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**

1-800-273-TALK (8255)

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

BARRINGTON 220 COMMUNITY UNIT SCHOOL DISTRICT