

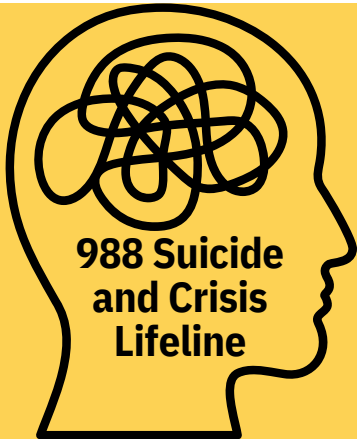
WAYS TO GET HELP

All students are encouraged to ask for help for themselves or others. Where to get help will depend on the situation.



Use to share information that may help prevent harm, bullying, school violence, and other threats to safety.

Text: **Safe2 (72332)**
Mobile App
www.Safe2HelpIL.com
Help@Safe2HelpIL.com



**988 Suicide
and Crisis
Lifeline**

Use when experiencing thoughts of suicide or emotional distress.

Call, text, or chat
988



Use when a serious and immediate medical or life-threatening emergency is happening.

Dial
911

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