## **AKC All Breed Agility Trials Premium**

This event is accepting entries for Mixed Breed Dogs listed in the AKC Canine Partners Program This event is accepting FEO (For Exhibition Only) entries, see last page for details

## ENTRIES WILL BE CHOSEN BY RANDOM DRAW Entries are limited to 330 runs each day

ENTRIES OPEN WED, OCT 2, 2024 AT 8:00 a.m. at the trial secretary's address. All entries received before this date will be returned.

Online entries are available at LabTestedOnline.com.

DRAW CLOSES WED, OCT 16, 2024 AT 6:00 P.M.

DRAW LOCATION: 7837 Manning Ave. No, Stillwater, MN 55082

DRAW THURS, OCT 17, 2024 AT 5:00 PM

FINAL CLOSING WED, NOV 6, 2024 AT 6:00 PM



Twin Cities Obedience Training Club

## TWIN CITIES OBEDIENCE TRAINING CLUB

(LICENSED BY THE AMERICAN KENNEL CLUB)

Friday, Nov. 22, 2024 – Event 2023017616 STD/JWW (Ex/Mast), Premier Std & JWW, FAST (all levels)

Saturday, Nov. 23, 2024 – Event 2023017617 STD/JWW (all levels), Premier Std, FAST (all levels)

Sunday, Nov. 24, 2024 – Event 2023017618 STD/JWW (all levels), Premier JWW, Time 2 Beat

**TCOTC Building** 2101 Broadway N.E. Minneapolis, MN 55418 Judge: Megan Schafer (#48144) 232 S. Lennox St. Casper, WY 82601

Trial Secretary Services by: Kris Osojnicki of Agility Scores LLC agilityscores@gmail.com <u>www.agilityscores.com</u>



CERTIFICATION

Permission has been granted by the American Kennel Club for the holding of this event under AKC Rules and Regulations. Gina DiNardo, Secretary

## HOURS AND SITE INFORMATION

Trial Hours: 8:30am - 5:00pm Friday, 7:00am - 6:00pm Sat & Sun			
Judging Begins: 10:00am Friday,	Surface: Indoors on matting		
8:00am Sat & Sun			
Crate Setup: 8:30am Friday	Ring Size: 120' x 68'		

## OFFICERS and other SHOW POSITIONS

#### Officers of TCOTC

President	Julie Steenerson
Vice President	Liz Danielson
Treasurer	Maddie Hansen
Corresponding Secretary	June Mendoza – <u>jfmendozaw@gmail.com</u>

**Board Members** 

Joce Carlson-Rioux, Diane Steele

#### Event Committee

Scott McKenzie, June Mendoza, Chris Mosley, Anne Schenk, Mary Steinbauer and TCOTC members

TRIAL SECRETARY	TRIAL CHAIRPERSON			
Kris Osojnicki	Chris Mosley			
Agility Scores LLC	PO Box 898			
agilityscores@gmail.com	Prior Lake, MN 55372			
www.agilityscores.com	mushtownroad@gmail.com			
612-750-0554	612-270-6845			

## ORDER OF CLASSES

FRIDAY	SATURDAY	SUNDAY		
Short to Tall	Tall to Short	Short to Tall		
FAST (all levels)	FAST (all levels)	Time 2 Beat		
Excellent/Masters Std	Excellent/Masters JWW	Excellent/Masters JWW		
Premier Std	Premier Std	Premier JWW		
Excellent/Masters JWW	Excellent/Masters Std	Excellent/Masters Std		
Premier JWW	Open Std	Open Std		
	Novice Std	Novice Std		
	Open JWW	Open JWW		
	Novice JWW	Novice JWW		

## MAILING / DELIVERY / ONLINE ENTRIES

PLEASE WRITE TCOTC ON ENVELOPE

Mail Entries To:

Kris Osojnicki

7837 Manning Ave. No., Stillwater, MN 55082

#### SPECIAL REMINDER ABOUT OVERNIGHTS:

All overnight deliveries must be sent NO SIGNATURE REQUIRED If Express Mail – Write in big letters "NO SIGNATURE REQUIRED"

The post office will not attempt delivery of overnight that requires a signature

Online Entries are being accepted for this trial at LabTestedOnline.com

Entries close on Wednesday, November 6, 2024 after which time entries cannot be accepted, cancelled, altered, or substituted except as provided for in Chapter 11, Section 6 of the Rules Applying to Dog Shows.

