

I Want To Help

If you or someone you know is considering suicide, there are many ways to get help.

- Call **1-800-273-TALK(8255)** to speak with a crisis counselor on the National Suicide Prevention Lifeline
- or the National Suicide Hotline at **1-800-SUICIDE (784-2433)**
- Find helpful, teen-centered information at **www.yourlifeyourvoice.org**
- Talk to your school counselor and/or reach out to a trusted adult
- Report suicidal behavior on any social networking site such as Facebook, YouTube, Instagram, etc.

EVERY suicide warning sign should be taken seriously

Warning Signs Include:

Change in mood: sadness, anxiety, irritability

Change in behavior: isolation, giving away possessions

Change in sleep or appetite

Increase in aggression or impulsiveness, agitation

Saying things like “No one will miss me” or “You’ll be better off” (feeling like a burden)

Feeling ashamed or humiliated or desperation, as after a break up or test; feeling hopeless, worthless

Talking about wanting to kill themselves

Risk taking

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TEEN RESOURCE GUIDE

Have questions? Looking for more information? Here are a few places where you can go to learn more

Resource and Advice Helpline (For Teens from Other Teens)

TeenLine (8pm-12am)
Phone Number: 310-855-4673
Text "TEEN" to 839863
www.teenlineonline.org

Warm Line: Peer and Family Support

Phone Number: 1-866-359-7953

Dating/Domestic Violence

National Teen Dating Abuse Hotline: Love is Respect

Phone Number: 1-866-331-9474
Text "LOVEIS" to 22522
www.loveisrespect.org

National Domestic Violence Hotline

Phone Number: 1-800-799-SAFE (7233)

My-Plan App

iPhone: Health & Fitness
Android: Mongoose Projects

Digital Abuse Info

www.thatsnotcool.com

One Love Foundation

www.joinonelove.org

Crisis, Abuse, & Counseling

National Suicide Hotline

Phone Number: 1-800-SUICIDE (784-2433)

Chicago Rape Crisis Hotline

Phone Number: 1-888-293-2080

RAINN (Rape, Abuse, Incest National Network)

Phone Number: 1-800-656 (HOPE) 4673
www.rainn.org

Resilience Chicago (formerly Rape Victim Advocates)

Office Phone: 312-443-9603
www.ourresilience.org

Crisis Text Line

Text "Home" to 741-741
Social Media @CrisisTextLine

Child Abuse

Illinois Child Abuse and Neglect Hotline

Phone Number: 1-800-252-2873

Chicago Children's Advocacy Center

Phone Number: 312-492-3700

School Resources

Ask Rose Homework Help

Sun-Thurs 6-9pm
Phone Number: 1-877-ASK-ROSE (275-7673)

Stomp Out Bullying Hotline

Phone Number: 1-877-602-8559

Health

National Eating Disorder Association (NEDA)

Phone Number: 1-800-931-2237
Text "NEDA" to 741741

Access Community Health Network (ACCESS)

Phone Number: 312-526-2200
www.freeclinicdirectory.org

Planned Parenthood

Phone Number: 312-592-6800
www.plannedparenthood.org

Scarleteen

Free text question line: 206-866-2279
www.scarleteen.com

Erie Teen Center

www.riefamilyhealth.org

ICAH (Illinois Caucus for Adolescent Health)

Website: www.icah.org

Substance Abuse & Youth Services

SAMHA (Substance Abuse & Mental Health)

Phone Number: 1-800-662-HELP (4357)

National Drug/Alcohol Hotline

Phone Number: 1-844-289-0879
www.drughelpline.org

Youth Outreach Services (YOS)

Phone Number: 773-777-7112

UCAN Chicago

Chicago West Phone Number: 773-309-6040

Runaway/Homeless

National Runaway Switchboard

Phone Number: 1-800-293-2080

Open Door Youth Emergency Shelter

Phone Number: 1-877-286-2523

Gangs

Build, Inc.

Phone Number: 773-227-2880
Website: www.buildchicago.org

LGBTQ+ Youth

GLBT National Youth Talkline

Phone Number: 1-800-246-PRIDE (7743)

Trans Lifeline

Hotline Number: 1-877-565-8860

SARAH'S INN



24-Hour Crisis Line: 708-386-4225



www.sarahsinn.org



SarahsInnOakPark

Deseo Ayudar

**Si tú o alguien conocido está considerando suicidio,
hay muchas maneras de ayudar.**

- Llama al **1-800-273-TALK(8255)** siguiente Sustento Nacional de Prevención al Suicidio para hablar con una consejera de crisis o la Línea Directa **1-800-SUICIDE (784-2433)**
- Encuentra información útil centrada en adolescente
www.yourlifeyourvoice.org
- Habla con tu consejero escolar y/o contacta a un adulto de confianza
- Reporte comportamientos suicidios en cualquier red social como Facebook, YouTube, Instagram, etc.

CADA aviso de suicidio debe ser tomado en serio

Señales de Alerta incluyen:

Cambio de humor: tristeza, ansiedad, irritabilidad

Cambio de conducta: aislamiento, regular posesiones

Cambios en su dormir o apetito

Aumenta la agresión o impulsividad, agitación

El decir cosas como "Nadie me extrañará" o "Estarás mejor" (el sentirse como una carga)

El sentirse avergonzado o humillado o desesperado, después de una separación o prueba; el sentirse sin esperanza, inútil

El decir que quieren matarse

El tomar riesgos

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GUIA DE RECURSOS PARA ADOLESCENTES

¿Tienes preguntas? ¿Buscas más información? Aquí encontraras algunos lugares donde podrás ir y aprender aún más....

Línea de Ayuda con Recursos y Consejería (Para Adolescentes de parte de Otros Adolescentes)

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Social Media @CrisisTextLine

Abuso de Niños (menores)

Illinois Child Abuse and Neglect Hotline

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Recursos Escolares

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