

# TEXT - A - TIP

## Anonymous Help for the Students of GBS

**This anonymous service allows you to text a licensed mental health professional from the local community. These clinicians are on call 24/7 and can provide help for you or for a friend in need.**



**Text: GBSHelp  
to**

**1-844-823-5323**

**You will receive an immediate response providing further guidance. This is completely anonymous.**

**Download the Text-A-Tip  
app from iTunes and  
Google Play**