Envelopes/transactions containing entries for more than the ten (10) dog maximum and/ or entries received prior to the opening date shall be treated as an invalid entry and shall be returned to the sender.

All confirmations will be emailed. Please provide a legible email address on your entry.

## ENTRIES AND ENTRY FEES

Make all checks and money orders payable to: TCOTC

**\$19.00** for the first & second entry of each dog per day

**\$15.00** for each additional run per dog per day

Includes a \$3.50 AKC recording for first run and \$3.00 for each additional run

\*\*BOUNCED CHECK FEES: A \$30 fee will be charged for all bounced checks. Repeat offenders will have to pay with a money order.

Entry changes, additions, corrections or cancellations MUST be received in writing or by email prior to the final closing date.

**REFUNDS**: Refunds for females that come in season and injured dogs after closing date will be refunded (minus a \$10.00 administration fee per day) if a veterinarian certificate is presented to the trial secretary prior to the start of judging. A full refund will be reimbursed to any entrant whose entry is replaced by a Wait-Listed entry. Refunds will not be issued because of riots, civil disturbances or other acts beyond the control of management if it is impossible to open or complete the show. No refunds for overpayments of \$10 or less. Entry fees shall not be refunded in the event that a dog is absent, disqualified, excused by vet or judge, or barred from competition by action of the trial committee.

## **ONLINE ENTRIES**

This trial is accepting online entries through LabTestedOnline.com.

## HOTEL / MOTEL INFORMATION

All hotels / motels listed in this premium list as accepting dogs are considered to be part of the show / trial site. An event committee hearing will be held for individuals reported by any of the above hotels / motels for not respecting motel property. Do not leave your dogs unattended in hotel rooms. Do not let your dog(s) destroy or foul the rooms. No grooming or bathing dogs in rooms. Clean up after your dog outside too! Limit barking and other noise. Please respect others.

Attention Exhibitors: For your protection, thoroughly check your room for previous damage *before* moving in. Report any previous damage to hotel before occupying room. (When making your reservations, confirm the current pet policy & pricing)

Kimpton Grand Hotel: 615 – 2<sup>nd</sup> Ave. S., Minneapolis, MN 55402 612-373-0407

Red Roof Inn: 2401 Prior Ave. N., Roseville, MN 55113 651-636-8888

- Motel 6: 2300 Cleveland Ave. N., Roseville, MN 55113 651-639-3988
- Residence Inn by Marriott: 2985 Centre Pointe Dr., Roseville, MN 55113 651-636-0680

## PRIZES

FIRST PLACE	Blue Ribbon
FOURTH PLACE	White Ribbon
QUALIFYING	

MACH/PACH ROSETTES AND BARS provided

## HEIGHT DIVISIONS

REGULAR	PREFERRED	HEIGHT AT WITHERS
Handlers may opt	Handlers must run	Owners are responsible for entering their dog in the
to run their dog in	their dog in their	proper height division.
a higher height	proper eligible	
division.	height.	
8"	4"	For dogs 11 inches and under at the withers
12"	8"	For dogs 14 inches and under at the withers
16"	12"	For dogs 18 inches and under at the withers
20"	16"	For dogs 22 inches and under at the withers
24"	20"	For dogs over 22 inches at the withers <b>ONLY</b>
		Dogs who measure into the 8" through 20" regular
		jump height divisions may opt to enter the 24-choice
24C"	n/a	height division at their owner's discretion. Dogs who
		measure into the 24" regular jump height division
		may not enter 24-choice.

ROUTES TO THE TRIAL Twin Cities Obedience Training Club -TCOTC 2101 Broadway N.E., Minneapolis MN 55413 (612) 379-1332 Entrance on lower level at back of building

**From the North or South:** Take I-35W to Stinson Blvd. exit. Turn south on Stinson and continue to Broadway. Turn right at Broadway and go about 1 block to first driveway on right after the "BREDE" sign.

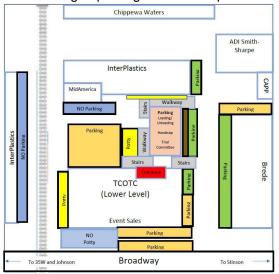
From the East: Take I-94 to Hwy. 280. Go north to Larpenteur Ave/Hennepin Ave and go west. Go north (right) on Stinson Blvd. Turn left on Broadway St. Proceed to 2101 Broadway. Look for "BREDE" sign.

