



Pillars Community Health

Healing. Caring. Educating.



Feeling overwhelmed, distressed, hopeless, or unsure what to do next?

You do not have to be suicidal to reach out.

CRISIS SUPPORT IS AVAILABLE 24/7



708-6-CRISIS
(708-627-4747)

Local Crisis Support from
Pillars Community Health.

Call 24/7 • Free and confidential



988

National Suicide &
Crisis Lifeline

Call or text 24/7 • Free and confidential

There is no wrong number to call.
We'll help connect you with the right support.



**CRISIS
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