



**SAFE 2 HELP**

ILLINOIS

Seek Help Before Harm





# What is Safe2Help IL?

In the absence of a trusted adult, Safe2Help Illinois offers students a safe, **confidential** way to share information that might help prevent suicides, bullying, school violence or other threats to school safety. This program is not intended to suspend, expel or punish students. Rather, the goal is to get students to “**Seek Help Before Harm.**”

Safe2Help Illinois will also develop an educational curriculum aimed at **changing the culture** in Illinois schools while also providing the resources to help parents and educators reinforce the components of this program.

# Safe2Help IL Elements

## STUDENT RESOURCES

The website, Safe2HelpIL.com, connects students to self-help resources.



## COMMUNITY OUTREACH

Marketing resources are available to help educate parents and community partners about the program

## EDUCATIONAL RESOURCES

A classroom resource kit is provided and aimed at changing the culture in Illinois schools



## CONFIDENTIAL HELPLINE

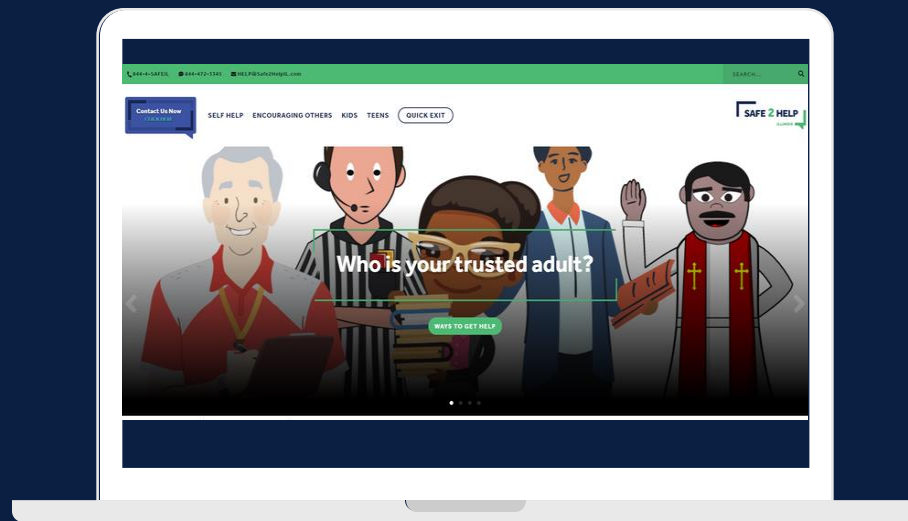
Students have a safe, confidential way in which to share information using phone, email, text, mobile app, or web form.



# Program Components

## Student Resources

- Website
  - Self-Help Resources
  - Videos
  - Tips & Tools



## Educational Resources

- Classroom Resource Kit
  - Pre-K - 4th grade
  - 5th -8th grade
  - 9th-12th grade



