

SUPPORT CONNECTIONS



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:

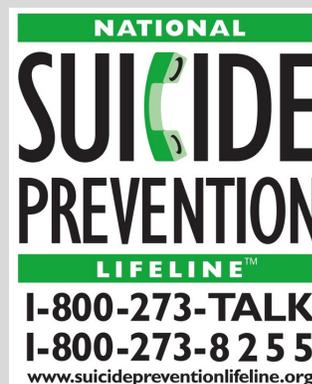
**IN IMMEDIATE DANGER
TO ONESELF OR OTHERS
CALL 911.**

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

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

