



## Connecting you with helpful resources and support when you need it most.

With the STOPit app, we are here to help you find help when you need it most, while removing anything that stops people from getting that help. The STOPit app is your connection to help that respects your dignity and privacy.

### How STOPit Can Help?

- Help for you, or someone you know
- Food
- Housing
- Crisis Counselors
- Suicidal Feelings
- Anxiety, Depression
- Abuse, Violence Intervention
- and more...

### How STOPit Works?

- 1 Be courageous
- 2 Identify your need in the app
- 3 STOPit will connect you with the help you need



[View Student Training Video](#)



**Download STOPit today!**

