

## **NOVEMBER/DECEMBER 2020**

# STEM NEWSLETTER

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## - GENERAL BULLETIN -

#### SOUTH RIVER HIGH WEBSITE UPDATE

#### Elizabeth Barker

Gone are the days of blocky text and difficult navigation - with catchy color schemes and eyepopping logos, South River High School has a brand new website. South River student services and programs are illustrated on the front page. The website proudly features its students, all smiling with genuine joy and laughter. The South River website has also become more accessible. With a translate button at the top of the webpage students, parents, and staff can read information about South River in the language they are most comfortable in. Users can change the fonts size, contrast, and saturation of the website. Check out South River's new website at <a href="https://www.southriverhigh.org/">https://www.southriverhigh.org/</a>

## STEM VIRTUAL TOUR

**Neel Garg** 

Traditionally, during this time of the year, students interested in STEM would come to South River for a tour of the school and to learn more about the program. Sadly, because of the pandemic, there is no way for students to experience this memorable milestone. That is, until the Virtual Tour. In an easy-to-access Youtube video format, students and parents can now receive a tour of the school, including the different classrooms, the media center, the gym, the cafeteria, and more, all while staying safe. The in-depth video includes a narration of the different areas, as well as useful information for the classes and activities students will be participating in. Sounds interesting?

Access it here: <a href="https://youtu.be/l9MLGaRlwfE">https://youtu.be/l9MLGaRlwfE</a>





# WINTER HOLIDAYS AROUND THE WORLD Lilly Fisher

December kicks off the holiday season in much of the world. There are many multicultural celebrations during this time of year, such as the Fiesta of Our Lady Guadalupe in Mexico on December 12th, and St. Lucy's Day on December 13th. Hanukkah, which is a Jewish holiday, begins on December 10th and ends on December 18th. It celebrates the rededication of the Temple of Jerusalem. Christmas, which commemorates the birth of Jesus in Christianity, is celebrated on December 25th. Kwanzaa, a celebration of culture, begins on December 26th and is celebrated until January 1st. It culminates in gift-giving and a feast of faith, called Karamu Ya Imani. Omisoka is observed in Japan on December 31st, and celebrates New Year's Eve.

# COUNTY-WIDE TUTORING

**Neel Garg** 

Need help with a subject in school? AACPS is providing virtual homework help for high schoolers. Tutoring services cover subjects like Math, English, World Languages, Social Studies, Science. AVID and ESOL classes. AACPS offers two different types of help: virtual homework help is for drop-in questions while tutoring is an appointmentdriven small group setting. To join a homework help session, visit

https://sites.google.com/aa cps.org/tutoring/. Tutoring is available almost every day in the evening. For more information about AACPS tutoring, visit https://www.aacps.org/tut oring.



# VIRTUAL JOB SHADOWING WEBSITE Ke Shi

Due to the pandemic, this year's Job Shadowing for STEM students will be held virtually. Students can choose to participate in Live Events, Self-Paced Options, or In-Person Options. Some events are only available for certain students, based on their grade level and pathway, and some will be invite-only. Many events require registration ahead of time. New job shadows will appear on the website as they arrive. We hope that students will choose the event that they are interested in and take advantage of the experience that these opportunities bring. You can see the virtual Job Shadowing events at

https://sites.google.com/aacps.org/virtual-job-shadows/home



to the 2020-2021 school year! This site was developed to provide you with a place to access job shadow opportunities as they become available. As a reminder, there are job shadow requirements for each grade level. This is the number that must be completed by the end of the 2020-2021 school year:

Grade 9: Six (at least one per quarter exploring different per Grade 10: Four (one per quarter)

Grade 11: Two

Grade 12: One

**RED CROSS BLOOD DRIVE** 

Arusa Malik and Elizabeth Barker

The COVID-19 pandemic has caused a sharp decline in the U.S. blood supply. Donor centers have experienced a large loss in blood donations as a result of social distancing and the cancellation of blood drives.

On December 9th, South River's Red Cross club hosted a Blood Drive at Annapolis Evangelical Lutheran Church. The drive ran from 10 AM to 3 PM. Volunteers were tasked with welcoming guests, making sure they followed proper COVID-19 guidelines, and cleaning afterwards. Despite COVID-19, over 55 donors came to give blood. This blood drive has saved almost 165 lives! We are thankful to all the people who donated blood and South River's Red Cross in making this possible.

