality?

You can talk to us about anything that is important to you, no matter how big or small it might seem. If we feel like you are in danger, we will talk to you about whether other people need to know what's happening.

121help is a program of the North American Alliance of Child Helplines (www.naach.co). NAACH is a private, not-for-profit that is supported through foundation, corporate and individual contributions. For more information about NAACH, contact



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