Introducing support4U

Safe - Anonymous
Always Available 24/7 365

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

Support4U Initiative was identified through the work of the Mental Health Awareness and Suicide Prevention Task Force. M-IASP 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.
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