

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Starting today, you now have a confidential way to share information about safety issues at your school or at home. Check out @Safe2HelpIL. Share what you can to help prevent bullying, suicides, school violence or other threats to you, your friends or others you may know. 1-844-4-SAFEIL // www.Safe2HelpIL.com/ Send a text to 72332 (Safe2) // or download or free mobile app. #SeekHelpBeforeHarm

SHARE THIS POST! Take 5 minutes to check out www.Safe2HelpIL.com. It's a free and confidential way to share information that could help keep you and your friends safe. Be part of the solution with @Safe2HelpIL.

Safe2Help Illinois is available 24/7. Learn more about how it can help you and your friends. Visit www.Safe2HelpIL.com or download the free mobile app today. <https://youtu.be/KqCB699trUg>

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12 Days of Caring

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Who needs a pep talk today? Never underestimate the power of a positive words. Share kindness today. <https://www.safe2helpil.com/Resources/4505b6da-b572-4919-919c-1f503bfcas65/101%20Positive%20Things%20to%20Say%20to%20Myself.pdf>

It's Teamwork Tuesday. Who is on your team? We all have days when we are feeling down in the dumps. Before things get stressful, it is important to map out who you can go to for help. If you need more players on your team, check out www.Safe2HelpIL.com or call 1-844-4-SAFEIL and #SeekHelpBeforeHarm.

We all have times when we feel alone, especially now. Embrace the Alward. Check in with your friends. Tell a trusted adult if you have concerns about your friend's safety. In the absence of a trusted adult, check out www.Safe2HelpIL.com. 1-844-4-SAFEIL // Text 72332 (Safe2) // download the free mobile app. #SeekHelpBeforeHarm <https://www.youtube.com/watch?v=Rt6wKzEgT0>

Get To Know Us: Bookmark: www.Safe2HelpIL.com. Save our numbers in your phone 1-844-4-SAFEIL // Text 72332 (Safe2). Download our free mobile app, and follow us on Facebook, Twitter, Snapchat, YouTube, Instagram and more.

What is a trusted adult? Many kids fear sharing info b/c it lead to getting someone in trouble. @Safe2HelpIL is not designed to suspend, expel or punish students. It's a confidential way to help you and your friends #SeekHelpBeforeHarm. www.Safe2HelpIL.com // 1-844-4-SAFEIL

We all want what's best for our friends and family. That's why Safe2Help is here as a confidential resource for you to share safety concerns. End the Silence. Make a difference. #SeekHelpBeforeHarm www.Safe2HelpIL.com // 1-844-4-SAFEIL

Suicide is the second leading cause of death among 10-24 year olds in Illinois. YOU ARE NOT ALONE! 1-844-4-SAFEIL or Text SAFE2 #SeekHelpBeforeHarm

Waiting 15 minutes before reacting to someone or something can help prevent impulsive decisions that you might later regret. Learn more about the 15 Minute Rule from @Safe2HelpIL. <https://www.safe2helpil.com/Resource/s/5bcc831a-6840-4087-8f2f-d08d31f839a7/15%20Minute%20Rule.pdf>

What is Safe2Help Illinois? <https://www.youtube.com/watch?v=CVvHGIG9a20&feature=youtu.be>

February Social Messaging

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Get To Know Us: Bookmark: www.Safe2HelpIL.com. Save our numbers in your phone 1-844-4-SAFEIL // Text 72332 (Safe2). Download our free mobile app, and follow us on Facebook, Twitter, Snapchat, YouTube, Instagram and more. Safe2Help Illinois is available 24/7. Learn more about how it can help you and your friends. Visit www.Safe2HelpIL.com or download the free mobile app today. <https://youtu.be/KqCB699trUg>

Happy Motivation Monday! Make time this week to do a bit of work surrounding self actualization. Think about your limitless potential and remind yourself of all the unique, wonderful things that make you, YOU!

We don't always see the struggles of others, which is even more reason to practice kindness daily and have a zero tolerance for bullying! Give it a try and encourage others to follow!

Safe2Help is available 24/7 for you to confidentially share school-related safety concerns at www.Safe2HelpIL.com, 1-844-4-SAFEIL, or on our free app. #SeekHelpBeforeHarm. #Safe2HelpIL

Word's matter and have the power to uplift or destroy. Choose wisely and insist that others do so also!

Even though we are heading into a weekend, we are still here for you 24/7. #SeekHelpBeforeHarm. www.Safe2HelpIL.com

Remember: What you post online, stays online. #ShareItOnce and share information related to cyberbullying with @Safe2HelpIL. We are always available and your information will remain confidential.

