


Get Help Now

When you, your child, or someone close to you is being bullied, there are many steps to take to help resolve the situation. Make sure you understand [what bullying is](#) and [what it is not](#), [the warning signs of bullying](#), and steps to take for preventing and [responding to bullying](#), including [how to talk to children about bullying](#), prevention in [schools](#) and [communities](#), and how to [support children involved](#).

After reviewing that information, if you feel you have done everything you can to resolve the situation and nothing has worked, or someone is in immediate danger, there are ways to get help.

The problem	What you can do
There has been a crime or someone is at immediate risk of harm.	Call 911.
Someone is feeling hopeless, helpless, thinking of suicide.	Contact the National Suicide Prevention Lifeline  online or at 1-800-273-TALK (8255). The toll-free call goes to the nearest crisis center in our national network. These centers provide 24-hour crisis counseling and mental health referrals.
Someone is acting differently than normal, such as always seeming sad or anxious, struggling to complete tasks, or not being able care for themselves.	Find a local counselor or other mental health services
A child is being bullied in school.	Contact the: <ol style="list-style-type: none">1. Teacher2. School counselor3. School principal4. School superintendent5. State Department of Education See more on working with the school .
The school is not adequately addressing harassment based on race, color, national origin, sex, disability, or religion.	Contact: <ul style="list-style-type: none">• School superintendent• State Department of Education• U.S. Department of Education, Office for Civil Rights• U.S. Department of Justice, Civil Rights Division

Source: Stop Bullying.Gov