SAFE 2 HELP
ILLINOIS

WHAT IS SAFE2HELP IL?

Safe2Help IL is a program with a multifaceted approach to help prevent suicides, bullying, school violence, or other threats to school safety. The program offers a website with self help resources and videos, a classroom resource kit to help change the culture in Illinois schools, and a 24/7 **confidential** way to share information
regarding safety issues impacting you or your friend's safety. Our goal is for students to
"Seek Help Before Harm."

DID YOU KNOW?

70% of teens have experienced struggles with mental health.

1 in 6 students experienced a major depressive episode in 2020.

1 in 5 high schools students report being bullied in school.

15% of adolescents increased their use of alcohol.

Source: NAMI- https://www.nami.org/NAMI/media/NAMI-Media/Infographics/NAMI_2020MH_ByTheNumbers_Youth.pdf

HOW TO SHARE INFORMATION

📞 844-4-SAFEIL

📱 SAFE2 (72332)

🌐 SAFE2HELPIL.COM

✉️ HELP@SAFE2HELPIL.COM

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For more information visit our website at Safe2HelpIL.com