



Thank you for being in this project! Below are ways that you can learn more about the things we talked about today or if you need help for you or someone else.

### Talk to An Adult You Trust

You can talk to an adult you trust like a parent, grandparent, elder, teacher, coach, mentor or someone else who cares about you and can help you be safe. If you do not feel like you have an adult in your life to talk to, you can call someone else in your community or a National Hotline (see attached packet).

### Call Someone in Pine Ridge

- If you or someone else is in danger, please call **911** for emergencies or **605-867-5141** for non-emergencies.
- You can also call Children's Protective Services at **1-877-244-0864**.
- You can also call **211** if you want to know where to go for help or need food.

### Call a National Hotline

- If an adult or someone else is hurting you, you can call Childhelp at **1-800-422-4453**.
- If you are thinking about hurting yourself, we hope that you will call **911**. If you do not want to call **911**, please call **988**. This is a national suicide hotline that is here to help people who are thinking about hurting themselves. They can help you.
- If you are thinking of running away from home, you can call **1-800-786-2929**. This is a national hotline that helps kids who are thinking about or who have run away from home to be safe and get help.



### Call Us

If you have any questions about this project or want us to help you get help\*, you can contact us the following ways:

**605-430-9575** | [peacefulmeans@unl.edu](mailto:peacefulmeans@unl.edu)

[go.unl.edu/peacefulmeans](https://go.unl.edu/peacefulmeans)

*\*Please remember that if you tell us that you or another child is being hurt or in danger, we will need to tell an adult so that we can take the necessary steps toward safety. We also offer support groups for survivors of sexual abuse/assault for children and adults.*

