



What is Suicide Prevention?

Suicide prevention takes form in different ways such as seeking professional help, finding the right outlets to cope, and more!

How can we help?

If you would like to reach out for help with any situation or feel you need to speak to a professional, reach out to us at via our website or phone number! (resources & referrals/information!)

CONTACT US

Rattle the Stars is a non-profit organization that helps provide community-based suicide prevention resources & services.

Champaign County
1-217-530-0123
rattlethestars.org
info@rattlethestars.org



Black Girls... YOU MATTER!

On behalf of Rattle the Stars





Rattle the Stars Services

- Suicide Prevention Consultation
- Suicide Intervention Training
- Comfort Dogs
- School Chapters
- Community Events

24 Hour Hotlines

Suicide Prevention Lifeline:
800-273-8255
National Domestic Violence:
800-799-7233
National Sexual Assault:
800-656-4673



(projectsemicolon.com)

*“You are your best
thing” -Toni
Morrison*

Therapy for Black Girls

- Breaking stigma between Black Girls and Mental Health
 - Enlightening Podcasts
 - Locator to help you find a therapist in your area
- therapyforblackgirls.com

The Safe Place

- App FREE to download
 - Self Care Tips
 - Mental Health Resources
 - Classes & Books
- *Available on Apple & Android*
facebook.com/TheSafePlaceTSP

Black Girls Smile

- Therapy options
 - Programs/Workshops free to participate in
 - Additional Resources
- blackgirlssmile.org/programs-workshops