**Crisis Lines & Emergency Support Services in Illinois**

**1. 988 Suicide & Crisis Lifeline (National Suicide Prevention Lifeline)**

* **Number**: **988**
* **Services**: A nationwide lifeline offering free, 24/7 support for people experiencing thoughts of suicide, a mental health crisis, or emotional distress. Staffed by trained counselors who provide crisis counseling, emotional support, and local referrals.

**2. CARES Line (Crisis and Referral Entry Services)**

* **Number**: **1-800-345-9049**
* **Services**: Provides mobile crisis response services for children and adolescents (under 21) in Illinois who are experiencing a mental health crisis. The CARES Line connects families to a mobile crisis team that can visit homes or community locations to provide crisis assessments and immediate support. This service is available to all Illinois residents and is especially accessible for Medicaid recipients.
* **Availability**: **24/7**, confidential, and free.

**3. Illinois Warm Line**

* **Number**: **1-866-359-7953** (press option 2)
* **Services**: A non-crisis support line for individuals managing mental health symptoms or substance use challenges. Staffed by peers with lived mental health experiences, the Warm Line offers emotional support and can connect callers to local resources.

**4. NAMI Illinois Helpline (National Alliance on Mental Illness)**

* **Number**: **1-833-626-4244**
* **Services**: Provides mental health information, support group access, and referrals to help individuals and families affected by mental health issues and crises.

**5. Illinois Helpline for Opioids and Other Substances**

* **Number**: **1-833-2FINDHELP** (1-833-234-6343)
* **Services**: A free, confidential helpline offering assistance for people dealing with substance use challenges. Provides connections to treatment options, recovery support, and harm reduction resources.

**6. Domestic Violence Helpline - Illinois**

* **Number**: **1-877-863-6338** (1-877-TO END DV)
* **Services**: Available 24/7, this helpline provides crisis intervention, safety planning, and referrals to shelters and domestic violence services across Illinois.

**7. Rape Crisis Hotline - Illinois Coalition Against Sexual Assault (ICASA)**

* **Number**: **1-888-293-2080**
* **Services**: Supports survivors of sexual assault with crisis counseling, information, and referrals to local rape crisis centers for further assistance.

**8. Illinois Department of Children and Family Services (DCFS) Child Abuse Hotline**

* **Number**: **1-800-25-ABUSE** (1-800-252-2873)
* **Services**: Accepts reports of child abuse or neglect and provides referrals for protective services.

**9. Youth Crisis Hotline (Boys Town National Hotline)**

* **Number**: **1-800-448-3000**
* **Services**: For young people facing emotional distress, family issues, or other mental health concerns. Provides crisis counseling, guidance, and connection to supportive resources.

**10. Veterans Crisis Line**

* **Number**: **988**, then press 1
* **Services**: Crisis support specifically for veterans and their families, offering free, confidential help and connection to VA resources.

**11. Crisis Text Line**

* **Text**: **"HELLO" to 741741**
* **Services**: A 24/7 text-based crisis support service for individuals experiencing anxiety, depression, or thoughts of suicide. Connects users to trained crisis counselors.

**12. Homelessness Prevention and Emergency Assistance (All Chicago)**

* **Number**: **311**
* **Services**: For individuals and families facing homelessness or eviction, this resource offers emergency shelter information and housing assistance.

**13. COVID-19 Emotional Support Text Line**

* **Text**: **"TALK" to 552020**
* **Services**: Set up during the pandemic, this text line offers mental health support related to COVID-19 and provides connections to further mental health resources.