



MENTAL HEALTH RESOURCES

CHICAGO

► **Resources – NAMI Chicago**

NAMI Chicago refers community members to over 700 resources through their free HelpLine, open seven days a week. Included in the link are a handful of resources that they have found helpful to many. This is not an exhaustive list – call 833-626-4244 to talk through your needs.

► **Crisis Resources List - NAMI CCNS - Chicagoland Mental Health**

NAMI has put together a crisis resource list. They strive to provide the most up to date information on crisis resources in the Chicagoland area.

► **Behavioral Health – Bright Star Community Outreach**

Developing impactful community development initiatives aimed at facing Chicago's largest societal challenges: violence in our communities, poor economic opportunities, inadequate mental health services, homelessness, child safety and drug abuse. These efforts are designed to strengthen local families and communities, as well as leverage their key partnerships with organizations and businesses that share their passion for seeing renewal in Chicago.

► **Mental Health Crisis Resources in Chicago - City of Chicago**

Being in crisis or helping someone who is experiencing a crisis requires quick action. Knowledge about what to say and do in a crisis can help you get to where you need to go fast. This resource section is designed to help you understand how to access immediate crisis services in Chicago and what to expect.

► **Mental Health Resources for People of Color in Chicago - SocialWorks**

Social Works provides Mental Health Resources for People of Color in Chicago. Mental health struggles are not limited to any one race, ethnicity or culture, though people of color are disproportionately affected by mental health issues.

► **Illinois Warm Line - Illinois Mental Health Collaborative**

Phone support for anyone living in Illinois. Services include emotional support, recovery education, referrals and self-advocacy support. The hours of operation are Monday to Friday 8 a.m. - 5 p.m. with interpreters available. 886-359-7953 or TTY: 866-880-4459

► **Illinois CARES Line (24/7) - UIC Division of Specialized Care for Children**

24/7 crisis line for individuals with children struggling with mental health issues. Phone: 800-345-9049 or TTY: 773-523-4504

► **Illinois Helpline**

24/7 helpline for individuals or loved ones struggling with substance use disorders. Phone: 833-234-6343 (833-2FINDHELP) or text HELP to 833-234.