# HARVEST FOR THE HUNGRY 2020

#### Natalie McDonald

During these times of uncertainty, many local families are struggling to achieve stable access to food and water. 27% of residents in Anne Arundel County are in need of food assistance, and food banks have seen a 53% increase in people coming for food assistance. Food banks are struggling to maintain the increasing needs of families in need. Hunger has lifelong impacts on children, including lower development rates, lower learning capacity, and frequent headaches and stomach aches. Many students and families are in need of our help. South River's Harvest for the Hungry Food Drive raises money for the Anne Arundel County food bank and helps to provide meals for families in need of resources. Food is a human right, and we need your help to ensure everyone in the county has access to it. Donate today at https://63610.thankyou4caring.org/ harvest.



## **TIME TOP 20 KIDS**

One of our very own STEM
Sophomores, Caleb Oh, was
selected as Teen Nick and one of
Time's Top 20 Kids. His work with
Kid Changemakers, a non-profit
he founded when he was seven
years old, has proven to benefit
the community in many ways.
Whether it's volunteering at a
local food pantry or providing
grants to other local
organizations, Caleb and Kid
Changemakers have made quite
the difference. Congratulations!

# SOUTH RIVER SNO-HAWKS POLAR BEAR PLUNGE Arusa Malik

This year's Cool Schools Plunge will still be taking place but will be completely virtual. Principal Smith and Ms. Kokosko have designated Friday, January 29th, 2021 to be South River's Frigid Friday. If you are interested in participating, please join the South River Plunge Team and raise a minimum of \$50. The funds will support the Special Olympics of Maryland. All "plungers" who raise the minimum amount will be mailed a special 25th anniversary polar bear plunge sweatshirt.

To join South River's Plunge Team:

- 1. Go to plungemd.com
- 2. Scroll down to "Cool Schools" Virtual Only (look for the school bus icon) and click "Register" 3. How would you like to register? Click "Join a Team"
- 4. Scroll to "South River Snohawks"
- 5. If you would like to make your \$50 donation right then and there, click "Pay to Plunge" or if you would like to "Fundraise to plunge," select that and click the large red button on the right that says "PLUNGE."
- 6. Follow the prompts to complete your registration. Make sure you enter your home address, this is where your sweatshirt will be mailed to.

If you have any more questions please email mkokosko@aacps.org

## **CLUB TUTORING**

#### Natalie McDonald

Are you struggling with some of your subjects? Has it become difficult to manage your course material and grades? If so, you should contact one of the many organizations or clubs at South River that are currently offering tutoring. During this semester, the organizations that offer tutoring are:

National Honor Society; visit

https://www.southriverhigh.org/apps/pages/index.jsp?uREC ID=470426&type=d

**AVID**; contact

https://www.southriverhigh.org/apps/pages/index.jsp? uREC\_ID=470314&type=d\_

AACPS is also offering virtual tutoring; view <a href="https://www.aacps.org/tutoring">https://www.aacps.org/tutoring</a> for more information

Your local Anne Arundel Public Library may be tutoring; view <a href="https://www.aacpl.net/homework">https://www.aacpl.net/homework</a> to find out more

# WJZ ORATORY COMPETITION

#### Arusa Malik

Due to the pandemic, this year's WJZ Black History Oratory Competition will be conducted entirely online. but now, more than ever, we need our students to speak up and speak out about the issues that matter. High school students should write an original essay (600 words or less) based on a quote by a prominent African American historical figure. The students with the highestscored essays will be invited to record themselves performing their original speeches at home to compete for scholarship prize money. The top speeches will be broadcast on WJZ News, and for the first time in BHOC history. the winners will be announced on TV. If you have any questions please contact orator@wjz.com



## **SOFTWARE DESIGN JOB SHADOW**

**Lilly Fisher** 

Students in STEM programs across the county had the opportunity to hear from Mark Wecht, a software developer who runs his own company. Over 100 students attended this event to hear him speak. Mr. Wecht talked about how he became involved in the field of STEM and computer science, as well as his experience in college. He then took attendees through the process of developing software for a customer, from the initial request to the final product. He explained how the engineering development process is crucial, especially the test and refinement stages. Without these, the final product would never be as successful as possible. He also took students through a demonstration of code he had written and explained how each part connected to the customer's request. Thank you so much Mr. Wecht for your presentation.

## **HOLIDAY TREAT RECIPE**

### Jaylene Miranda

It is still so important to be cautious and safe during these trying times. Even with everything going on, we can still keep our spirits up during this holiday season. There are so many ways to enjoy this time of the year while staying safe at home. For example, what's more festive than making some fun holiday treats. Here is a fun and easy recipe for some classic chocolate chip cookies to make this winter.

