

# **If you are feeling Depressed or Suicidal**

Dial 988 to Reach the Suicide and Crisis Lifeline

Text Home to 741741 to Reach the Crisis Text Line

## **Contact Safe2Help Illinois:**

Dial 844 - 4 - Safeil,

TEXT Safe 2 (72332)

Email [Help@Safe2Helpil.com](mailto:Help@Safe2Helpil.com)