

Suicide Prevention Hotline (24/7; available nationally)

If you or a loved one are experiencing a mental health crisis, call the 24-hour National Suicide Prevention Lifeline at [**800-273-TALK \(8255\)**](tel:800-273-TALK(8255)). Caring staff will connect you with the closest possible crisis center in your area.

Crisis Text Line (24/7; available nationally)

The Crisis Text Line serves anyone, in any type of crisis, 24 hours a day. Text HELLO to: [**741741**](tel:741741). Trained crisis counselors will respond and help you or visit their website at [**CrisisTextLine.org**](https://www.crisistextline.org).

Safe2Help Illinois

Safe2Help Illinois is a 24/7 program where Illinois students can use a free app, text/phone, website: [**Safe2HelpIllinois.com**](https://www.safe2helpillinois.com), and other social media platforms to report school safety issues. Once vetted, the tips will be shared with local school officials, mental health professionals, and/or local law enforcement, depending on the nature of the tip. The program also will help local officials by connecting them with mental health or other appropriate resources to intervene and to help students before they harm themselves or others.