



SAFF

School District 7

SET RESOURCES

CRISIS TEXT LINE

Text With a Crisis Counselor

ASK FOR HELP

From Your School

Safety Emergency? Dial 9-1-1 Mental Health Emergency? Dial 9-8-8

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Connecting you with helpful resources and support when you need it most.

Have you ever needed help but were too afraid to ask for it? Have you ever felt that asking for help would make you look weak? Have you ever wondered why asking for help can be so hard?

With the SAFE DE app, we are here to help you find help when you need it most, while removing anything that stops people from getting that help. The SAFE DE app is your connection to help that **respects your dignity and privacy**.

How SAFE DE Can Help?

- Help for you, or someone you know
- Food
- Housing
- Crisis Counselors
- Suicidal Feelings
- Anxiety, Depression
- Abuse, Violence Intervention
- and more...

How SAFE DE Works?

- 1) Be courageous
 - Identify your need in the app
- 3 SAFE DE will connect you with the help you need



View Spanish Parents & Guardians Training Video



View Parents & Guardians Training Video





Get **help** in the way you need it. Download today.