



A comprehensive guide to refer children, adolescents and others to behavioral health services.

The Illinois Health and Hospital Association's (IHA) Behavioral Health Advisory Forum developed this guide with an emphasis on suicide prevention and marginalized youth. The forum is comprised of expert administrative and clinical professionals across the state. In addition to serving as a trusted resource, this guide is also intended to support community collaboration and coordination to enhance health and well-being.

helplines

ALWAYS CALL 911 FOR ANY LIFE-THREATENING EMERGENCY

National Suicide Prevention Lifeline—24/7 free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals

- 📞 **800.273.TALK** (8255) or **800.SUICIDE** (784.2433)
- 📱 Text to **800.273.TALK** (8255) or **800.SUICIDE** (784.2433)
- 💻 suicidepreventionlifeline.org

Rape, Abuse, Incest National Network

(RAINN)—24/7 support for survivors by phone or online through the National Sexual Assault Hotline

- 📞 **800.656.HOPE** (4673)
- 💻 online.rainn.org

Crisis Text Line—24/7 free support for those in crisis

- 📱 Text “HELLO” to **741741**
- 💻 crisistextline.org

Trevor Project Lifeline—24/7 crisis intervention and suicide prevention services for lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24

- 📞 **866.488.7386**
- 💻 thetrevorproject.org

National Alliance on Mental Illness (NAMI)

Information Helpline—Information and referral services Monday through Friday, 9 am – 5 pm

- 📞 **800.950.6264** or **312.563.0445** in Chicago
- 💻 nami.org

helplines CONTINUED

Illinois Crisis and Referral Entry Services (CARES)

Crisis Line—Crisis mental health services for children and adolescents; also determines eligibility for Screening, Assessment and Support Services (SASS), intensive mental health services for individuals who may need hospitalization; and refers to community mental health or other services

 **800.345.9049 (TTY: 866.794.0374)**

 illinois.gov/hfs/info/Brochures%20and%20Forms/Brochures/Pages/hfs3838.aspx

Childhelp National Child Abuse Hotline—24/7

confidential crisis counseling in over 170 languages and crisis intervention, information, literature and referrals to emergency, social service and support resources

 **800.4ACHILD (422.4453)**

 childhelp.org/hotline

National Dating Abuse Helpline—24/7 support for

teens, young adults and their concerned friends and family members who have questions or concerns about their dating relationships

 **866.331.9474 (TTY: 866.331.8453)**

 Text “LOVEIS” to 22522

 loveisrespect.org

National Runaway Safeline—24/7 anonymous, free crisis line for anyone who might want to run away from home, is on the run and wants to come home, or is homeless

 **800.RUNAWAY (786.2929)**

 1800runaway.org

Teen Line—Teen-to-teen hotline and community outreach program available every night from 6-10 pm to help adolescents address their problems in a confidential, anonymous and comfortable way

 **310.855.4673**

 Text “TEEN” to 839863

 teenlineonline.org

Illinois Poison Center—24/7 free, confidential hotline that offers information and treatment advice about potentially harmful substances to Illinois residents and healthcare professionals

 **800.222.1222**

 illinoispoisoncenter.org

Consumer and Family Care Line—Illinois resources for questions about mental health services and referrals to a mental health provider, available Monday through Friday, 8 am – 5 pm, except holidays

 **866.359.7953 (TTY: 1.866.880.4459)**

From the main menu, select **option 1** for life-threatening emergencies or **option 2** for the Consumer and Family Care Line. **Next, choose among the following options:**

Option 1: Questions about the [Illinois Individual Care Grant program](#), which provides funding to children with a Serious Emotional Disturbance (SED) under the age of 18 to assist in obtaining the appropriate level of treatment required to improve their condition.

Option 2: Referral to a Mental Health Provider

Option 3: Questions About Mental Health Services

Option 5: The [Warm Line](#), which is not a crisis hotline but an Illinois resource for individuals with mental health and/or substance use challenges and their families to receive support by phone

 illinoismanualhealthcollaborative.com/consumers/consumer_contacts.htm#ConFamCareLine

direct services

Illinois Service Providers by County—A listing of service providers by county from the Illinois Department of Human Services (DHS)

 dhs.state.il.us/page.aspx?module=12&officetype=6&county=

Illinois Crisis/Emergency: Mental Health Partners/Providers—A listing of service providers by city from DHS

 dhs.state.il.us/page.aspx?item=30893

Illinois Inpatient Mental Health Providers—An IHA listing of hospitals that provide inpatient mental health services, with a customizable sort feature to search by county, geographic area or provider type

 ihatoday.org/uploadDocs/1/behavhealthhosp.pdf

Center on Halsted—The largest lesbian, gay, bisexual and transgender community center in the Midwest, based in Chicago. Provides a behavioral health phone line and email, and information about their services, community resources and possible referrals

Call: 773.472.6469 ext. 460

 behavioralhealth@centeronhalsted.org
 centeronhalsted.org

additional support

ULifeline—An anonymous, confidential online resource center for college students to locate support on their campus and search for the emotional health information they need and want without shame

 ulifeline.org/get_help_now

The Jason Foundation—Educational and awareness programs that equip young people, educators, youth workers and parents with tools and resources to help identify and assist at-risk youth

 888.881.2323
 jasonfoundation.com

family, parents & caregivers

Look Through Their Eyes—A voluntary collaboration of organizations that tracks emerging trends, and promotes education among professionals and the public. Provides support to a broad network of agencies working with and for children and families who experience trauma

 lookthroughtheireyes.org

Child Mind Institute—A guide for parents helping a child in distress

 childmind.org/article/youre-worried-suicide

Under the Rainbow—Youth services of *Sinai BrightPath*, a division of Chicago-based Sinai Health System, providing behavioral health services for Chicago families with locations at both Mt. Sinai Hospital and Holy Cross Hospital's St. Casimir Clinic

 **773.542.2000**
 sinai.org/content/under-rainbow

professionals

Center for Childhood Resilience at Ann & Robert H. Lurie Children's Hospital of Chicago—Provides training, coaching, school-based interventions and other services through partnerships with schools and youth-serving agencies

 luriechildrens.org/en-us/care-services/specialties-services/center-childhood-resilience/Pages/index.aspx

Youth Suicide Prevention Program—Youth suicide information and resources

 **206.297.5922**
 yspp.org/about_suicide/what_to_do.htm

media

Recommendations for Reporting on Suicide—Recommendations for journalists developed by leading experts in suicide prevention and in collaboration with several international suicide prevention and public health organizations, schools of journalism, media organizations, journalists and Internet safety experts

 reportingonsuicide.org

American Foundation for Suicide Prevention—Additional recommendations for safe reporting on suicide

 afsp.org/wp-content/uploads/2016/01/recommendations.pdf