

support4U

- **24/7/365**
- When you need to talk to someone, and you don't want to wait, this could be the resource for you. Maybe you have concerns that you are dealing with or maybe you are concerned about a friend.
- Coming to Fenwick soon, **support4U** is a text-based resource that allows high school students to access a trained, masters level mental health clinician for assistance and guidance.
- It's anonymous and it's confidential.
- Students can initiate a text conversation on any issue, not limited to stress, depression, anxiety, substance use, suicidal ideation, eating disorders, bullying, abuse, or any other mental health-related topic.
- This texting support resource, known as "Text- A-Tip" in other communities throughout northern Illinois and in other states, goes by the name support4U here in Oak Park.