



# SUPPORT CONNECTIONS

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

Recognize the symptoms

Tell a parent or  
trusted adult

Share resources:

*Suicide Hotline:*  
1-800-273-8255

LOOKING FOR HELP

Ask for help from  
parent or trusted adult

Visit a local mental  
health agency

Access online  
resources

**NATIONAL**

**SUICIDE**  
PREVENTION  
**LIFELINE**<sup>TM</sup>

1-800-273-TALK (8255)

[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

## 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 20 million texts to date!

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



 **BARRINGTON**  
**220**  
COMMUNITY UNIT SCHOOL DISTRICT