

MENTAL HEALTH & CRISIS RESOURCES



988 Suicide and Crisis Lifeline

24/7, free and confidential support, prevention and crisis resources for you or your loved ones. Trained 988 operators provide immediate support, and referrals to mobile crisis teams or the 911 system as needed.

CALL: **9-8-8**

TEXT: **9-8-8**

CHAT: **988lifeline.org/chat**

VISIT: **988lifeline.org**

NAMI HelpLine

Trained peer volunteers offering information, referral resources, and support. M-F, 9am-9pm

CALL: **800-950-6264 (NAMI)**

CHAT: **nami.org/help**

TEXT: **"HELPLINE" to 62640**

VISIT: **nami.org/help**

Crisis Text Line

Free, 24/7 support at your fingertips

TEXT: **"HOME" to 741-741**

CHAT: **connect.crisistextline.org/chat**

VISIT: **crisistextline.org**

SAMHSA National Helpline

24/7 Treatment, referral and information for individuals and families facing mental and/or substance use disorders.

CALL: **800-622-4357 (HELP)**

TTY: **800-487-4889**

TEXT: **"HELP4U" to 43578**

VISIT: **samhsa.gov/find-help/national-helpline**
findtreatment.samhsa.gov

211

Confidential assistance in finding resources in your area like housing, food, transportation and health care resources

CALL: **2-1-1**

VISIT: **211.org**

National Domestic Violence Hotline

Free, confidential, 24/7 support for those affected/involved with domestic violence.

CALL: **800-799-7233 (SAFE)**

TTY: **800-787-3224**

Text: **"START" to 88788**

CHAT: **thehotline.org**

VISIT: **thehotline.org**

National Sexual Assault Hotline

Free, confidential 24/7 support, help, advice and resources.

CALL: **800-656-4673 (HOPE)**

CHAT: **hotline.rainn.org/online**

VISIT: **rainn.org**

IL Helpline for Opioids & Other Substances

Public resource for finding substance use treatment and recovery services in Illinois.

CALL: **833-234-6343 (2FINDHELP)**

CHAT: **helplineil.org/app/home**

TEXT: **"HELP" to 833234**

VISIT: **helplineil.org**

IL Warmline

Free support for emotional support, recovery education, self-advocacy support, and referrals. M-Sa, 8am-8pm, excluding holidays

CALL: **866-359-7953**

TTY: **866-880-4459**

VISIT: **illinoismentalhealthcollaborative.com**

Illinois Call4Calm Text Line

24/7 emotional support line and can be connected to someone who is knowledgeable of local resources in the area.

TEXT: **"TALK" or "HABLAR" to 522-020**

Call 911

If there is immediate danger to you or someone else

Let dispatcher know
the crisis is a
mental health crisis

Ask for a **mobile crisis team**
and/or a **CIT-trained officer**
(Crisis Intervention Team)

Give necessary
mental health information
on individual/situation

MENTAL HEALTH & CRISIS RESOURCES



The Trevor Project for LGBTQ Youth

24/7, free and confidential support from a crisis counselor.

CALL: **866-488-7386**

TEXT: "START" to **678678**

CHAT: [thetrevorproject.org/get-help](https://www.thetrevorproject.org/get-help)

VISIT: [thetrevorproject.org](https://www.thetrevorproject.org)

Trans Lifeline

Confidential peer support services run by trans people for trans and questioning peers.

VISIT: [translifeline.org](https://www.translifeline.org)

CALL: **877-565-8860** Option 2 for Spanish

LGBT National Hotline

Free, confidential peer-support, information and local resources.

M-F, 3pm-11pm | Sat, 11am-4pm

CALL: **888-843-4564**

VISIT: [lgbthotline.org](https://www.lgbthotline.org)

CARES (Crisis and Referral Entry Service)

Screening, Assessment and Support Services (SASS) program for children and adolescents who have publicly funded insurance and are in crisis.

CALL: **800-345-9049**

TTY: **773-523-4504**

VISIT: www2.illinois.gov/hfs/MedicalProviders/behavioral

Child and Adolescent Client Assistance Line

Local community mental health services for children who have mental health concerns but are not a risk to self or others and are not experiencing a crisis.

M-F, 8:30am-4:30pm, excluding holidays

CALL: **312-793-1361**

Teen Line

A safe, confidential place to talk things out with another teen who can understand and will listen without judgment and provide helpful resources. 8pm-11pm

CALL: **800-852-8336**

TEXT: "TEEN" to **839863**

VISIT: [teenlineonline.org](https://www.teenlineonline.org)

National Runaway Safeline

24/7 crisis connection with a trusted, compassionate person who will listen and help you create a plan to address your concerns.

CALL: **800-786-2929 (RUNAWAY)**

CHAT: [1800runaway.org](https://www.1800runaway.org)

National Grad Student Crisis Line

Free, confidential telephone counseling, crisis intervention, suicide prevention and information and referral services for graduate students provided by specially trained call-takers.

CALL: **877-472-3457 (GRAD-HLP)**

BlackLine

A space for peer support, counseling, reporting of mistreatment, witnessing and affirming the lived experiences of folx who are most impacted by systemic oppression with an LGBTQ+ Black Femme Lens. Prioritizes BIPOC community.

CALL: **800-604-5841**

VISIT: [callblackline.com](https://www.callblackline.com)

Farm and Rural Stress Hotline

24/7, free and confidential line to talk to a mental health professional to navigate whatever you may be experiencing

CALL: **800-691-4336**

VISIT: [avera.org/services/behavioral-mental-health](https://www.avera.org/services/behavioral-mental-health)

Farm Family Resource Helpline

Confidential 24/7 Someone to talk to.

CALL: **833-327-6767 (FARMSOS)**

TEXT: **833-327-6767 (FARMSOS)**

EMAIL: farmfamilyresourcehelpline@mhsil.com

VISIT: [siumed.org/farm](https://www.siumed.org/farm)

Nearest Hospital: _____

Nearest Psychiatric Hospital: _____

Doctor's Name and Phone #: _____

Mental Health Provider's Name and Phone #: _____