

MHS CARES 24/7 STUDENT CRISIS / WELLNESS RESOURCES

(Leer debajo para la misma información en Español)

(Read below for a Spanish-language version of these same resources.)

Police/Fire/Medical/Personal Emergency? **DIAL 911**

24/7 Suicide/Crisis Hotline: **Call or text 988** or call 1-800-273-TALK (8255)

Live Chat support also available at suicidepreventionlifeline.org

24/7 Suicide/Crisis Hotline Specializing in Serving Teens: Call 1-800-852-8336

Personal Crisis / Safety Issue / Need Help? Text "HOME" to 741741 (Crisis Text Line)

Local Crisis Response Counselors for Suicide Risk: CARES Line at 1-800-345-9049

24/7 crisis line specialized in serving LGBTQ ages 13-24. 866-4-U-TREVOR (866-488-7386)
or text "START" to 678678 Online chat available at thetrevorproject.org

Not a "crisis" but need someone to talk to? Call the Illinois "Warm Line" for emotional support.
8 AM – 8 PM Monday through Saturday at 1-866-359-7953 and press option "1."

Any other community resource, support, civic/public/social/human service, housing, food, disaster help, safety issues, etc. **DIAL 211** (24/7, any language) or call 844-4-SAFE-IL (844-472-3345) or visit [here](#).

Poisoning or drug/alcohol overdose? 911 & 1-800-222-1222

Illinois Helpline for Opioids/Drugs & Other Resources 1-833-2FINDHELP (1-833-234-6343) or click [here](#).

Anonymously report drug dealing or parents/adults providing alcohol/drugs to minors, at 815-883-3302

Sexual assault/rape? 911 and 1-800-892-3375, 815-673-1555, or 1-800-656-4673

Need a Safe Place? Call 815-433-3953 / text "SAFE" & your location to 69866 or dial 211

Abused/neglected, or subjected to violence? Call 1-800-25-ABUSE (252-2873), 1-800-799-SAFE (7233), 911

Dating abuse/date rape? 1-866-331-9474 or text "LOVEIS" to 22522 or dial 211

Runaway? Homeless? "Locked out?" Do you or someone else need help? Call 1-800-786-2929 or text 66008

Drug/alcohol problem? Want help? 815-391-1000 or dial 211 or call 1-833-234-6343 (ILDHS Helpline)

Human trafficking/coercion for labor or sex? Call 1-888-373-7888 or text BEFREE to 233733

Get a non-crisis mental health call-back: Text "TALK" (Eng.) or "HABLAR" (Spanish) to 552020 (IL Call4Calm)

Email mhscares@mendotahs.org to *confidentially* report *non-emergency* concerns, such as bullying, potential conflicts, a student who needs help (including yourself), or *non-urgent* MHS school safety concerns.

Confidential, 24/7 resource for Illinois students to help yourself or someone else, or to confidentially report bullying or any safety or wellness concern or "tip." Reach Safe2Help Illinois at 1-844-4-SAFEIL (1-844-472-3345) or text "SAFE 2" to 72332 or email HELP@Safe2HelpIL.com or use the online tip-reporting option at www.safe2helpil.com or download the Safe2HelpIL app.

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