

If you or someone you know needs help

Safe2Help 844-472-3344 TEXT 72332 HELP@Safe2HelpIL.com

National Suicide Prevention Lifeline 800-273-8255 suicidepreventionlifeline.org

National Sexual Assault Hotline 800-656-4673 rainn.org

Mental Health Crisis for Illinois children & youth 800-345-9049

Crisis TEXT Line - Text HOME to 741741 to connect to a crisis counselor
<https://www.crisistextline.org>

Illinois Child Abuse Hotline 800-252-2873

National Runaway Safeline 800-786-2929 or TEXT 66008

Trevor Project Hotline (LGBTQ+) 866-488-7386 or Text START to 678678

Illinois Call4Calm Text Line Text TALK to 552020
Stress-related to COVID-19 pandemic & need emotional support

All are available 24/7