



i need help |

**you're not alone – everyone
needs to ask for help sometimes**



**call 911 |
report an emergency**

If you aren't sure if your situation is an emergency, go ahead call.

It's better to be safe than sorry.

Get in touch with a counsellor or a trained professional to talk about real-life stuff that you or a friend might be dealing with.



**talk to someone |
chat with a counsellor
or trained professional**



**tell someone |
notify your school or
report it anonymously**

Let an adult know who can help.

The erase **Report It** tool is an easy way to send a message to someone who can help. It can be anonymous and the problem will be kept private.

→ erase.gov.bc.ca

erase | EXPECT RESPECT &
A SAFE EDUCATION

