

Getting Help: What to Do & When

If you have done everything you can to resolve the bullying situation and nothing has worked, or you believe someone is in immediate danger, there are ways to get help.

THE PROBLEM	What you can do
There has been a crime or someone is at immediate risk of harm.	Call 911.
Someone is feeling hopeless, helpless, thinking of suicide.	Contact the National Suicide Prevention Lifeline online or at 1-800-273-TALK (8255). The call goes to the nearest crisis center within a national network. These centers provide 24-hour crisis counseling and mental health referrals.
A child is being bullied in school.	Contact the: <ol style="list-style-type: none">1. Teacher2. School counselor3. School principal4. School superintendent5. State Department of Education
The school is not adequately addressing harassment based on race, color, national origin, sex, disability, or religion.	Contact: <ul style="list-style-type: none">• School superintendent• State Department of Education• U.S. Department of Education, Office for Civil Rights• U.S. Department of Justice, Civil Rights Division

