

# CRISIS TEXT LINE |

Text  
**HELLO**  
To 741-741

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

Completely free text help line that remains anonymous and will not show up on your bill. Works with the carriers AT&T, T-Mobile, Sprint, and Verizon. Get an answer within minutes from a trained volunteer.

If you wish to speak with  
someone here on campus:

**Philadelphia University  
Counseling Services**

Located in Kanbar 323

**Drop in hours:**

4pm–5pm weekdays or by appointment

215.951.2868

CounselingServices@philau.edu

TM

I'm *addicted to drugs* and it's impossible to stop

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

I feel so alone

I just failed a class and am getting held back...*my life is over*

I was robbed and lost *everything*

I just want to give up.

I feel like I want to go to sleep and *not wake up*.

My boyfriend broke up with me...I'm so *lost*

I want to *run away*.

I was *raped*

My parents just kicked me out...I have nowhere to go and *don't know what to do :(*

I'm such a *failure* and hate myself...

I have a *gambling* problem

No one understands me...the world is *against me*

I really need someone

Eating makes me *hate myself*.

I just want to *relapse...*

I think I'm *pregnant*