***Call a help line if there is no one that you feel safe talking to, and you have thoughts that your life is helpless.***

* **Trevor Helpline**

1-866-4-U-TREVOR (1-866-488-7386).

* **Safe2Tell Colorado** at

1-877-542-7233

Safe2tellco.org

* **Health Solutions**: 719-545-2746
* **Colorado Crisis & Support Line** at

1-844-493-TALK (8255) or

text TALK to 38255

* **National Suicide Prevention Line** at

1-800-273-TALK (8255)

**Online Resources**

* **Bystander Revolution**

 <http://www.bystanderrevolution.org/>

* **Greater Good Science Center**

 <http://greatergood.berkeley.edu>

* **The Empathic Civilization**

 [http://www.youtube.com/watch](http://www.youtube.com/watch?v=l7AWnfFRc7g)

* **Positive Coaching Alliance**

 <http://www.positivecoach.org>

* **One Circle Foundation**

 <http://www.onecirclefoundation.org/>

* **Eyes on Bullying**

 <http://www.eyesonbullying.org>

* **Common Sense Media**

 http://www.commonsensemedia.org/educator

* **Move This World**

 <http://movethisworld.org/>