

* **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.”
* **Police/Fire/Medical/Personal Emergency**? **DIAL 911**
* **24/7 Suicide/Crisis Hotline: Dial 988** <https://988lifeline.org/current-events/the-lifeline-and-988/>
* **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](https://www.thetrevorproject.org/)
* **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 <https://www.navigateresources.net/path/>
* **Poisoning or drug/alcohol overdose?**   
  911 & 1-800-222-1222

Updated 8/2023

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**St. Bede Academy**

**Supports Our Bruins**

**24/7 Student Crisis & Wellness Resources**













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* **Illinois Helpline for Opioids/Drugs & Other Resources   
  1-833-2FINDHELP (1-833-234-6343) or visit** [**https://www.dhs.state.il.us/page.aspx?item=123529**](https://www.dhs.state.il.us/page.aspx?item=123529)
* ***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   
  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)
* **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](mailto:help@safe2helpil.com) or use the online tip-reporting option at [www.safe2helpIL.com](http://www.safe2helpil.com)   
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**Teachers & Staff at SBA are**

**ALWAYS here for you!**

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