

Introducing



Safe - Anonymous
Always Available 24/7 365



District 90



District 97



District 200



Support4U is a mental health-related prevention and support resource for students, by which they can text licensed mental health clinicians any time of the day for assistance or guidance. While students can initiate a text conversation on any issue, some of the matters that students might wish to address could include anxiety, depression, substance use, suicidal ideation, eating disorders, bullying, abuse, or any other mental health-related topic. The resource is anonymous, so students' concerns about their identity are not a barrier to reaching out. The clinician's goal during the text conversation is to assess the situation, provide skills counseling when appropriate and steer the student to available resources in the school and community.

Community Funded By The Following Organizations



**Women Leaders
in Philanthropy**

OAK PARK-RIVER FOREST COMMUNITY FOUNDATION



OAK PARK-RIVER FOREST
Community Foundation

COMMUNITYWORKS

Rotary
Club of Oak Park
and River Forest



**Community Mental Health Board
of Oak Park Township**



Support4U Initiative was identified through the work of the Mental Health Awareness and Suicide Prevention Task Force. MHASP is a community-based task force made up of the Community Mental Health Boards of Oak Park and River Forest, NAMI, Riveredge Hospital, Thrive, Local School Representation; D200, D90, Oak Park Police, Village of Oak Park, Congregation of Churches, and community behavioral health professionals