## Report Line

- A 24/7 call center
- 5 ways to make a report
- External SOP

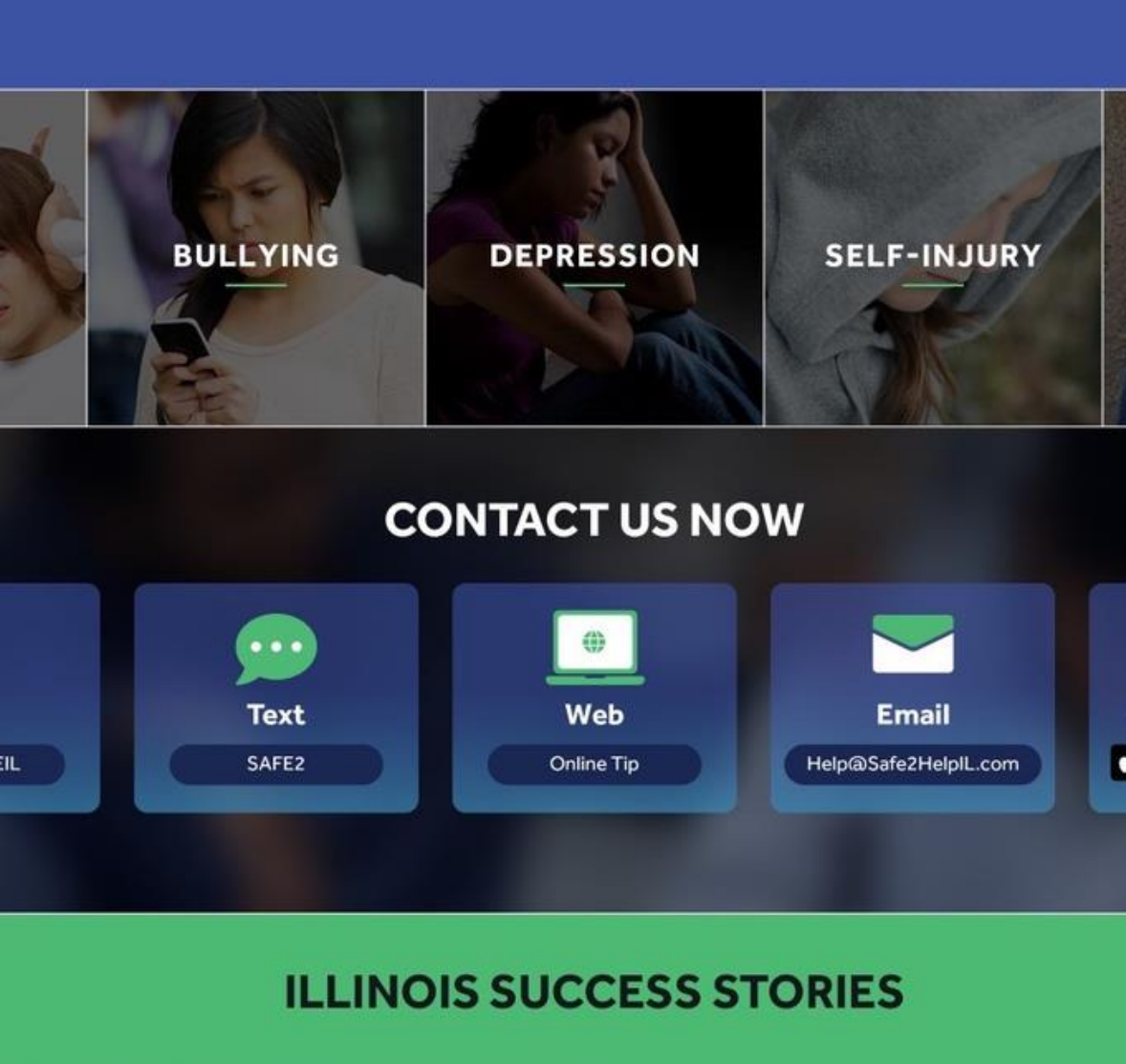


## Community Outreach

A digital toolkit

- Drafted fillable pdf letter
- Promotional Materials
- 12 Days of Kindness Social Media Kit
- Ideas on how to promote the program





## SUICIDE

### National Suicide Prevention Lifeline

- [800-273-8255](tel:800-273-8255) (Available 24/7)
- [Suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)

## Online Resources

The Safe2HelpIL website provides resources 24/7 for students and the community.

### What is Safe2Help Illinois?



### Depression

#### TIPS

- Creating a Safety Plan
- Seeing A Counselor
- Blue Mondays
- Your Circle
- Your Feelings are OK
- Social Media Obsession
- Don't Give Up
- Depression





## TIPS

- 12 Steps To Overcome Depression
- 9 Steps to Taking Care of Yourself
- Be Kind to Yourself
- Blue Mondays
- Creating a Safety Plan
- Depression
- Don't Give Up

## TOOLS

- 60 Ways To Be Kind
- 99 Coping Skills
- Blessings List
- Circles of Friendship

## 99 Coping Skills

- Exercise (running, walking, etc.)
- Put on fake tattoos
- Write (poetry, stories, journal)
- Scribble/doodle on paper
- Be with other people
- Watch a favorite TV show
- Post on web boards and answer others' posts
- Go see a movie
- Do a word-search or crossword
- Do schoolwork
- Play a musical instrument
- Paint your nails, do your make-up or hair
- Sing
- Study the sky
- Punch a punching bag
- Cover yourself with Band-Aids where you want to cut
- Let yourself cry
- Take a nap (only if you are tired)
- Take a hot shower or relaxing bath
- Play with a pet
- Go shopping
- Clean something
- Knit or sew
- Read a good book
- Listen to music
- Try some aromatherapy (candle, lotion, room spray)
- Meditate
- Go somewhere very public
- Bake cookies
- Alphabetize your CDs/DVDs/Books
- Paint or draw
- Rip paper into itty bitty pieces
- Shoot hoops, kick a ball
- Write a letter or send an email
- Plan your dream room (colors/furniture)
- Hug a pillow or stuffed animal
- Hyper-focus on something like a rock, hand, etc.
- Dance
