

RESURRECTION UNIVERSITY
NURSING & HEALTH SCIENCES

NATIONAL & LOCAL MENTAL HEALTH RESOURCE GUIDE

FOR LIFE-THREATENING AND IMMEDIATELY DANGEROUS SITUATIONS CALL 911

CRISIS & HOTLINE NUMBERS

In addition to 911, these numbers are also available **24 hours/day, 7 days/week.**



NATIONAL SUICIDE PREVENTION LIFELINE

1-800-273-TALK (8255)

EN ESPANOL 888-628-9454

DEAF & HARD OF HEARING OPTIONS (800) 799-4889

Chat online [here](#)

You'll be connected to a skilled, trained counselor at a crisis center in your area.

www.suicidepreventionlifeline.org

AMITA HEALTH CRISIS LINE

708-681-HELP (4357)

COMMUNITY CRISIS CENTER

847-697-2380 TTY 847-742-4057

En Español: 847-697-9740

Crisis Intervention Services are provided to callers from the greater Chicago Metropolitan area seeking help with situations including Domestic Violence, Sexual Assault, Homelessness, Suicide, and many other crises. Information and Referral services are provided as well.

www.crisiscenter.org

RAINN (Rape, Abuse, and Incest National Network) HOTLINE

1-800-656-HOPE (4673) (in English and en Español)

Chat online [here](#)

RAINN (Rape, Abuse & Incest National Network) is the nation's largest anti-sexual violence organization.

www.rainn.org

SUBSTANCE ABUSE & MENTAL HEALTH SERVICES ADMINISTRATION (SAMHSA) NATIONAL HELPLINE

800-662-HELP (4357)

TDD: 800-487-4889

Free and confidential information in English and Spanish for individuals and family members facing substance abuse and mental health issues.

Counseling & Wellness Services has provided this list for your convenience only. The list is not intended to be a comprehensive and complete listing of all services in the area. The office does not endorse or recommend any specific organization, facility, or program. For more detailed information, please contact the agency or organization directly. Remember that the material contained in any of the websites listed is not necessarily regulated or peer reviewed.

ADDICTION CENTER HOTLINE

888-424-5832

Addiction Center connects individuals struggling with addiction to treatment and recovery options.

www.addictioncenter.com

VETERANS CRISIS LINE

1-800-273-8255 *Press 1

TTY: 800-799-4889

Text to 838255 or chat online [here](#)

The Veterans Crisis Line connects veterans (even if they are not registered with the VA or enrolled in VA healthcare) in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text.

veteranscrisisline.net

SARAH'S INN – FREEDOM FROM DOMESTIC VIOLENCE

708-386-4225 (in English and en Español)

Sarah's Inn provides support and intervention for the needs and legal rights of survivors of domestic violence. The Sarah's Inn 24-hour crisis line is a free and confidential resource for safety planning, obtaining comprehensive information about resources, and gaining emotional support when it is needed most.

www.sarahsinn.org

NATIONAL DOMESTIC VIOLENCE HOTLINE

800-799-SAFE (7233)

TTY: 800-787-3224 (Deaf & Hard of Hearing)

Chat online [here](#) (7am - 2am CST every day)

National Domestic Violence Hotline provides lifesaving tools and immediate support to enable victims to find safety and live lives free of abuse. Callers can expect highly trained experienced advocates to offer compassionate support, crisis intervention information and referral services in over 170 languages.

www.thehotline.org

CHILDHELP – NATIONAL CHILD ABUSE HOTLINE

1-800-4-A-CHILD (800-422-4453)

En Español: *Press 1

The Childhelp National Child Abuse Hotline is dedicated to the prevention of child abuse. Serving the United States, its territories, and Canada, the Hotline is staffed with professional crisis counselors who, through interpreters, can provide assistance in 170 languages. All calls are anonymous and confidential.

www.childhelp.org

DCFS ILLINOIS CHILD ABUSE HOTLINE

800-25-ABUSE (800-252-2873)

TTY: 1-800-358-5117

Hotline to report suspected child abuse or neglect.

www.state.il.us/dcf/PreventingChildAbuseandChildNeglect/index.shtml

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ILLINOIS DEPARTMENT ON AGING AND ABUSE HOTLINE

Adult Protective Services Hotline: 866-800-1409

TTY: 888-206-1327

Senior HelpLine: 800-252-8966 (Monday - Friday, 8:30am - 5:00pm CST)

Hotline to report suspected abuse, financial exploitation, or neglect of a person 60 or older or an adult with disabilities ranging age 18-59.

www.state.il.us/aging/1abuselegal/abuselegal-main.htm

NATIONAL RUNAWAY SAFELINE

1-800-RUNAWAY (800-786-2929)

Text: 66008

The National Runaway Safe-line offers year-round confidential crisis intervention service for youth, teens, and families, including a free transportation program.

www.1800runaway.org

TREVOR LIFELINE (for LGBTQ youth)

866-488-7386

TrevorText: Available on Fridays (3:00pm - 7:00pm CST). Text the word "Trevor" to **1-202-304-1200** (Standard messaging rates apply)

TrevorChat: Available 7 days a week (2:00pm - 8:00pm CST). Click [here](#).