#### Ingredients:

- 1 cup salted butter, softened
- 1 cup white granulated sugar
- 1 cup of light brown sugar, packed
- 2 tsp pure vanilla extract
- 2 large eggs
- 3 cups all purpose flour
- 1 tsp baking soda
- 1/2 tsp baking powder
- 1 tsp sea salt
- 2 cups chocolate chips (can also use chunks, or chopped chocolate)

#### Method:

- 1. Preheat the oven to 375 degrees F. Line a baking pan with parchment paper and set aside.
- 2. In a bowl, mix flour, baking soda, salt, and baking powder. Set aside.
- 3.In another bowl, cream together butter and sugars until fluffy, about 5 minutes. Beat in eggs and vanilla
- 4. Mix in the dry ingredients until combined, and stir in the chocolate.
- 5. Roll 2-3 tbsp of dough at a time into balls and place them, evenly the baking pans.
- 6. Bake in the preheated oven for about 8-10 minutes. Take them out when they start to turn brown around the edges. Let them cool on pan for 2 minutes before placing them on a cooling rack.





## **MEET VICE PRINCIPAL VACHON**



I was born on August 23 in Augusta, Maine. I have a twin sister, who is the head basketball coach at the University of Maine, and a younger brother, who is an actuary in Boston, MA. I lived in Maine most of my life, and have only been in Maryland for 6.5 years. I miss Maine and my family, but I do not miss the winters! They are long and cold. I do miss the lobster rolls, cool summer temps, a quick drive to the beach and the beautiful fall foliage.

I went to college at a small school in Maine called St Joseph's College. There, I received my BA in English and teaching certificate. I taught 14 years in Maine at the middle school level. While teaching, I pursued my Master's degree in Educational Leadership from the University of Southern Maine.

I moved to Maryland in 2014. My wife is from Maryland, and she wanted to escape the cold winters and be closer to family. I was hired by Old Mill High School in 2014 and taught 10th Grade English. I taught English there for 4 years before I took a job as an Alternative One teacher at Old Mill. As an Alt One, I helped students who needed extra support with their classes. As I adjusted to this new role, I knew I wanted to help students in a different capacity and become an Assistant Principal. I was hired to be an Assistant Principal at South River High School in the summer of 2020. I was thrilled to become a Seahawk.

I am married and have two young daughters who keep me quite busy. I love to golf, exercise, watch sports, read, and watch a good movie. I am always looking for a good podcast. Both my parents were teachers. My father was a long-time high school basketball coach in Maine. My favorite sports teams are: Red Sox, Celtics, and Patriots, and of course South River! I have been an educator for 21 years and always feel thankful that I have such an amazing job, where I get to work with amazing students and colleagues every single day.

I miss being in the building and the energy and excitement that each day brings.







Once a Seahawk, always a Seahawk! Welcome to the Nest Mr. Vachon.

## - 9TH GRADE BULLETIN -

## **MENTOR MEETING**

**Eman Zia** 

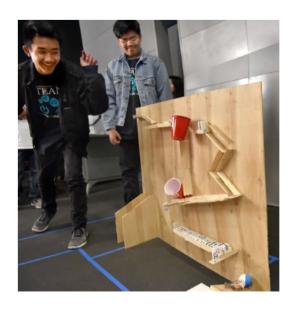
On December 1st, Freshmen met up with their mentors again through the Mentor-Mentee program. This time, the meeting was centralized around virtual school and the issues, advantages, and tips that everyone used to get through this time successfully. While the Freshmen voiced their concerns and struggles with the hefty workload, Juniors got to talk about their experiences and what they did to stay on track. Everyone also got the chance to tell each other about their Thanksgivings; their favorite foods, traditions, and funny stories.



## **LUNAR PROJECT UPDATE**

### **Eman Zia**

The GCC/PBL Lunar Project started in the first marking period, and will continue on into January, with various checkpoints, all building up to the final presentation. Throughout this project, students get a chance at working with a team, making sure that everyone gets to bring their ideas and creativity to light, while still having fun. Recently, students worked together to create a mission patch for their teams, which will be turned into an actual sticker/patch for them to put onto their STEM polos. Students also created a draft blueprint for the base, and as the marking period progresses, the project will advance into a blueprint that is so well-researched and detailed, one might be able to build an actual Lunar Base off of it.