**From the West:** Take I-394 to I-35W north. Take I-35W to Stinson Blvd. exit. Turn south on Stinson and continue to Broadway. Turn right at Broadway and go about 1 block to first driveway on right after the "BREDE" sign.



#### Show Site Parking Please help keep our neighbors happy!

Adhering to parking rules will help ensure TCOTC can continue to hold trials.



GREEN: Friday-Sunday parking GOLD: Saturday/Sunday only PEACH:ONLY Load/Unload, Handicap,Trial Committee BLUE: No Parking anytime!! Please watch for signs indicating where to park.

Cars parked inappropriately may be towed.

YELLOW: Potty Areas BLUE: No Potty!!

Failure to use designated Potty Areas may result in being excused from the trial.

Parking and Potty Areas are clearly marked and will be strictly enforced



#### AGILITY TRIAL MOVE-UP FORM

#### USE THIS FORM TO MOVE UP TO A HIGHER AGILITY CLASS ONLY

Dogs shall be moved up to a higher class at the request of the owner, as a result of the dog qualifying for an agility title. The request for a day-to-day move-up must be made to the Trial Secretary not later than 30 minutes past the last run the day preceding the event. Dogs so moved-up will be entered at the end of the running order. Refer to Chapter 1, Section 20 of the Regulations for Agility Trials for additional move-up requirements.

Move-ups for the first trial day must be received in writing at 7837 Manning Ave. No., Stillwater, MN 55082 or by email to <u>agilityscores@gmail.com</u> by 6PM the Monday before the trial.

Twin Cities Obedience Training Club (TCOTC)							Nov. 22-24, 2024			4
Breed:								Sex:		
Dog's AKC Nan	Dog's AKC Name			Call name			Dog'	s AK	C #	_
Move Entry to:										
Agility Class: (0	Circle O	ne)	Ju	ımp Heig	iht D	ivisio	n: (Ci	rcle (	One)	
Regular Standard	Nov B	Open	Excellent	Master	8"	12"	16"	20"	24"	24C
Regular JWW	Nov B	Open	Excellent	Master	8"	12"	16"	20"	24"	24C
Regular FAST	Nov B	Open	Excellent	Master	8"	12"	16"	20"	24"	240
Preferred Standard		Open	Excellent	Master	4"	8"	12"	16"	20"	
Preferred JWW		Open	Excellent	Master	4"	8"	12"	16"	20"	
Preferred FAST		Open	Excellent	Master	4"	8"	12"	16"	20"	
										-
Owners Name:	_									_
Handlers Name (If applicable)	:			· · · · · · · · · · · · · · · · · · ·					<b>-</b>	-
Signature of ow Duly authorized			ntry:							
Signature of Tri If Approved:	ial Secr	etary								

## EXHIBITOR INFORMATION

**Obstacles:** Obstacles will meet the specifications for obstacles in the current edition of the Regulations for Agility.

**Warm-Ups:** The warm-up area contains a regulation agility jump and is available to all exhibitors.

**Dogs Eligible to Enter:** As it states in the Regulations for Agility Trials, Chapter 1, Section 3, All dogs fifteen (15) months of age or older that are registered with the American Kennel Club or that have AKC Limited Registration, Purebred Alternative Listing/Indefinite Listing Privileges (PAL/ILP) or an AKC Canine Partners listing number, or approved Foundation Stock Services (FSS) breeds are eligible to participate except bitches in heat, aggressive dogs, or dogs suffering from any deformity, injury, or illness which may affect the dog's physical or mental performance. Dogs or registerable breeds with accepted foreign registration numbers are eligible to participate.

**Safety/Behavior:** The safety of the dogs is our primary concern. By entering this trial, exhibitors acknowledge that they are familiar with the rules and regulations of this sport, and that their dogs are familiar with and able to perform all obstacles safely. Exhibitors should follow their veterinarian's recommendation to assure their dogs are free of internal and external parasites, any communicable diseases, and have appropriate vaccinations. Exhibitors are responsible for ensuring that their dogs are in the proper physical and mental condition to run safely.