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24.

thetrevorproject.org

ILLINOIS COALITION FOR IMMIGRANT & REFUGEE RIGHTS – FAMILY SUPPORT NETWORK HOTLINE

855-435-7693 (855-HELP-MY-FAMILY)

Family Support Hotline connects individuals with reliable and immediate information and referrals to legal, ministry, and social services.

www.icirr.org/our-work/details/1/family-support-network-and-hotline

RESU CAMPUS RESOURCES

Campus and Public Safety

Security Main: **Ext. 1111 (internal) or 312-770-2457**

Security Desk (1st Floor): **Ext. 4223**

Emergency Codes: **Ext. 8888**

Counseling & Wellness Services (CWS)

Susan Siokos, EdD, LCPC, BC-TMH™

Licensed Clinical Professional Counselor

Board Certified-TeleMental Health Provider™

Susan.Siokos@resu.edu

Phone: **773-252-5120**

CWS Office: #6s35

For general questions and scheduling, please email counseling@resu.edu.

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AMITA HEALTH RESOURCES

AMITA HEALTH CRISIS LINE

708-681-HELP (4357)

24 Hours a Day, 7 Days a Week

AMITA HEALTH BEHAVIORAL MEDICINE INSTITUTE

Main Line: 844-366-0618

AMITA Health offers specialized inpatient and outpatient services for adults, adolescents, and children. To find a location that works for you, please call the number above or check the website for specific contact info.

<https://www.amitahealth.org/services/behavioral-medicine-institute/>

WICKER PARK AND SURROUNDING AREA RESOURCES

(Alphabetical Order)

ALL ALONG

Rachel Kazez, LCSW

Email: rachel@allalong.org

All Along is a Chicago-based service helping people anywhere feel more knowledgeable about and comfortable with mental health. All Along provides individualized consultation on therapy and mental health, assists with navigating the mental health system and insurance, and offers other customizable services to meet each person's unique needs.

www.allalong.org

BEYOND OCD

2300 Lincoln Park West, Suite 206B

Chicago, IL 60614

Main Line: 773-661-9530

Email: info@beyondocd.org

Beyond OCD's sole purpose is to help those who suffer with Obsessive Compulsive Disorder and the people who care about them. We provide access to facts and resources and offer practical information, encouragement and hope.

www.beyondocd.org

CATHOLIC CHARITIES

Multiple locations throughout Cook and Lake counties

Cook County: 312-655-7700 (in English and en Español)

Lake County: 847-782-4000 (in English and en Español)

Catholic Charities provides a comprehensive network of services including the following mental health services: case management/social work, counseling/psychotherapy, parent support/training, eldercare referrals and advice.

www.catholiccharities.net

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CHICAGO LAKESHORE HOSPITAL

4840 N. Marine Drive
Chicago, IL 60640

Main Line: 773-878-9700

Chicago Lakeshore Hospital provides behavioral health and dual diagnosis treatment from a multi-disciplinary team approach. Treatment services include screening, assessment, detox services (where necessary), treatment planning, crisis intervention, consultation, inpatient and outpatient services, education, referrals, and individual and group counseling. Services are available 24/7.

<http://www.chicagolakeshorehospital.com/>

CHICAGOLAND LGBTQ SERVICES DIRECTORY

Searchable online website dedicated to LGBTQ resources in the areas of mental health, advocacy, basic needs, health, legal, social, and substance use.

www.chicagolgbtservices.org

COMMUNITY COUNSELING CENTERS OF CHICAGO

Three locations in Chicago

Services & Crisis Line: 773-769-0205

C4 helps people overcome mental health problems, substance use disorders, and the trauma of sexual assault and abuse at four locations in Chicago.

www.c4chicago.org

DEPRESSION AND BIPOLAR SUPPORT ALLIANCE – GREATER CHICAGO

HELPLINE: 773-465-3280

DBSA provides hope, help, support, and education to improve the lives of people who have mood disorders.