## FRESHMAN GAME DAY

**Eman Zia** 

On November 24th, South River hosted its very first virtual Freshman Game Day. With the help of Juniors who coordinated the effort, Freshmen were divided into Meets, where they played multiplayer games (Among Us) and took a break from their assignments to get to know each other and have some fun.

## **RUBE GOLDBERG**

Eman Zia

Through a collaboration of the Systems Science A and Principles of Engineering classes, students have been introduced to a new STEM-revolving assignment: the Rube Goldberg Project. As you might know, Rube Goldberg was an artist and engineer who designed complicated machines that performed simple tasks. Likewise, students are tasked with researching, designing, and creating a multi-step system that performs a practical task, while using the materials they have at home. This project has multiple components to it: an original conceptual blueprint, a construction of a system using the first blueprint, modified prototypes, and a final project, which will all be compiled into a presentational video in the end.



## **HEMATOLOGIST AND ONCOLOGIST VISIT**

**Neel Garg** 

On November 18th, students had the opportunity to listen in on the Dr. Taksey and Maryland Hematology and Oncology Associates Live Tumor Board meeting. This amazing event was not only attended by South River STEM students, but also students from the BMAH program at Glen Burnie High School. Dr. Taksey and his colleagues discussed different types of tumors, how they affect the human body, and how he utilizes STEM and works with others to come up with a plan to treat the tumor. In addition, his fellow colleagues also discussed their different roles in the treatment process. At the end of the meeting, students had the opportunity to ask questions and receive informative answers from Dr. Taksey and his team.

## - 10TH GRADE BULLETIN -

## **SCIENCE FAIR EXPO**

**Autumn Rose Strawbridge** 

After nearly two years of hard work, participating Sophmores have recently finished their science fair presentations. On December 16th, all 9th and 10th grade students had the opportunity to watch and ask questions about the amazing experiments. Projects of all kinds were featured, from primality testing and wireless drone charging to environmental solutions and even a new way to use your Alexa. Students also had the opportunity to submit questions they were not able to ask which will be answered before winter break. If you asked a question, be on the lookout for communication on how to receive your answer. While the school science fair is now completed, sophomores will still be hard at work to prepare for the regional science fair on March 6th. Great job to everyone who participated!

# RESUME PREPARATION Lilly Fisher

STEM Sophomores have begun the College Preparation unit of their Project Based Learning (PBL) class. They started with a draft of their resumes, then they received some feedback from Mr. Carroll and Ms. Smith. They are currently working on a final copy of their resumes that they can have ready for job opportunities, internships, and edit for future use. Resume preparation is crucial in the college application process and in the professional world, as it gives potential schools and employers an opportunity to get to know what kind of person you are. Students are also working on leaving professional voicemail messages, sending emails, and practicing for interviews. For opportunities to put on your resume, see the opportunities section of the newsletter. One of the easiest ways to get involved is through a club. See the full club list at South River High School at

https://www.southriverhigh.org/apps/departments/clubs.jsp

# SYSTEMS SCIENCE B PROJECT Ke Shi

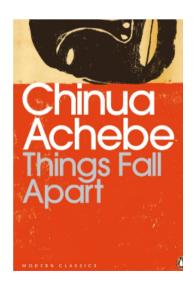
The Unit 1 project for System Science B students was to research a historical disease and explain how that disease developed over time. Students described characteristics of their chosen virus and discussed the treatments and technology that were available at the time it was most prevalent. They gathered data from various government websites and made predictions on the eradication of that particular disease. Students were also able to explain how the treatments of a disease can affect the genetic materials of an organism. They created presentations to convey their findings on their selected disease at the end of the project.











# THINGS FALL APART Autumn Rose Strawbridge

10th grade students have recently finished reading the award-winning novel, Things Fall Apart, by Chinua Achebe. The African Trilogy reflects upon colonialism, conveying the tragedy and loss that some experience from its effects. Throughout the novel, students explored topics of toxic masculinity, cultural influence, heroes/anti-heroes and the concept of morality to form an opinion and analysis from Achebe's perspective.

## - 11TH GRADE BULLETIN -

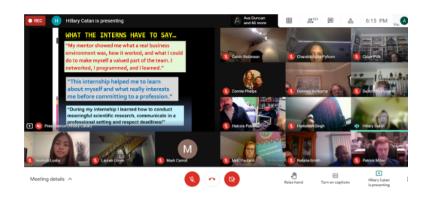
# SCIENCE FAIR AWARD PICK UP

### Kira McGuire

So many 11th grade students did an amazing job at the regional science fair last year, but some Juniors have still not picked up their awards. The awards are waiting at the school on a table just outside of room A201. This reminder applies to 17 students as of December 2nd. If you have any questions about pick up please email: mchen@aacps.org.