- Make hot chocolate, a milkshake or a smoothie
- Play with modeling clay or Play-Doh
- Build a pillow fort
- Go for a nice long drive
- Complete something you've been putting off
- Draw on yourself with a marker
- Take up a new hobby
- Look up recipes, cook a meal
- Look at pretty things like flowers or art
- Create or build something
- Pray
- Make a list of blessings in your life
- Read the Bible
- Go to a friend's house
- Jump on a trampoline
- Watch an old happy movie
- Contact a hotline/your therapist If you want, you can call us 1-800-448-3000
- Talk to someone close to you
- Ride a bicycle
- Feed the ducks, birds or squirrels
- Color
- Memorize a poem, play or song
- Stretch
- Search for ridiculous things on the internet
- "Shop" on-line (without buying anything)
- Color-coordinate your wardrobe
- Watch fish
- Make a CD/play-list of your favorite songs
- Play the "15 Minute Game" (Avoid something for 15 minutes, when time is up start again)
- Plan your wedding/prom/other event
- Plant some seeds
- Hunt for your perfect home or car on-line
- Try to make as many words out of your full name as possible
- Sort through/edit your pictures
- Play with a balloon
- Give yourself a facial
- Play with a favorite childhood toy
- Start collecting something
- Play a video/computer game
- Clean up trash at your local park
- Look at yourlifeyourvoice.org
- Text or call an old friend
- Write yourself an "I love you because..." letter
- Look up new words and use them
- Rearrange furniture
- Write a letter to someone that you may never send
- Smile at five people
- Play with your little brother/sister/niece/nephew
- Go for a walk (with or without a friend)
- Put a puzzle together
- Clean your room/closet
- Try to do handstands, cartwheels or backbends
- Yoga
- Teach your pet a new trick
- Learn a new language
- Move EVERYTHING in your room to a new spot
- Get together with friends to play frisbee, soccer or basketball
- Hug a friend or family member
- Search on-line for new songs/artists
- Make a list of goals for the week/month/year/5 years
- Perform a random act of kindness

