



Resources

CARES & SASS , 1-800-345-9049

Crisis hotline, mental health evaluation, and other services for youth and adults with Medicaid.

Crisis Textline , text HOME to 741741

Connect with a volunteer Crisis Counselor

Domestic Violence Hotline, Call/Text 1-877-868-6338

The hotline is confidential, available 24 hours a day, and can help you no matter what language you speak.

National Alliance on Mental Illness (NAMI) , 1-833-626-4244

NAMI promotes community wellness, improve mental health care access, and support families, professionals, and individuals in Chicago and beyond.

National Suicide Prevention Lifeline , Call/Text 1-800-273-8255

Free, 24/7, confidential service that provides support and connections to resources for those in distress.

Illinois Call4Calm , text TALK or HABLAR to 552020

For people struggling with COVID-19-related stress who need emotional support.

Illinois Warm Line , Call (866) 359-7953

For those dealing with mental health or substance use challenges seeking support by phone. Speak with professionals who have experienced mental health or substance use recovery in their own lives.



WHATEVER TIME: Day. Night. Weekends. Holidays.

WHATEVER THE REASON:

Mental health distress. Substance use crisis. Thoughts of suicide.
The 988 Suicide & Crisis Lifeline is here for you.

 **Text 988**  **Call 988**  **Chat 988lifeline.org**

- **MyHealthfinder is a prevention and wellness resource with evidence-based health information written in plain and easy to use language.**
- **Mental Health America (MHA) offers free, scientifically validated screening tools to help individuals learn more about their mental health.**

