

# 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.

## 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: Lisa Makely D200 and Dr. Condon D90, Oak Park Police, Village of Oak Park, Congregation of Churches, and resident behavioral health professionals, Judith Hanna L.C..S.W. and Dr. Peter Chien.



**TEXT**

844-670-5838



support4U

**GET HELP FOR  
YOURSELF OR  
FOR A FRIEND**

**Safe • Anonymous  
Always Available  
24/7/365**

**Text**

**844-670-5838**

To download the app go to  
[www.leadingefforts.org/support4u](http://www.leadingefforts.org/support4u)