



J. STERLING MORTON HIGH SCHOOL DISTRICT 201
OFFICE OF THE EXECUTIVE DIRECTOR OF STUDENT SUPPORT
5801 West Cermak Road, Cicero, Illinois 60804
(708) 780-2800 ext. 5059

February 18, 2022

Dear Morton School District 201 Community,

Morton East is pleased to introduce a new mental health resource for our high school students called "Support4U".

What is Support4U? It is a mental health-related prevention and support resource for students. Students can send a text message to licensed mental health clinicians any time of the day for assistance or guidance. While students can initiate a text conversation on any issue, some of the matters that students wish to address could include anxiety, depression, substance use, suicidal ideation, eating disorders, bullying, abuse, or any other mental health-related topic.

The resource is anonymous, so student concerns about their identity are not a barrier to reaching out for help. The clinician's goal during the text conversation is to steer the student to available resources in the school and community. In cases with an identified extreme threat of danger, clinicians may alert local authorities. However, the vast majority of interactions result in the student garnering immediate support from the clinician and being informed about local individuals (frequently school-based) who can assist them with their concerns.

Each school has its own keyword. Students text the keyword for their school to **844-670-5838**. The keyword for Morton East is **EAST**. This will connect them directly with a clinician.

The resource was established by LEAD, a not-for-profit agency in Lake County, and is referred to as "Text-A-Tip" in other communities. The resource is present throughout northern Illinois and in several other states, as well as at other local schools. It is highly regarded in these communities as a valuable mental health asset for young people. School administrators and social workers are identified as key contacts in case of emergency. Similarly, local police departments will be aware of the resource's capabilities and will be engaged to continue supporting mental health resources for community youth.

We will also be sharing initial information about support4U with students shortly.

If you have any questions, please contact the Assistant Principal of Student Services.

Carol Best
Assistant Principal of Student Services
cbest@jasmorton.org
708-780-4100 ext. 2310

Sincerely,

Corina Herrera

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Executive Director of Student Support