**Liability:** It is expressly understood that exhibitors alone are responsible for the behavior of their dogs and/or children. Any exhibitor, exhibitor's dogs and/or children that create an unnecessary disturbance or repeatedly engage in unsafe or disruptive behavior may, at the discretion of the trial committee, be asked to leave the show site. In such case, no refund of any fees paid will be made. The club and its agents, employees, etc., will assume no responsibilities for any loss, damage or injury sustained by exhibitors or handlers, or to any of their dogs or property and further assumes no responsibility for injury to children. The club reserves the right to decline entries for cause and may remove any dog on account of aggression. No one shall have any recourse or claim against the club or any official thereof.

Anyone in violation of a restriction pursuant to AKC rules or policies, or the law can be asked to leave the grounds. If the person fails to leave, the local authorities will be contacted. In addition, if the club believes laws, restrictions, or conditions of release are being violated by an individual's attendance or participation in AKC events, the local authorities will be contacted immediately as they have the authority of enforcement.

**Shoes:** Please preserve the matting by wearing clean athletic shoes. No spiked shoes of any kind are allowed. No sticky spray on dogs paws. The mats have a lot of grip so turf shoes are not recommended.

**Leashes:** All dogs must be on leash at all times when on the trial grounds except when in the designated warm-up area or competing on the course. While running, there are two options:

Option 1: The Leash Runner will use a "grabber" to move your leash to the end of the course. Your leash will be placed in the bucket.

Option 2: You can place your leash in your pocket, around your neck, or around your waist per AKC. If the dog grabs the leash while running, this will be scored as an "E".

**<u>Ringside</u>**: Dogs may arrive any time prior to judging if the dog has a valid temporary or permanent jump height card. Otherwise they must be available for measuring prior to the start of their class. All dogs not needed for further judging may leave the trial. Judges are not required to wait for dogs. The owner of each dog is solely responsible for having it ready at ringside when it is to be judged.

**<u>Agility Gate App:</u>** We will utilize the Agility Gate app to electronically track dogs. It will also be projected on a TV by the gate entrance. You will be able to check-in if you do not have your own device, but it is highly recommended to use your device to reduce crowding by the gate.

**Food & Beverages**: Food and beverages will be available at the show site for workers/volunteers. There are several fast food and restaurant options available within a short drive.

## VOLUNTEERS

A great trial depends on great volunteers. Please sign up at the link below to help this trial run smoothly.

https://tinyurl.com/TCOTCNov2024

The worker schedule link is also available on the Secretary's website www.agilityscores.com. Scott McKenzie (<u>mckscott201@gmail.com</u>) is volunteer coordinator.

## **VETERINARIAN ON CALL**

#### University of Minnesota Veterinary Hospital 1365 Gortner Ave., St. Paul, MN 55108 612-625-9711

Directions: (about 10 minutes - 3.6 miles)

- Turn left from TCOTC parking lot onto Broadway.
- •Go 1 mile to turn right onto Industrial Blvd
- •Go <sup>1</sup>/<sub>2</sub> mile to turn left onto Hennepin Ave, which becomes Larpenteur Ave.
- •Go  $1\frac{1}{2}$  miles to turn right onto Gortner Ave.
- •Go  $\frac{1}{2}$  mile to the Clinic, which is on the right



#### OFFICIAL AMERICAN KENNEL CLUB ENTRY FORM FOR AGILITY *Twin Cities Obedience Training Club (TCOTC)*

Fri, 11/22	[]STD	[]JWW	[]FAST		[] Prem STD	[] Prem JWW
Sat, 11/23	[]STD	[]JWW	[]FAST		[] Prem STD	
Sun,11/24	[ ] STD	[]JWW		[]T2B		[] Prem JWW

