The Attorney General’s office is committed to helping kids and adolescents achieve their goals in a healthy environment. Growing up can feel overwhelming and difficult at times. You face many obstacles that may cause you pain—cyberbullying is just one. If you feel you are in crisis, please review the list of resources we have compiled to ensure your safety and well-being.

If you require immediate attention, please call 911.

◆ **SUICIDE HOTLINE**
If you are in pain, if you are consumed by bad thoughts and feelings, if it feels unbearable, you are NOT alone. There is help. Call one of the numbers below.
1-800-SUICIDE (National)
1-800-273-TALK (National)
Covenant House NineLine at 1-800-999-9999

◆ **MENTAL HEALTH**
Many kids and adolescents suffer from depression, anxiety, and eating disorders. Some inflict harm upon themselves. These problems change the way you think, feel, and act. They can even change your physical health. If you think you are experiencing any of these symptoms and would like more information or help, contact Mental Health America of Illinois. (312) 368-9070 or [www.mhai.org](http://www.mhai.org)

◆ **VIOLENCE**
Everyone deserves to be in an environment that is free of violence. Sadly, millions of kids suffer abuse, witness domestic violence, or both. Teens are not immune either; many experience dating violence, too. If you have been abused or have witnessed others being abused, you should contact the National Domestic Violence/Child Abuse/Sexual Abuse Hotline for help. 1-800-799-SAFE
DRUGS & ALCOHOL
If you think you may have a problem with alcohol or drugs, the National Youth Crisis Hotline can help. They also help kids and adolescents find shelter and counseling. 1-800-442-HOPE

If your family member or friend is an alcoholic, Alateen can provide support for you. Alateen offers support groups for young people whose lives have been affected by alcohol abuse. 1-888-4AL-ANON

BASIC NEEDS
If your family is in need of clothing, shelter, food, or economic assistance, you can contact the Illinois Department of Human Services. (312) 368-9070 or www.dhs.state.il.us/page.aspx

MORE INFORMATION
www.isafe.org
www.ncpc.org/cyberbullying
www.stopcyberbullying.org
www.cyberbullying.us
www.cyberbully.org
www.stopbullying.gov