I'm so angry

I'm sad all the time :(

I think I might be pregnant

I just got kicked out of my house

I am afraid I might cut again

My best friend died and I don't know what to do

I think I'm having an anxiety attack

HELP ME

I think I'm having a panic attack

Sometimes it seems I can't do anything right

I feel so alone

My parents just told me they are getting a divorce

CRISIS TEXT LINE™

Text MT to 741-741

A free, 24/7 text line for people in crisis.

I am afraid I might cut again

I want to stop using drugs but I can't

I just got kicked out of my house

I'm so angry

I wish people would stop bullying me

My best friend died and I don't know what to do

I'm sad all the time :(

I think I'm having a panic attack

I think I'm having an anxiety attack

Sometimes it seems I can't do anything right

I'm so angry

My parents just told me they are getting a divorce

I just had a huge
R u there?

I think I might be pregnant

MONTANA DPHHS
Healthy People. Healthy Communities.
Department of Public Health & Human Services