

Running away from any
Problem only increases the
Distance from the Solution

The Easiest way to escape from the problem is to solve it.



There's always HOPE!

No matter what, YOU matter. If you are in a crisis or having thoughts of suicide do not hesitate Please call: 1-800-273-TALK (8255)
Text: "SUPPORT" to 741741, Text: "LIFE" to 61222 or 839863



If you need emergency help call 911.

Talk to a trusted adult or counselor.

For more information on Jake's Hope check us out on: www.jakeshope1994.com or  Jake's Hope