

If you experience an emergency, please call 911 or go to your nearest emergency room.

NATIONAL & STATE SUPPORT SERVICES

National Suicide Prevention Hotline (24 hour)

If you or a loved one is experiencing a mental health crisis, you may call the 24-hour National Suicide Prevention Lifeline at:

1 (800) 273-TALK (8255) *Ayuda En Español*

Caring staff will connect you with the closest possible crisis center in your area.

Crisis Text Line

The Crisis Text Line serves anyone, in any type of crisis, 24-hours a day. Text HELLO to:

741741

Trained crisis counselors will respond and help you.

National Alliance on Mental Illness (NAMI)

Call: 1-800-950-6264 *Ayuda En Español*

**Text: NAMI to 741741 for confidential, free crisis counseling 24/7
NAMI.org**

CARES Line (24 hour)

You may use the 24 hour Crisis and Referral Entry Services (CARES) line to talk to a mental health professional if your child is a risk to themselves or others, having a mental health crisis, or if you would like a referral to services for children, youth, and families.

Call: 1 (800) 345-9049

TTY: 1 (773) 523-4504

The Warm Line

The Illinois Mental Health Collaborative for Access and Choice is pleased to announce the Warm Line!

*Sometimes what is needed most in difficult times is someone to talk to:
Someone who listens and understands.*

The Warm Line is an opportunity in Illinois for persons with mental health and/or substance use challenges and their families to receive support by phone. Wellness Support Specialists are professionals who have experienced mental health and/or substance use recovery in their own lives. They have been trained in recovery support, mentoring, and advocacy and are ready to listen and support you. The Warm Line is not a crisis hotline, but is a source of support as you recover or help a family member to recover.

Call: 1 (866) 359-7953

Hours of Operation: Monday through Friday, 8am-5pm except holidays

From the main menu, select option #2

The Trevor Project



The Trevor Project offers 24/7/365 crisis support for LGBTQ+, including online chat and text options.

Call: 1-866-488-7386
Text: START to 678678
Chat: [TheTrevorProject.org](https://www.thetrevorproject.org)

SAMHSA Treatment Referral Hotline (Substance Abuse)

Call: 1-800-662-HELP (4357)

RAINN National Sexual Assault Hotline

Call: 1-800-656-HOPE (4673)

National Teen Dating Abuse Helpline

Call: 1-866-331-9474

National Domestic Violence Hotline

Call: 1-800-799-7233

Illinois Domestic Violence Hotline

Call: 1-877-863-6338

TIPS on How to Ask for Help

- I'm having a difficult time and I need someone to talk to.
- I'm not feeling well and I need someone to talk to.
- I need help with
- I need someone to talk to, can you listen?
- I'm feeling overwhelmed/stressed.

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