Make All Checks Payable to TCOTC Entry Fees: \$19.00 for 1 <sup>st</sup> class & 2 <sup>ND</sup> class \$15.00 each additional class each day Entries limited to 330 runs per day; Opening Date is Wed. October 2, 2024 @ 8 AM. Random Draw Close Date is Wed. October 16, 202 @ 6 PM. Closing date is Wed. November 6, 2024 @ 6 PM.					
Mail entries to: Kris Osojnicki, 7837 Manning Ave. N. Stillwater, MN 55082					
BEFORE FILLING OUT	ENCLOSED				
Choose Either Regular					
Circle one jump height, and circle class selections /O	nly one selection per class (STD, JWW, FAST, T2B)				
<b>REGULAR</b> Classes	PREFERRED Classes				
Jump Ht 8" 12" 16" 20" 24" 24C"	Jump Ht 4" 8" 12" 16" 20"				
STD Nov A Nov B Open Ex Mas Prem	STD NovP OpenP ExP Mas P PremP				
JWW Nov A Nov B Open Ex Mas Prem	JWW NovP OpenP ExP Mas P PremP				
FAST Nov A Nov B Open Ex Mas	FAST NovP OpenP ExP MasP				
<b>T2B</b> T2B	<b>T2B</b> T2BP				
NON-REGULAR AGILITY CLASSES: INTERNATIO					
This Dog Needs To Be Measured 🛛 Yes 🗌	SEX HEIGHT at Withers				
BREED	VARIETY CALL NAME				
AKC <sup>®</sup> Registered Name (INCLUDE AKC TITLES ONLY)					
Enter Complete Registration # below	DATE				
AKC® NO ILP NO. PAL NO.	OF BIRTH PLACE OF BIRTH				
ILP NO. PAL NO. FOREIGN REG. NO & COUNTRY					
Breeder					
Sire					
Dam					
ACTUAL OWNERS					
OWNERS ADDRESS	NEW ADDRESS ? [ ]				
CITY, STATE & ZIP + 4					
HANDLER (if junior handler	please enter # below)				

AKC Rules, Regulations, Policies and Guidelines are available on the American Kennel Club Web site, www.akc.org

#### AGREEMENT

I certify that I am the actual owner of the dog, or that I am the duly authorized agent of the actual owner whose name I have entered. In consideration of the acceptance of this entry, I (we) agree to abide by the rules and regulations of The American Kennel Club in effect at the time of this event, and any additional rules and regulations appearing in the premium list of this event and entry form and any decision made in accord with them. I (we) agree that the club holding this event has the right to refuse this entry for cause which the club shall deem sufficient. I (we) certify and represent that the dog entered is not a hazard to persons or other dogs. In consideration of the acceptance of this entry and of the holding of this event and of the opportunity to have the dog judged and to win prizes, ribbons, or trophies, I (we) agree to hold the AKC, the event-giving club, their members, directors, governors, officers, agents, superintendents or event secretary and the owner and/or lessor of the aforementioned parties, and any AKC approved judge, judging at this event, harmless from any claim for loss or injury which may be alleged to have been caused directly or indirectly to any person or thing by the act of this dog while in or about the event premises or grounds or near any entrance thereto, and I (we) personally assume all responsibility and liability for any such claim; and I (we) further agree to hold the aforementioned parties harmless from any claim for loss, injury or damage to this dog.

Additionally, I (we) hereby assume the sole responsibility for and agree to indemnify, defend and save the aforementioned parties harmless from any and all loss and expense (including legal fees) by reason of the liability imposed by law upon any of the aforementioned parties for damage because of bodily injuries, including death at any time resulting therefrom, sustained by any person or persons, including myself (ourselves), or on account of damage to property, arising out of or in consequence of my (our) participation in this event, however such, injuries, death or property damage may be caused, and whether or not the same may have been caused or may be alleged to have been caused by the negligence of the aforementioned parties or any of their employees, agents, or any other person. I (WE) AGREE THAT ANY CAUSE OF ACTION, CONTROVERSY OR CLAIM ARISING OUT OF OR RELATED TO THE ENTRY, EXHIBITION OR ATTENDANCE AT THE EVENT BETWEEN THE AKC AND THE EVENT-GIVING CLUB (UNLESS OTHERWISE STATED IN THIS PREMIUM LIST) AND MYSELF (OURSELVES) OR AS TO THE CONSTRUCTION, INTERPRETATION AND EFFECT OF THIS AGREEMENT SHALL BE SETTLED BY ARBITRATION PURSUANT TO THE APPLICABLE RULES OF THE AMERICAN ARBITRATION ASSOCIATION. HOWEVER, PRIOR TO ARBITRATION ALL APPLICABLE AKC BYLAWS, RULES, REGULATIONS AND PROCEDURES MUST FIRST BE FOLLOWED AS SET FORTH IN THE AKC CHARTER AND BYLAWS, RULES, REGULATIONS, PUBLISHED POLICIES AND GUIDELINES.