We all have times when we feel alone, especially now. Embrace the Alward. Check in with your friends. Tell a trusted adult if you have concerns about your friend's safety. In the absence of a trusted adult, check out www.Safe2HelpIL.com. 1-844-4-SAFEIL // Text 72332 (Safe2) // download the free mobile app. #SeekHelpBeforeHarm <https://www.youtube.com/watch?v=Rt6wKzEgT0>

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See It... Hear It....Report It..... #SafeSchools #prevention #Safe2HelpIL

You be You. You are fabulous! #Safe2HelpIL. <https://www.youtube.com/watch?v=rcyVzjq96vs>

You can make a difference. Know the Signs. Know who to call. www.Safe2HelpIL.com 1-844-4-SAFEIL

If you have an urgent concern about your or a friend's safety, report it to Safe2Help. We're available 24/7 for you to share your safety concerns. Always Available, Always Confidential at www.Safe2HelpIL.com, 1-844-4-SAFEIL, or on our free app. #SeekHelpBeforeHarm

Mental health matters! It takes courage to ask for help! Be your own hero! It's ok not to be ok, but plz reach out if you or someone you know is struggling! Safe2Help Illinois is always available and always confidential. Seek help before harm and share the information that could save a life. Text SAFE2 or visit www.safe2helpil.com

IT'S MAGIC! Today is a good day to inspire others through your words and your actions!

COVID-19 may have changed the world we live in, but it has not shaken our resolve to protect the ones we love. Make safety a priority. Share safety concerns with a trusted adult or @Safe2HelpIL.

We don't take days off. Our team is here for you 24/7. #SeekHelpBeforeHarm. www.Safe2HelpIL.com

Sometimes it's hard to know what we're feeling behind our masks, but Safe2Help Illinois is available 24/7 for you. Share your information at www.safe2helpil.com, 1-844-4-SAFEIL, or on our free app. #SeekHelpBeforeHarm

We're all facing unique challenges this year. If you are concerned about your or your friend's safety, #SpeakUp. Seek Help Before Harm with Safe2Help Illinois. Share your information 24/7 at www.safe2helpil.com, 1-844-4-SAFEIL, or on our free app.

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SHARE THIS POST! Take 5 minutes to check out www.Safe2HelpIL.com. It's a free and confidential way to share information that could help keep you and your friends safe. Be part of the solution with @Safe2HelpIL.

Happy Monday! Play nice, work hard and stay kind... Words for young and old to live by! Have a great week and stay safe! <http://Safe2HelpIL.com>, 1-844-4-SAFEIL or download our free app.

Safe2Help Illinois offers students a safe, confidential way in which 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." Learn more: www.Safe2HelpIL.com

Nobody likes an awkward silence. In fact, we usually try to avoid it. But sometimes, an awkward silence can be a good time to check in with a friend about their mental health. #SeekHelpBeforeHarm

If you or someone you know is struggling, please tell a trusted adult. Safe2Help Illinois is a confidential resources you can use to seek help before harm. Learn more at www.Safe2HelpIL.com

Words matter. Actions Matter. YOU MATTER! Just thought you might want to know that.

The most important numbers to remember in 2021 are 1-844-4-SAFEIL.

2 in 10 Illinois students report being bullied. Stand-up to bullies! If you See Something, Say Something. @Safe2HelpIL is here to help. www.Safe2HelpIL.com

Relationships can be complicated. But you should know that mental, emotional and/or physical abuse from a boyfriend/girlfriend/ANYONE is not love and it is not ok! #LovesIsRespect

See It... Hear It....Report It..... #SafeSchools #prevention #Safe2HelpIL

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It's ok to ask for help. If you are worried about your or your friend's safety, tell a trusted adult. Safe2Help Illinois is available 24/7 and your information will remain confidential. www.Safe2HelpIL.com // 1-844-4-SAFEIL

Sometimes it feels like you are carrying all the weight of the world. You are not alone! If you or someone you know is struggling, please let us know.

Studies show that 81% of the time, when there's a tragedy in a school somebody knew and didn't speak up. Safe2HelpIL offers students, teachers, staff and parents an outlet to share information that help prevent tragedies. #SeekHelpBeforeHarm www.Safe2HelpIL.com

FREE! Download the free #Safe2HelpIL app and add our digits in your contacts. Safety is everyone's responsibility. Do Your Part: Protect Your Friends, Protect Your Community. #SaveLives #SeekHelpBeforeHarm

7:30pm Sunday Monday Tuesday Wellness Wednesday Thoughtful Thursday Factoid Friday Stay Safe Saturday

7:30am
12:00pm

Pandemic got you feeling down? You are not alone! The stress chips away at our mental health. It's ok not to be ok, but plz reach out if you or someone else is struggling! Seek help before harm with #Safe2HelpIL. Text Safe2 -- We're always available and always confidential.

Illinois students reported attempting suicide in 2015. That was before a pandemic that forced

If you're being #bullied online, don't keep it to yourself. Here are 5 tips: #cyberbullying www.Safe2HelpIL.com 1-844-4-SAFEIL

3:00pm
7:30pm

Even though you are on winter break, don't forget to check in on your friends. We are all in this together. If you need a trusted adult, you can find one at www.Safe2HelpIL.com or by calling 1-844-4-SAFEIL. Your information is always confidential.

Sometimes what we see on the outside does not match the truth on the inside. Pay attention! If you or someone you know is struggling, please reach out! Safe2HelpIL is always available and always confidential. Seek help before harm by texting SAFE2 or visit www.Safe2HelpIL.com.

do you know the difference between Telling and Tattling. Safe2HelpIL is not intended to suspend, expell or punish students. Our goal is to get students to #SeekHelpBeforeHarm // Learn more www.Safe2HelpIL.com // 1-844-4-SAFEIL // Text SAFE2

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[Messaging](#)