## **INTERNSHIP NIGHT**

#### Kira McGuire

A mandatory Internship Information Night was held for all Junior STEM students on December 10th over a Google Meet. regarding the 135 hour internship that rising Seniors are required to complete this upcoming summer. Parents were also invited to participate and learn about the general structure of the internship program, which included how the program is structured, how to apply for internship opportunities, and all about the forms students may be required to fill out. During internship night, both STEM Juniors and their parents learned about how they can apply for opportunities, track hours, and earn recognition for their time. The event was hosted by Ms. Catan, the Internship Facilitator. More information about resume night and the portal will be emailed out to students. If you have any questions, contact Ms. Catan at hcatan@aacps.org.



# NANOTECHNOLOGY QUARTER 2 PROJECT Tina Shi

The Junior STEM students that are in the Nanotechnology pathway are entering into The Making for Good Challenge where they are tasked with designing a product solution that will help solve an environmental or societal problem. They will register and create a video discussing the problem, their product solution, and their engineering design process. This project is taking place from November to January and it encourages students to innovate with purpose.

# GREEN TECHNOLOGY MGBR PROJECT Arusa Malik

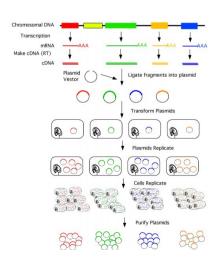
The 11th grade Green Technology students are currently working on a microbiology and genomics research project. This project is an alliance with the **Rutgers University Waksman Student Scholars** program and Johns Hopkins University. The Waksman Student Scholars Program (WSSP) provides opportunities for high school students and their teachers to conduct an authentic research project in molecular biology and bioinformatics and publish their findings to the National Institute of Health. This year, students will be analyzing DNA clones as well as their microbiological makeup. They will create a scientific poster, as well as a research paper that will be presented to scientists from various academic institutes. For more information about the Green Technology pathway and the WSSP project please email: enulud@aacps.org



# COMPUTER SCIENCE PCEP CERTIFICATION

## Tina Shi

Junior STEM students that are in the Computer Science pathway are preparing for the PCEP certification, an exam that tests students' knowledge on coding in the Python language. Although the exam is optional, students have registered an account with the Python Institute as well as reviewed study materials as a group research project. In addition to this, students created a presentation with great study tips to help them prepare for the exam.



## - 12TH GRADE BULLETIN -

## **INTERNSHIPS**

Seniors began their internship journey during their junior year of high school. Since then, almost all of our STEM seniors have completed some sort of experience that will help them understand what kind of field they will go. This is a friendly reminder to all our STEM seniors to submit their internship materials to Ms. Catan. This is a graduation requirement and a requirement for the STEM program. To all the seniors who have completed their internships, congratulations! We are rooting for you even in this unprecendented environment.





## **CAPSTONE RESEARCH PROJECT**

All STEM seniors are required to participate and complete a STEM Capstone Research project. In this projects, seniors collaborate together in order to solve an issue of their interest. Their solutions will be presented to a panel of trained professionals. Past projects have gone on to earn patents, recogniziton by private entities, and even contracts. The STEM Department is currently constructing a website where a video of every group's presentation will play. This website will be open for any to view. Our seniors have been working very hard on their Capstone projects and can't wait to share them with the community!

## **NOVEMBER STEM TEACHER**



# SPOTLIGHT

# MR. MCCOY





# What is your most listened to commuting to school song this year?

I have only commuted to school a couple of times this year, so that is tough. If I am not listening to sports talk radio, it would likely be something by Twenty-One Pilots (maybe...Leave the City).

#### **Professional background?**

I was a career changer originally, but have been teaching in AACPS for 16+ years now. I started at Glen Burnie High, then Meade (my alma mater), and the last 6 years here at South River. I have also taught part time at AACC for over 10 years as well as tutoring midshipmen at the USNA for around 9 years. I love teaching mathematics as I truly believe it holds the keys to the secrets of the universe.

### What is your favorite in-school memory?

There are so many, but among the best is my annual trip to NYC during the holiday season to the National Museum of Mathematics. Of course, it is always followed by a group picture by the tree in Rockefeller Plaza.

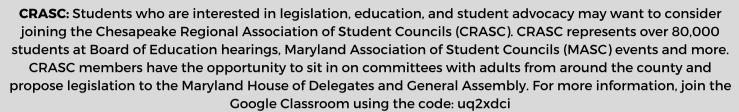
### What motivates you?