#### INSTRUCTIONS

Handlers whose dogs measure into the 8" through 20" regular jump height divisions may opt to enter in a higher or 24-choice **height** division for all **Regular** titling classes, but not in a division lower than their proper height division. Dogs who measure into the 24" regular jump height division may not enter 24-choice. Dogs entered in the **Preferred** classes **must** compete at the required jump height and <u>may not</u> compete in a jump height division <u>higher or lower</u> than their proper height division.

All dogs that have not been officially measured for an **Agility Jump Height Card** may still compete; however, they must be measured by a Judge of record, an Agility Field Representative, or a Volunteer Measuring Official, prior to running. If measured by the Judge of record, that measurement will be valid for this trial or back-to-back trials only. If a measurement is necessary, it is the exhibitor's responsibility to have their dog(s) measured prior to running.

Dogs listed in the AKC Canine Partners<sup>SM</sup> program may be eligible to enter all-breed AKC agility trials at the club's option. These dogs should be listed as All American Dog and must include their AKC number on the entry form and check the AKC No. box.

Junior Handlers should enter their Junior Handler number on the front of this form. Should you not have your Junior Handler number, it may be obtained from the American Kennel Club (919) 233-9767. If the Junior Handler is not the owner of the dog identified on the face of this form, what is the relationship of the Junior Handler to the Owner?

SIGNATURE of owner or his agent duly authorized to make this entry.

## SIGN HERE X

Telephone Number:

Email Address:

\_□New Email

In Case of Emergency – Name & Phone #:

AEAGL2 (10/17)

Exhibitor or owner MUST sign on the signature line beneath the instructions..

# Entering a Mixture of Regular and Preferred Classes Within the Same Trial Weekend – Multiple Jump Heights Within the Same Trial Day

Effective January 1, 2020, exhibitors may enter a mixture of both Regular and Preferred classes on the same trial day and/or during a trial weekend. Any mixture of Regular and Preferred classes is allowed. Please note that if a dog qualifies in Regular Master Standard and Preferred Master JWW (or vice versa) on the same trial day, then NO Double Q shall be earned toward either the MACH or PACH title. The Double Q still requires that Standard Agility and Jumpers With Weaves be either both Regular OR both Preferred on the same trial day.

Additionally, within the same Regular or Preferred classes, a dog may now be entered in multiple jump heights within the same trial day. For example, the same dog may now be entered in 20-inch Master STD/JWW while also entered in 24C-inch Premier STD/JWW on the same trial day.

A separate entry form must be submitted when the same dog is being entered in a mixture of Regular and Preferred and/or different jump heights within the same trial weekend thereby clearly indicating which class(es) and/or jump heights belong together for each trial day of the weekend.

#### Entering For Exhibition Only (FEO)

- For Exhibition Only may be offered at the option of the host club. FEO will allow exhibitors to work with their dogs in a trial environment. FEO is allowed in all classes. Participation in FEO is non-qualifying.
- FEO runs are treated as trial entries. The exhibitor must enter the class(es) prior to the closing date, pay class entry fee(s) and the Trial Secretary must record the entry in the Trial Catalog as part of the results for that class. FEO does not need to be noted on the entry form; the handler will declare the day of the show.
- Dogs may be entered in any jump height for FEO runs. If entered in an ineligible jump height, the team is committed to FEO for that run and must declare FEO on the start line. Day of show jump height changes are not allowed.
- Dogs may be entered at any level (Novice, Open Excellent or Masters) in FAST, JWW, Standard or Premier classes. If the dog is not eligible for the level entered, the team is committed to FEO for that run and must declare FEO on the start line. Day of show level changes are not allowed.
- The exhibitor must declare FEO in the ring prior to leading out to the scribe and the judge.
- Course time for FEO in Time 2 Beat, JWW, Standard, Premier and ISC will be 45 seconds. FAST courses times for each class/height are as noted in the Regulations.

## Fix and Go On (FNG)

Fix and Go On is not pre-entered; rather, it occurs during the course of the run.

FNG allows exhibitors to immediately reattempt an obstacle at any time while on course when the dog's performance of an obstacle is not to their expectation. This allows the dog to successfully complete the obstacle then finish the course or leave the ring on a positive note. Using FNG will result in a non-qualifying score.



## Darkness to Light's Abuse Hotline

The AKC is committed to creating a safe and respectful sport environment for all. If you need to talk to someone or need help, please call 800. 656.HOPE (National Sexual Assault Hotline) or text HOME to 741-741 for free, 24/7, confidential services from trained crisis counselors.