

If someone is hurting you or touching you in a way that you don't like, the counselor can find someone to meet you in a safe place.

The counselor can tell you about choices you have and other available services.

Hide this brochure in a safe place.



No one deserves to be hurt. You deserve to be safe at home.

 Childhelp USA

Are Family Problems Making You Unhappy?



When you have family problems, it can help to talk to someone privately.

Someone who won't make fun of how you think or feel, and who understands YOU.

But sometimes you don't know where to find that person.

## Safe Talk Helpline

When family problems are too much to face alone

1-866-9-SAFE-99 or  
1-866-972-3399



Call any time of the day or night, any day of the year. It's free. You don't have to give your name to talk to a professional counselor.

The counselors are there to talk to girls, boys, teens and adults.

The helpline counselor will listen to you and not judge you or your situation.