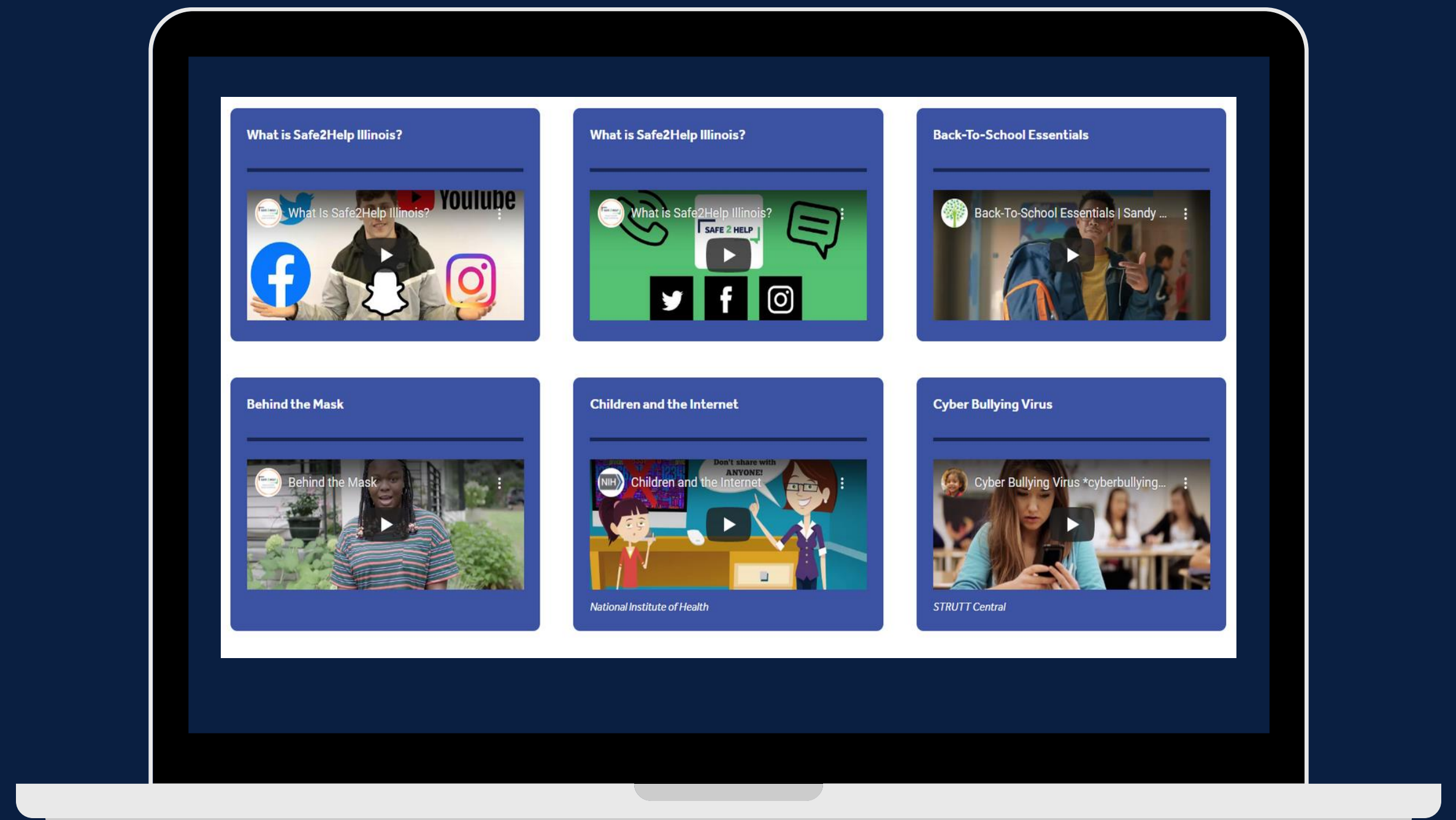


## Self-Help Topics

- 5 self-help topics with more in development
- Multiple Tips and Tools for each topic

## Videos

Assortment of videos for students, school staff, and parents about the self-help topics and the program.





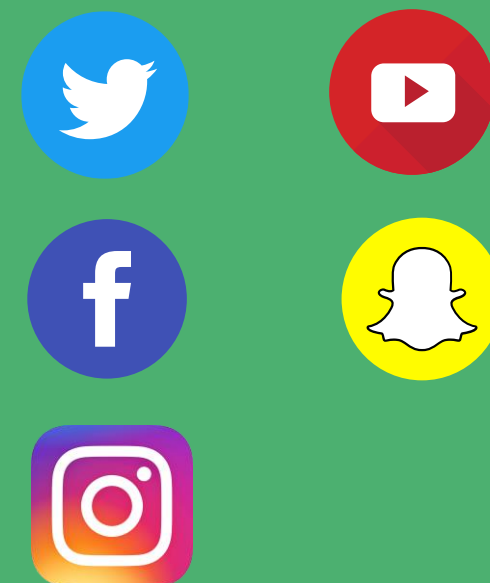
# Marketing

WWW.SAFE2HELPII.COM

## Promotional Items

- Hand Sanitizer
- Drawstring bags
- Posters
- Kindness Awards
- Window Clings
- Connect Cards
- Silicone Wrist Bands
- Mask Lanyards

## Social Media



## Promotional Activities

- 12 Days of Caring Social Media Calendar
- Virtual Movie Night
- Needs Box
- Kindness Messages in bathrooms or on painted rocks

INFO@SAFE2HELPII.COM







**1-844-4-SAFEIL**



**Safe2HelpIL.com**



**Safe2**



**HELP@Safe2HelpIL.com**



Safe2Help IL How  
to Report




English Español

#### Submit a Report

If you feel unsafe or know someone who feels unsafe, please report it here. After you fill out the form below, Safe 2 Help IL sends an email to an administrator with all of the details from your report.

#### What can I report?

School Name	<input type="text"/>
Where did you hear or see this incident?	<input type="text" value="Select.."/>
When did it happen?	<input type="text" value="2/2/2021"/> @ <input type="text"/>
How many times has this situation happened?	<input type="text" value="Select.."/>
Have you reported this to an adult?	<input type="text" value="Select.."/>
Who was causing harm or talking about causing harm?	<input type="text"/> <small>Include first name, last name and grade if known.</small>
Who was or will be harmed?	<input type="text"/>
Describe what you saw or heard.	<input type="text"/>
Who are you?	<input type="text" value="Select.."/>
What is your name?	<input type="text" value="Optional"/>
If you would like someone to contact you, please add your email or phone number here.	<input type="text" value="Optional"/>
<input type="checkbox"/> I'm not a robot  <small>reCAPTCHA Privacy Terms</small>	
<input type="button" value="Submit"/>	

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# Safe2Help IL Reporting Form

## Web & Mobile App Reporting Form





# Educational Resource Kit

- This is a long-term initiative to change the school culture in Illinois.
- Providing a recommended educational curriculum as early as preschool, we hope to:
  - remove the stigma associated with mental health issues,
  - foster a culture of kindness,
  - and instill important lessons.





### Pre-K-4th

- Be Kind
- Telling vs. Tattling
- Trusted Adult
- Stress & Anxiety
- Healthy Relationships

### 5th-8th

- Suicide Prevention
- Internet Safety
- Self-Injury
- Stress & Anxiety
- Social Isolation

### 9th-12th

- Call to Action
- Help Before Harm
- Suicide Prevention
- Stress & Anxiety
- Social Isolation

## Classroom Resource Kit

- Not required
- Supplements the IL Social Emotional Learning Standards
- Sample activities and videos included



**Thank you for joining. Any  
questions?**

For more information email us at  
[Info@Safe2HelpIL.com](mailto:Info@Safe2HelpIL.com) or  
visit our website at [www.Safe2HelpIL.com](http://www.Safe2HelpIL.com)