



Dear Minneota Viking Families of Students in Grades 4-12,

We are pleased to announce that our school has enrolled with HELPme, by STOPit Solutions. HELPme is a technology platform to assist students, parents, and staff in asking for – and privately accessing – a variety of help and resources.

Our aim with choosing HELPme is to provide:

- private access to basic needs resources,
- convenient linkage to school, community, local, state, and federal resources and helplines,
- a culture that recognizes that all of us need help at different points in our life and asking for help is an important life skill.

HELPme is a tool that works by empowering students, parents, and staff to access help they need with dignity and privacy. All parties will have access to the HELPme mobile app(lication), which has three main features:

1. **GET HELP** can be used to anonymously request help from Minneota school contacts, including *Messenger* which allows anonymous two-way communication between school contacts and help requesters.
2. **CRISISTEXTLINE** can be accessed directly from the app to text with non-local trained crisis counselors.
3. **GET RESOURCES** can be used to search community, local, state, and federal resources and helplines.



No personal information is needed to use HELPme. The only way personally identifiable information will be accessible through HELPme is if a requester voluntarily includes it within the content of a request or message. Both our school and HELPme are committed to protecting the privacy of student data. You may review STOPit's [Privacy Policy](#) for details, including more information on how anonymous reporting works.

Please note that we recently launched HELPme earlier this month with students in grades 4-12. At that time, your child was invited to download the HELPme app from the app store on his or her smartphone or tablet at no charge. Please see the informational flyer that is included with this letter for more detailed information.

We encourage you to download the HELPme app and search for your student's school using the directory. You can privately ask for help for your student, family, others you care about, or even acquaintances who appear to need help. For a video on how to use HELPme, click on [this link](#).

Together, we can make sure everyone in our community gets what they need to thrive. Thank you!

In education,

Scott Monson

Scott Monson
Superintendent

Jen Mahan-Deitte

Jen Mahan-Deitte
Elementary Principal

Heather Anderson

Heather Anderson
High School Principal

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

Have you ever needed help but **were too afraid to ask for it?**
Have you ever felt that asking for help **would make you look weak?**
Have you ever wondered why **asking for help can be so hard?**

With the HELPme 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 HELPme app is your connection to help that **respects your dignity and privacy.**



How HELPme Can Help?

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

How HELPme Works?

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



Get **help** in the way you need it. Download today.