I love seeing the knowledge that I have transferred to the students in a meaningful way. The "a-ha" moments are great, but when I go into an explanation of where the math comes from and I see the students start to put it all together, it is one of the greatest feelings. The students that truly appreciate what you do for them usually comes after they have moved into college and beyond. It is great to see that I had a hand in their success.

### **Best thing about STEM at SR?**

The best thing about STEM at SR is that it gives so many students the opportunity to pursue a higher-level math than is uniformly offered at other schools. Our expectations are such that is raises the level of the student.

## **OPPORTUNITIES**



Let's Talk Justice: Let's Talk Justice is a county wide organization created by student advocates. The group acknowledges social injustices in our local community and works to tackle them through various events. They have hosted panel discussions that are posted on the AACPS YouTube channel and book studies where students discuss certain injustices. Recently, Let's Talk Justice held a forum with the schools system, the Anne Arundel County Department of Health, and County Executive Steuart Pittman where they discussed how anxiety affects us in this virtual environment. If students are interested in sharing their voice on issues such as equity, colorism, racism, inclusion and more, please join us using this Google Classroom code: ntjhodj

Service Learning: Students interested in community service and volunteering can participate in Anne Arundel County Service Learning projects. In order to access the hundreds of local volunteer opportunities, students can visit <a href="http://www.serveaacps.org/">http://www.serveaacps.org/</a> and create their own unique account. After doing so, they can sign up for volunteer opportunities near them. There are in-person (socially distanced) opportunities as well as athome ones. Popular activities include making cards for youth with disabilities, creating a video campaign to be aired on CRAB radio, volunteering at Gigi's Playhouse, and working with NASA scientists on environmental efforts. For more information, please email Idfowler@aacps.org or join the countywide Google Classroom using the code: pkzxxmm

Youth Corps: Do you want to work with local leaders to better your community and gain valuable civic experience? If so, the Youth Corps is the place for you. Created by executive order in August, Youth Corps members have the benefit of participating in exclusive events, direct communications with County Executive Pittman, and other exciting bonuses. Our inaugural event is coming soon, and we want you to be there! Join the Youth Corps today for more details and to learn how you can get involved:

 $\frac{https://www.aacounty.org/departments/county-executive/youth-engagement-opportunities/registration-form/index.html}{$ 

Femgineers: The Femgineers club is focused on increasing female representation in engineering through education and opportunities. At meetings, members participate in building challenges and hear from guest speakers, learning how they can be successful on their engineering journey. The club is also raising money to donate to a STEM camp, which will help increase their program offerings and stability. General meetings are on Mondays, and usually once or twice a month. For more information, join the Google Classroom with the code: 2bwigsg. Feel free to follow the club's social media as well, at

https://www.instagram.com/srhsfemgineers/, https://twitter.com/srhsfemgineers, and https://www.facebook.com/South-River-Femgineers-100613901874998

#### **NOTE FROM THE CHAIR**



Hello everyone! Thank you so much for reading the STEM newsletter. We hope you enjoyed the November/December edition. As 2020 is coming to a close, the Editorial Team and I want to wish everyone a warm winter break and happy holidays! We are very excited for the next edition of the newsletter. If you have any comments or suggestions please email me at to.arusa.malik@gmail.com. The Editorial Team is always looking for dedicated STEM writers, please do not hesitate to reach out if you are interested! Stay Safe. - Arusa Malik



## **ADDITIONAL RESOURCES**

Free hot lunch pick up:

https://www.aacps.org/mealpickup

Find a school counselor:

https://www.aacps.org/site/Default.aspx?PageID=862

COVID-19 Information:

https://www.aacps.org/coronavirus

Incident report form:

https://secure.aacps.org/webapps/SEFP/OSOS

Anne Arundel County Crisis Response System Warmline 410-768-5522

The Maryland Youth Hotline 1-800-422-0009

Student Safety Hotline 1-877-676-9854

# COMMUNITY WARMLINE

Crisis Response System

410-768-5522 24 HOURS A DAY, 7 DAYS A WEEK

For Anne Arundel County Residents in crisis. Get assistance and resources within the community.

Reminder to all: You are not alone in your hardships! Please reach out if you need it.

## CRISIS TEXT LINE

Text HELLO to 741741 Free, 24/7, Confidential



A suicide prevention network of 161 crisis centers that provides a 24/7, toll-free hotline available to anyone in suicidal crisis or emotional distress.