SAFE **2** HELP
ILLINOIS

SEEK HELP BEFORE HARM

WHAT IS SAFE2HELP IL?

In the absence of a trusted adult, Safe2Help Illinois offers students a safe, **confidential** way 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."**

Safe2Help Illinois will also develop an educational curriculum aimed at **changing the culture** in Illinois schools while also providing the resources to help parents and educators reinforce the components of this program.

BULLYING   DEPRESSION   SELF-INJURY

CONTACT US NOW

Text
SAFE2
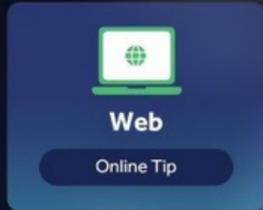
Web
Online Tip
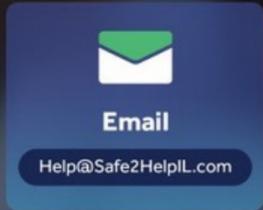
Email
Help@Safe2HelpIL.com

ILLINOIS SUCCESS STORIES

SAFE 2 HELP
ILLINOIS

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SUICIDE

National Suicide Prevention Lifeline

- 800-273-8255 (Available 24/7)
- Suicidepreventionlifeline.org

What is Safe2Help Illinois?

What Is Safe2Help Illinois ▶ YouTube

Depression

TIPS

- **Creating a Safety Plan**
- **Seeing A Counselor**
- **Blue Mondays**
- **Your Circle**
- **Your Feelings are OK**
- **Social Media Obsession**
- **Don't Give Up**
- **Depression**

ONLINE RESOURCES

The Safe2HelpIL website provides resources 24/7 for students and the community.

INFO@SAFE2HELPIL.COM

ABUSE BULLYING DEPRESSION SELF-INJURY SUICIDAL THOUGHTS

TIPS

- 12 Steps To Overcome Depression
- 9 Steps to Taking Care of Yourself
- Be Kind to Yourself
- Blue Mondays
- Creating a Safety Plan
- Depression
- Don't Give Up

