

A Spruce Run Advocate can come to your school

If you would like to talk to an advocate in person you could ask that an advocate meet with you at your school. To contact us you could call the hotline or speak to someone at your school that could contact us on your behalf such a counselor or a teacher.

A Spruce Run Advocate will:

- *Listen to you and not judge.*
- *Offer support for your feelings and information about choices.*
- *Help you plan for safety.*
- *Explore your situation and answer any questions you may have.*
- *Talk with you about how to be helpful to someone in your life.*