

## Social Emotional Support

Throughout the semester our social workers have provided students with social-emotional support resources they can continue to access over break if needed. Feel free to reach out to them for additional information. If you or your student is experiencing a crisis, need to talk with someone or have an immediate need for help while school is closed please contact these community-based resources directly for 24/7 assistance:

**Local Crisis Number Call** 217-362-6262 for 24/7 access to help if experiencing a mental health crisis.

**Call4Calm** A free emotional support text line where you can talk with a mental health professional. Text "TALK" to 552020 or "HABLAR" for service in Spanish

**National Suicide Prevention Lifeline** Free and confidential support if you or someone you know is considering taking their life. This support is available 24 hours a day 7 days a week call: 1-800-273-8255 (TALK) or text HOME to 741741. I can be reached at [tr@mtzschoools.org](mailto:tr@mtzschoools.org), or any administrator if anyone needs assistance. As an additional layer of support, we have installed a BravesTip Line on our website for anyone who has a safety concern for a family or a student. Anyone who knows or suspects someone might be considering harming themselves or others should call 911.