TOOLS

- 60 Ways To Be Kind
- 99 Coping Skills
- Blessings List
- Circles of Friendship

99 Coping Skills

1. Exercise (running, walking, etc.)
2. Put on fake tattoos
3. Write (poetry, stories, journal)
4. Scribble/doodle on paper
5. Be with other people
6. Watch a favorite TV show
7. Post on web boards and answer others' posts
8. Go see a movie
9. Do a word-search or crossword
10. Do schoolwork
11. Play a musical instrument
12. Paint your nails, do your make-up or hair
13. Sing
14. Study the sky
15. Punch a punching bag
16. Cover yourself with Band-Aids where you want to cut
17. Let yourself cry
18. Take a nap (only if you are tired)
19. Take a hot shower or relaxing bath
20. Play with a pet
21. Go shopping
22. Clean something
23. Knit or sew
24. Read a good book
25. Listen to music
26. Try some aromatherapy (candle, lotion, room spray)
27. Meditate
28. Go somewhere very public
29. Bake cookies
30. Alphabetize your CDs/DVDs/Books
31. Paint or draw
32. Rip paper into itty bitty pieces
33. Shoot hoops, kick a ball
34. Write a letter or send an email
35. Plan your dream room (colors/furniture)
36. Hug a pillow or stuffed animal
37. Hyper-focus on something like a rock, hand, etc.
38. Dance
39. Make hot chocolate, a milkshake or a smoothie
40. Play with modeling clay or Play-Doh
41. Build a pillow fort
42. Go for a nice long drive
43. Complete something you've been putting off
44. Draw on yourself with a marker
45. Take up a new hobby
46. Look up recipes, cook a meal
47. Look at pretty things like flowers or art
48. Create or build something
49. Pray
50. Make a list of blessings in your life
51. Read the Bible
52. Go to a friend's house
53. Jump on a trampoline
54. Watch an old happy movie
55. Contact a hotline/your therapist If you want, you can call us 1-800-448-3000
56. Talk to someone close to you
57. Ride a bicycle
58. Feed the ducks, birds or squirrels
59. Color
60. Memorize a poem, play or song
61. Stretch
62. Search for ridiculous things on the internet
63. "Shop" on-line (without buying anything)
64. Color-coordinate your wardrobe
65. Watch fish
66. Make a CD/play-list of your favorite songs
67. Play the "15 Minute Game" (Avoid something for 15 minutes, when time is up start again)
68. Plan your wedding/prom/other event
69. Plant some seeds
70. Hunt for your perfect home or car on-line
71. Try to make as many words out of your full name as possible
72. Sort through/edit your pictures
73. Play with a balloon
74. Give yourself a facial
75. Play with a favorite childhood toy
76. Start collecting something
77. Play a video/computer game
78. Clean up trash at your local park
79. Look at yourlifeyourvoice.org
80. Text or call an old friend
81. Write yourself an "I love you because..." letter
82. Look up new words and use them
83. Rearrange furniture
84. Write a letter to someone that you may never send
85. Smile at five people
86. Play with your little brother/sister/niece/nephew
87. Go for a walk (with or without a friend)
88. Put a puzzle together
89. Clean your room/closet
90. Try to do handstands, cartwheels or backbends
91. Yoga
92. Teach your pet a new trick
93. Learn a new language
94. Move EVERYTHING in your room to a new spot
95. Get together with friends to play frisbee, soccer or basketball
96. Hug a friend or family member
97. Search on-line for new songs/artists
98. Make a list of goals for the week/month/year/5 years
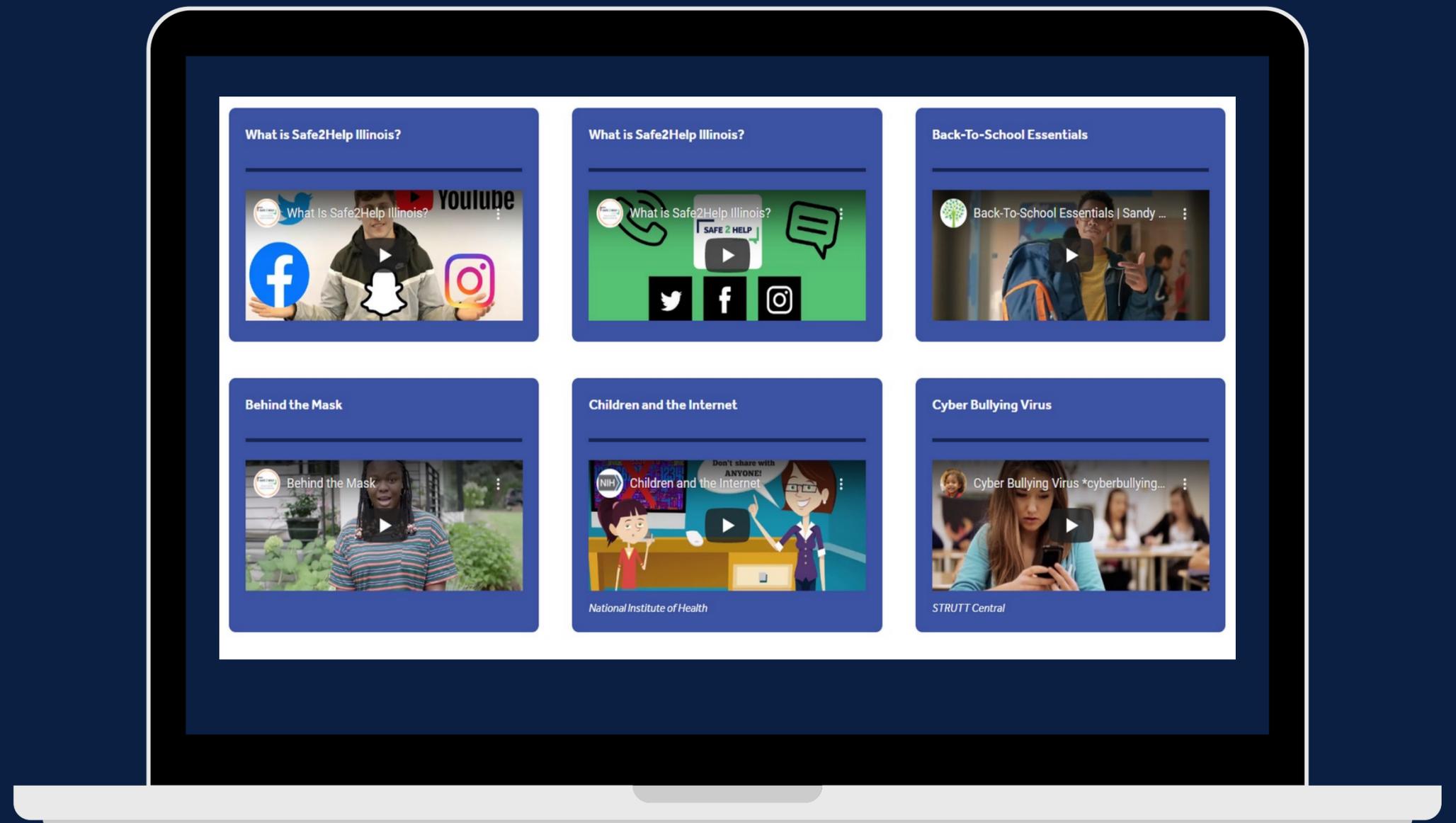99. Perform a random act of kindness

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SELF-HELP TOPICS

- 5 self-help topics with more in development
- Multiple Tips and Tools for each topic

INFO@SAFE2HELPIL.COM

VIDEOS

Assortment of videos for students, school staff, and parents about the self-help topics and the program.

What is Safe2Help Illinois?

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Back-To-School Essentials

Back-To-School Essentials | Sandy ...

Behind the Mask

Behind the Mask

Children and the Internet

Children and the Internet

National Institute of Health

Cyber Bullying Virus

Cyber Bullying Virus *cyberbullying...

STRUTT Central

INFO@SAFE2HELPIL.COM

1-844-4-SAFEIL

Safe2HelpIL.com

Safe2

HELP@Safe2HelpIL.com

SAFE2HELP IL
HOW TO REPORT

EDUCATIONAL RESOURCE KIT

- This is a long-term initiative to change the school culture in Illinois.
- Providing a recommended educational curriculum as early as preschool, we hope to:
  - remove the stigma associated with mental health issues,
  - foster a culture of kindness,
  - and instill important lessons.

WWW.SAFE2HELPIL.COM

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Classroom Resource Kit

Pre-K-4th

- Be Kind
- Telling vs. Tattling
- Trusted Adult
- Stress & Anxiety
- Healthy Relationships

5th-8th

- Suicide Prevention
- Internet Safety
- Self-Injury
- Stress & Anxiety
- Social Isolation

9th-12th

- Call to Action
- Help Before Harm
- Suicide Prevention
- Stress & Anxiety
- Social Isolation

- Not required
- Supplements the IL Social Emotional Learning Standards
- Sample activities and videos included

Thank you for joining.
Any Questions?

For more information email us at
Info@Safe2HelpIL.com or
visit our website at www.Safe2HelpIL.com