WAYS TO GET HELP All students are encouraged to ask for help for themselves or others. Where to get help will depend on the situation. Use to share information Text: Safe2 (72332) SAFE 2 HELP that may help prevent **Mobile App** harm, bullying, school www.Safe2HelpIL.com violence, and other Help@Safe2HelpIL.com threats to safety. Use when Call. text. or chat experiencing thoughts of suicide 988 988 Suicide and Crisis or emotional Lifeline distress. Use when a serious and immediate Dial medical or lifethreatening emergency is happening. Follow Us: