### **Crisis Lines & Emergency Support Services**

* **Suicide & Mental Health Crisis Support**
	+ **988 Suicide & Crisis Lifeline** (988) – 24/7 suicide prevention and mental health support
	+ **Crisis Text Line** (Text "HELLO" to 741741) – 24/7 crisis support via text
	+ **Illinois Warm Line** (1-866-359-7953, option 2) – Peer support for mental health & substance use challenges
	+ **NAMI Illinois Helpline** (1-833-626-4244) – Mental health information & support
	+ **CARES Line** (1-800-345-9049) – Mobile crisis response for youth under 21
	+ **Youth Crisis Hotline (Boys Town)** (1-800-448-3000) – Crisis support for young people
	+ **Veterans Crisis Line** (988, press 1) – Crisis support for veterans
* **Substance Use Support**
	+ **Illinois Helpline for Opioids & Other Substances** (1-833-234-6343) – Free, confidential assistance
* **Domestic & Sexual Violence Support**
	+ **Illinois Domestic Violence Helpline** (1-877-863-6338) – 24/7 support & referrals
	+ **Rape Crisis Hotline (ICASA)** (1-888-293-2080) – Support for sexual assault survivors
	+ **National Sexual Assault Hotline (RAINN)** (1-800-656-4673) – Nationwide sexual assault support
* **Child & Family Support**
	+ **Illinois DCFS Child Abuse Hotline** (1-800-252-2873) – Reports of child abuse/neglect
* **Homelessness & Housing Assistance**
	+ **Chicago Coordinated Entry System** (1-312-361-1707) – Housing assessment & referrals for homeless individuals
	+ **Homelessness Prevention & Emergency Assistance (All Chicago)** (311) – Shelter and housing resources
* **COVID-19 Related Support**
	+ **COVID-19 Emotional Support Text Line** (Text "TALK" to 552020) – Mental health support related to COVID-19

### **Mental Health Hospitals & Treatment Centers**

* **Riveredge Hospital** (Forest Park, IL) – Inpatient & outpatient psychiatric care
* **Silver Oaks Behavioral Hospital** (New Lenox, IL) – Mental health & substance use disorder treatment
* **Hartgrove Behavioral Health System** (Chicago, IL) – Psychiatric care for adolescents & adults
* **Garfield Park Behavioral Hospital** (Chicago, IL) – Behavioral health support for children & teens
* **Chicago Lakeshore Hospital** (Chicago, IL) – Treatment for mental health & substance use disorders

### **Mental Health Community Agencies**

* **NAMI Illinois (National Alliance on Mental Illness)** – Mental health advocacy & support groups
* **NAMI Living Rooms** (LaGrange, Broadview, Summit) – Peer recovery support centers
* **Proviso Public Partnership (PPP)** (Hillside, IL) – Mental health service navigation
* **Leyden Family Services** (Bellwood, IL) – Community-based behavioral health services
* **Pillars Community Health** (Various locations) – Integrated mental health & social services
* **Ascension Illinois (Formerly AMITA Health)** (Melrose Park, IL) – 24/7 crisis line & intake services
* **Youth Outreach Services (YOS)** – Support for at-risk youth in Chicago
* **Tuesday’s Child** (Chicago, IL) – Behavioral support programs for children & families

### **Mental Health Providers & Counseling Services**

* **Compass Health Center** (Chicago, Northbrook, Oak Brook, Virtual) – PHP/IOP mental health programs
* **Thrive Counseling Center** (Oak Park, IL) – Comprehensive mental health care
* **Mezamé** (Chicago, IL) – EMDR & trauma-focused therapy
* **Journey’s Community Center** (Chicago, IL) – Community-based mental health services
* **Smart Love Family** (Oak Park, IL) – Counseling, education, and family support
* **Kids Matter Counseling** (Hinsdale, IL) – Therapy for children with anxiety & anger management
* **Comprehensive Clinical Services** (Oak Park, IL) – Full-spectrum behavioral health treatment
* **Pilsen Wellness Center** (Berwyn, IL) – Free therapy for uninsured youth (ages 6-24)

### **Metro Family Services (Community Support & Counseling Centers)**

* **Calumet** (Chicago, IL) – Serving South Side communities
* **DuPage** (Wheaton, IL) – Serving DuPage County
* **Howard & Evanston** (Chicago, IL) – Serving Rogers Park & Evanston
* **Midway** (Chicago, IL) – Serving Southwest Side communities
* **North** (Chicago, IL) – Serving Belmont Cragin, Hermosa, and Irving Park
* **Southeast Chicago** (Chicago, IL) – Serving South Chicago & surrounding areas
* **Southwest** (Palos Hills & Merrionette Park, IL) – Serving South & Southwest suburbs
* **Metro Family Headquarters** (Chicago, IL)

### **Legal Support & Benefits Enrollment**

* **Legal Aid Chicago** – Free legal assistance
* **Illinois Unemployment (IDES)** – Unemployment benefits application
* **Medicaid/SNAP Benefits** – Public benefits assistance
* **Affordable Care Act Health Insurance** – Health coverage enrollment

### **Helpful Hotlines**

* **National Human Trafficking Hotline** (312-884-1703)
* **Illinois Domestic Violence Hotline** (877-863-6338)
* **SAMHSA Mental Health Hotline** (800-662-4357)
* **Suicide Prevention Hotline** (800-784-2433)
* **Illinois COVID-19 Hotline** (800-889-3931)

### **LGBTQ+ Youth & Family Support**

* **Youth Outlook** (LGBTQ+ youth services & resources) – [Website](https://youth-outlook.org/resources/)
* **Chicago Children's Advocacy Center (LGBTQ+ youth resources for parents & caregivers)** – [Website](https://www.chicagocac.org/lgbtq-youth-resources-for-parents-and-caregivers/)
* **The Liam Foundation (LGBTQ+ mental health & community support)** – [Website](https://theliamfoundation.org/resources/)
* **ALIVE Center (Teen support & empowerment)** – [Website](https://www.alivecenter.org/teen-resources/)
* **ICASA LGBTQIA+ Resources (Sexual assault support for LGBTQIA+ individuals)** – [Website](https://icasa.org/resources/links/lgbtqia-resources/)

### **Immigrant Rights & Support**

* **Illinois Coalition for Immigrant & Refugee Rights** (Chicago, IL)
* **Refugee One** (Chicago, IL)
* **Erie Neighborhood House** (Chicago, IL)
* **Centro Romero** (Chicago, IL)
* **National Immigrant Justice Center** (Chicago, IL)

### **Support Services**

* **Salvation Army – Temple Corps Community Center** (Chicago, IL)