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## Get Help Now

If you or someone you know is being bullied, there are things you can do to keep yourself and others safe from bullying.

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If you or someone you know is involved in cyberbullying, it is important to document and [report the behavior](#).

If you have done everything you can to resolve the situation and nothing has worked, or 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.	<p>To talk to someone now*:</p> <ul style="list-style-type: none"> <li>Call or text <b>988</b></li> <li><a href="#">Chat with Suicide and Crisis Lifeline</a> </li> </ul> <p>For Spanish Speakers*:</p> <ul style="list-style-type: none"> <li>Call 988 and then press 2</li> <li>Text AYUDA to 988</li> </ul> <p>For Deaf/Hard of Hearing People*:</p> <ul style="list-style-type: none"> <li>Use your preferred relay service or dial 711 then 988</li> <li>Use <a href="#">988 Videophone</a> </li> </ul> <p>For Veterans, Service Members, and their Loved Ones*:</p> <ul style="list-style-type: none"> <li>Call 988 and then press 1</li> <li>Text 838255</li> <li><a href="#">Chat with Veterans Crisis Line</a> </li> </ul> <p>*Free and confidential support resources are available to you 24 hours a day, 7 days a week.</p>
Someone is <a href="#">acting differently</a> than normal, such as always seeming sad or anxious, struggling to complete tasks, or not being able care for themselves.	Find a local <a href="#">counselor or other mental health services</a>
A child is being bullied in school.	<p>Contact the:</p> <ol style="list-style-type: none"> <li>Teacher</li> <li>School counselor</li> <li>School principal</li> <li>School superintendent</li> <li>State Department of Education</li> </ol> <p>See more on <a href="#">working with the school</a>.</p>
A child is being cyberbullied.	<p>Contact:</p> <ul style="list-style-type: none"> <li><a href="#">YouTube</a> </li> <li><a href="#">TikTok</a> </li> <li><a href="#">Snapchat</a> </li> <li><a href="#">Instagram</a> </li> <li><a href="#">Facebook</a> </li> <li><a href="#">Discord</a> </li> <li><a href="#">X (formerly Twitter)</a> </li> <li><a href="#">Twitch</a> </li> <li><a href="#">Xbox Party Chat</a> </li> <li><a href="#">PlayStation Party Chat</a> </li> <li><a href="#">Tumblr</a> </li> </ul> <p>See more on <a href="#">how to report cyberbullying</a>.</p>
The school is not adequately <a href="#">addressing harassment</a> based on race, color, national origin, sex, disability, or religion.	<p>Contact:</p> <ul style="list-style-type: none"> <li>School superintendent</li> <li><a href="#">State Department of Education</a></li> <li>U.S. Department of Education, <a href="#">Office for Civil Rights</a></li> <li>U.S. Department of Justice, <a href="#">Civil Rights Division</a></li> </ul>

Date Last Reviewed: February 5, 2025

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