

Junior High/High School Counseling and Support Resources

1. Illinois Call4Calm- texting service for **free emotional support**, you will receive a call from a local licensed counselor within 24 hours; you can also text "unemployment," "food," or "shelter" for more information: **Text "TALK" to 552020**
2. National Suicide Lifeline- 24-hour, toll-free, confidential **suicide prevention hotline** available to anyone in suicidal crisis or emotional distress: **1-800-273-8255 or text CARE to 839863**
3. Crisis Text Line - "from anywhere in the United States, anytime, **about any type of crisis**. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment": **Text "Hello" or "Home" to 741741**
4. 2-1-1 Illinois- 2-1-1 is for times of **non-emergency crisis as well as for everyday needs**. The 2-1-1 call specialists are available to help individuals locate assistance in areas such as: **Basic Human Needs** (food, shelter, rent or utility assistance), physical and mental health resources (health insurance programs, crisis intervention, counseling), **Employment Supports** (job training, transportation assistance, education programs), **Support for Older Americans and Persons with Disabilities** (adult day care, respite care, home health, independent living programs), **Support for Children, Youth, and Families** (after school programs, family resource centers, mentoring, tutoring, protective services): **Dial 211 or search online at: <http://211.org/>**
5. Wide Open School- Wide Open School is a **free and open collection of the best online learning experiences and activities** for kids curated by the editors at Common Sense and organized by grade band and subject. Wide Open School **includes activities related to "emotional well-being:"**
<https://wideopenschool.org/>
6. Woodford County Special Education (WCSEA)- The **resources** listed have been collected by WCSEA social workers and were shared to address E-Learning needs during school closure due to COVID-19. Most content is related to **social/emotional learning or healthy activities** for times of stress:
<http://www.wcsea.us/covid--19-social-emotional-e-learning.html>