

CONNECTIONS DAY SCHOOL
CRISIS HOTLINE GUIDE

SUICIDE & SELF-INJURY AND GENERAL CRISIS ISSUES

- **Text-a-Tip Text Crisis Helpline: text 274637, with the message 847HELP to get your community code, you will receive an automated response, and then be connected with a live, local mental health professional**

A 24/7, anonymous, text crisis hotline for middle school and high school youth in Lake and McHenry counties who need immediate mental health assistance for themselves or a friend. This text hotline is supported by teams of licensed mental health counselors.

- **National Self-Abuse Helpline: 1.800.DON'T.CUT (366.8288)**

Whether you have injured yourself or are just having the impulse to do so, we are here to help you learn to keep yourself safe.

- **Boys Town Crisis Helpline: 1.800.448.3000**

To help young people and their families with the following: Suicide prevention, Sexual abuse, Parenting troubles, Anger, Physical abuse, School issues, Chemical dependency, Relationship problems, Depression, Emotional abuse, Runaways, And much more

- **Covenant House Nineline: 1.800.999.9999**

Sometimes you just need to talk. Are you or your friends looking for answers to tough questions? Bullying, Family Issues, Relationship Issues, Dealing with Feelings, Feeling Suicidal, Meeting Your Basic Needs, Dealing with Abuse, Health Concerns, Sex Questions, Drug & Alcohol Issues

DOMESTIC VIOLENCE AND SEXUAL ASSAULT

- **Lake County Crisis Center: 847.249.4450**

Providing emergency services to victims of domestic violence and sexual assault in Lake County.

YOUTH HOMELESSNESS

- **Community Crisis Center: 847.697.2380**

For those seeking support in cases of: Domestic Violence, Sexual Assault, Homelessness, Suicide, and many other crises.

- **National Runaway Safeline: 1.800.RUN.AWAY (786.2929)**

We won't tell you what to do and we're not here to give out advice. We help you help yourself. We talk through your problems and help you develop a plan of action.

- **Homelessness 24-hour hotline: 1.800.654.8595**

- **Housing Crisis Hotline in Illinois: 847.866.7027**