

Dear 5th-8th Grade Parents,

We are excited to share that our students are now able to use text messaging to reach out for help for themselves or friends at any time of day or night. **Text-a-Tip** allows students to find anonymous, immediate help if they are struggling with drug or alcohol abuse, depression, difficult family situations, bullying, or any of the many challenges they face today. Text-A-Tip is staffed with local counselors provided by LEAD (Linking Efforts Against Drugs), a non-profit organization focused on promoting healthy family relationships and preventing alcohol and drug use and other risky behaviors by youth.

In the coming days, all Central School students, during advisory, will receive information on how to connect with Text-A-Tip, as well as how Text-a-Tip works. For your information, Text-A-Tip is supported by a multi-community coalition that includes New Trier High School and all sender districts.

How It Works:

1. Interested students must send a text to the following number: **274-637**
2. Students must then enter the following access code with a message. The message should be a short description of the problem: **NSHELP5678**
3. As an example, a student can enter the following: **NSHELP5678 I need help.**

Once received, the student will receive an immediate text response from a trained, professional counselor provided by LEAD. The response team consists of licensed/certified mental health professionals from The Child, Adolescent, and Family Recovery Center in Lake Bluff. Please note that without a message after the access code, the text will not be processed.

Thanks to a system that routes calls through a cloaking server, all students texting in are completely anonymous, allowing the freedom to reach out for help without fear. In the event of a serious situation requiring immediate attention, emergency responders will be notified and be given as much information as is available to help the person in need. Please note that adults can also use the service to report concerns.

We thank you for your continued support and dedication to the social and emotional wellness of our youth. Please contact us if you have any questions about Text-A-Tip.

Sincerely,

Ryan Mollet

Eddy Kim

Catherine Wang