Chicago website: www.dbsa-gc.org

National website: www.dbsalliance.org (En Español [here](#))

HEARTLAND ALLIANCE

208 S. LaSalle Street, Suite 1300

Chicago, IL 60604

General Information: Kelly Jones **Phone:** 773-751-4186

Email: kjones@heartlandalliance.org

Main Line: 312-660-1300

Heartland Alliance's mission is to advance the human rights and respond to the human needs of endangered populations—particularly the poor, the isolated, and the displaced—through the provision of comprehensive and respectful services and the promotion of permanent solutions leading to a more just global society. Housing, healthcare, career, and justice services are offered.

<https://www.heartlandalliance.org/>

ILLINOIS MENTAL HEALTH COLLABORATIVE – WARM LINE

866-359-7953 (Monday - Friday 8am - 5pm)

TTY: 866-880-4459

FREE confidential service for anyone residing in Illinois, funded by Dept. of Human Services/Division of Mental Health. Offers recovery education for mental health and substance use conditions, community resource information, emotional support, and referrals. Language interpreters available and deaf and hard of hearing callers can use their own Video Relay Service.

www.illinoismentalhealthcollaborative.com

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NAMI OF GREATER CHICAGO

1801 W. Warner Avenue Suite 202
Chicago, IL 60613

HELPLINE: 312-563-0445 (Monday - Friday 10am - 5pm)

NAMI (National Alliance for the Mentally Ill) offers referrals, education, and support as well as education courses and support groups for families and consumers suffering from serious mental illness. Services are free.

www.namigc.org

NATIONAL ASSOCIATION OF ANOREXIA NERVOSA AND ASSOCIATED DISORDERS (ANAD)

Main Line: 630-577-1333

HELPLINE: 630-577-1330 (Monday - Friday 9am - 5pm)

Email: anadhelp@anad.org

ANAD is a non-profit organization working in the areas of eating disorder awareness, support, advocacy, referral, education, and prevention.

www.anad.org

PILLARS

Eight locations in the western and southwestern suburbs of Chicago

Main Line: 708-PILLARS (708-745-5277)

24 Hour Domestic Violence Hotline: 708-485-5254

24 Hour Sexual Assault Hotline: 708-482-9600

Pillars is a not-for-profit social service organization formed to help build healthier communities by providing quality mental health services, social services and education for people of all ages. Pillars offers mental health, children and family, domestic and sexual violence and addictions services, as well as community housing initiatives.

info@pillarscommunity.org

<http://www.pillarscommunity.org/>

THRESHOLDS

4101 N. Ravenswood Ave.

Chicago, IL 60613

Main Line: (773) 572-5500

Email: thresholds@thresholds.org

Central Intake Line: 773-572-5400

Email: intake@thresholds.org

Deaf & Hard of Hearing (Voice): 773-373-3347

Video Phone: 773-908-0098

Thresholds provides healthcare, housing, and hope for thousands of persons with mental illnesses in Illinois each year. Through care, employment, advocacy, and housing, Thresholds assists and inspires people with mental illnesses to reclaim their lives.

<http://www.thresholds.org>

MENTAL HEALTH – GENERAL INFORMATION

(Alphabetical Order)

Addiction Center

Addiction Center is a free online resource guide with information about the relationship between mental health and addiction.

www.addictioncenter.com

<https://www.addictioncenter.com/addiction/dual-diagnosis/>

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Affordable Colleges Online College Learning & Resource Center

AC Online is committed to providing current and prospective students with the necessary information and resources to succeed in college and after graduation, including guides about health and wellness.

<https://www.affordablecollegesonline.org/college-student-mental-health>

<https://www.affordablecollegesonline.org/college-resource-center/college-suicide-prevention/>

Anxiety and Depression Association of America (ADAA)

ADAA is dedicated to the prevention, treatment, and cure of anxiety and mood disorders, OCD, and PTSD and to improving the lives of all people who suffer from them through education, practice, and research.

www.adaa.org

Best Colleges

A college guide for students with psychiatric disabilities. Those struggling with mental illness contend with a true disability that requires the full support of their learning community.

[College Guide for Students with Psychiatric Disabilities](#)

DrugRehab.com

DrugRehab.com is a web resource that provides information and support to people fighting substance abuse and addiction. The website provides individuals with information to help them learn about these illnesses and understand how to treat them.

<https://www.drugrehab.com/co-occurring-disorder/>

<https://www.drugrehab.com/guides/campus/>

Jed Foundation

Jed Foundation is dedicated to promoting emotional health and preventing suicide among college and university students.

www.jedfoundation.org/

National Alliance on Mental Illness (NAMI)

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

www.nami.org

Substance Abuse and Mental Health Services Administration (SAMHSA)

The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.

www.samhsa.gov

ULifeline

ULifeline is an anonymous, confidential, online resource center, where college students can be comfortable searching for the information they need and want regarding emotional health. It's a Jed Foundation project.

www.ulifeline.org

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