

## **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](http://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](http://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](http://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.

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**ADDICTION CENTER HOTLINE**  
**(855) 826-4464**

Addiction Center connects individuals struggling with addiction to treatment and recovery options.  
[www.addictioncenter.com](http://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](http://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](http://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](http://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](http://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](http://www.state.il.us/dcf/PreventingChildAbuseandChildNeglect/index.shtml)

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[www.oakpoint.edu](http://www.oakpoint.edu)



### **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.

[https://www2.illinois.gov/aging/ProtectionAdvocacy/Pages/abuse\\_reporting.aspx](https://www2.illinois.gov/aging/ProtectionAdvocacy/Pages/abuse_reporting.aspx)

### **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](http://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](http://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.

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

## **OAK POINT CAMPUS RESOURCES**

### **Campus and Public Safety – Chicago**

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

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

Emergency Codes: **Ext. 8888**

### **Campus and Public Safety – Oak Brook**

Security Operations Center: **312-902-3400**

Front Desk: **630-537-9600, Press 0 for Operator or visit in person (during business hours)**

Emergency: **911**

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### **Counseling & Wellness Services (CWS)**

Susan Siokos, EdD, LCPC, BC-TMH™  
*Licensed Clinical Professional Counselor*  
*Board Certified-TeleMental Health Provider™*

[susan.siokos@oakpoint.edu](mailto:susan.siokos@oakpoint.edu)

Phone: 630-537-9853

**CWS Office:** 6s31 (Chicago) | 1314 (Oak Brook)

**For general questions and scheduling, please email [counseling@oakpoint.edu](mailto:counseling@oakpoint.edu).**

## **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: 855-383-2224**

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](mailto: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](http://www.allalong.org)

### **BEYOND OCD**

2300 Lincoln Park West, Suite 206B

Chicago, IL 60614

**Email:** [info@beyondocd.org](mailto: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](http://www.beyondocd.org)

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### **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](http://www.catholiccharities.net)

### **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](http://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](http://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](http://www.dbsa-gc.org)

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

### **HEARTLAND ALLIANCE**

208 S. LaSalle Street, Suite 1300

Chicago, IL 60604

**Main Line: 312-660-1300**

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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](http://www.illinoismentalhealthcollaborative.com)

### **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](http://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](mailto: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](http://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](mailto:info@pillarscommunity.org)

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

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## THRESHOLDS

4101 N. Ravenswood Ave.

Chicago, IL 60613

Main Line: (773) 572-5500

Email: [thresholds@thresholds.org](mailto:thresholds@thresholds.org)

[intake@thresholds.org](mailto:intake@thresholds.org)

Deaf & Hard of Hearing (Voice): 773-537-3341 Video Phone: 773-886-1182

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](http://www.addictioncenter.com)

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

### **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](http://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/>

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### **Jed Foundation**

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

[www.jedfoundation.org/](http://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](http://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](http://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](http://www.ulifeline.org)

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*Counseling & Wellness Services (CWS)* 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.

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