

❄️ **FREE MENTAL HEALTH COUNSELING**

❄️ **EMOTIONAL WELLNESS**

❄️ **GRIEF SUPPORT**

❄️ **COVID-19 RELATED LOSSES**

❄️ **COPING DURING THE HOLIDAYS**

Whatever your question, hope is just a call away.



**Philly
Hope
Line**

CALL & TEXT

FOR FREE

**1-833-PHL-HOPE
(1-833-745-4673)**

Holiday Hours

Monday, 12/21 - Wednesday, 12/23 **10 a.m. - 8 p.m.**

Thursday, 12/24 & Friday, 12/25 **CLOSED**

Monday, 12/28 - Friday, 1/1 **12 p.m. - 4 p.m.**

Normal hours (Monday - Friday 10 a.m. - 8 p.m.) will resume Monday, 1/4

The Philly HopeLine is a free, confidential helpline sponsored by Uplift Center for Grieving Children and the School District of Philadelphia. It is staffed by Masters's level clinicians from Uplift, and is open to all Philadelphia students and families. Service is available in both English and Spanish, and our interpretation line offers translations into over 100 languages.

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upliftphilly.org/philly-hopeline