

An illustration of a person with a backpack standing in a white circular spotlight on a teal background. A beam of light from a source at the top right illuminates the person. Above the person is a series of four thought bubbles of increasing size, with the largest one containing the word "HELP." in red capital letters.

**HELP.**

# EXPERIENCING BULLYING OR ABUSE?

**YOU AREN'T ALONE**

Pennsylvania's bullying consultation line  
can be reached at **1-866-716-0424**.  
To report child abuse, call ChildLine  
at **1-800-932-0313**. Nervous? Talk anonymously!



[education.pa.gov](http://education.pa.gov)



[keepkidssafe.pa.gov](http://keepkidssafe.pa.gov)



[health.pa.gov](http://health.pa.gov)