

HELP IS AVAILABLE!

# Reach Out

Resources for teens, parents,  
and teachers to identify the signs  
of adolescent depression and  
suicide risk.

Have you lost hope?  
Is the pain too hard to bear?  
Are you safe?

---

**If you are in immediate danger, call 911.**

National Suicide Hotline: **1.800.273.TALK (8255)**

Lake County Crisis Center: **847.377.8088**

Is someone hurting you?

Child Abuse Hotline: **1.800.25.ABUSE (252.2873)**

National Teen Dating Abuse Hotline: **866.331.9474  
(TTY 866.331.8453)**

Loving Outreach to Survivors of Suicide

L.O.S.S.

651 West Lake Street

Chicago, Illinois 60661-1012

**312.655.7283**

A non-denominational support group with  
monthly meetings and counseling for those  
who are grieving a death by suicide.