

# SUPPORT CONNECTIONS



[DISTRICT.D303.ORG/HELPINGHAND](http://DISTRICT.D303.ORG/HELPINGHAND)

VISIT THE LINK ABOVE TO VIEW A VARIETY OF MENTAL HEALTH RESOURCES INCLUDING:

● ARTICLES ● WEBSITES ● COMMUNITY RESOURCES ● AREA PROVIDERS

IF YOU OR SOMEONE YOU KNOW IS IN A CRISIS,  
HERE ARE THE STEPS YOU CAN TAKE:

**IN IMMEDIATE DANGER  
TO ONESELF OR OTHERS  
CALL 911.**

## CONCERN FOR YOURSELF OR OTHERS

1. RECOGNIZE THE SYMPTOMS
2. TELL A PARENT OR TRUSTED ADULT
3. SHARE RESOURCES
  - SUICIDE HOTLINE: 1-800-273-8255
  - MORE RESOURCES:  
[DISTRICT.D303.ORG/HELPINGHAND](http://DISTRICT.D303.ORG/HELPINGHAND)

## LOOKING FOR HELP

- ASK FOR HELP FROM PARENT OR TRUSTED ADULT
- VISIT A LOCAL MENTAL HEALTH AGENCY
- ACCESS ONLINE RESOURCES



### Crisis Text Line

Text a trained crisis counselor, 24/7.

Always CONFIDENTIAL.

Always FREE.

**Need Help Now?**  
**TEXT "START" TO 741-741**

Crisis Text Line has processed over 10 million texts to date!

[www.AllianceforSafeKids.org](http://www.AllianceforSafeKids.org)

