

CARDINALS CARE RESOURCES

[Suicide & Crisis Lifeline](#)

call or text 988

988lifeline.org

[National Suicide Prevention Lifeline](#)

800-273-TALK (8255)

[Stop Bullying NOW Hotline](#)

800-273-8255

[Online Support](#)

www.OK2Talk.org

www.suicidepreventionlifeline.org

Stopbullying.gov

TeensAgainstBullying.org

[Sinnissippi Centers \(local resource\)](#)

815-284-6611 or 800-242-7642 (24-hour emergency support)

[VOICES \(local resource\)](#)

24 Hour Domestic Violence Crisis Line: 815-235-1641

24 Hour Sexual Assault Services and Crisis Line: 815-232-7200

[Crisis Text Line](#)

Text HOME to 741741

[Teen Pregnancy](#)

800-672-2296

[Substance Abuse](#)

800-662-4357

LIVE WELL. YOU MATTER.

BE YOUR BEST SELF.