

No Shame On U dedicated to eliminating the stigma associated with mental health conditions and raising awareness; provides community mental health resources, education, and programming.

www.noshameonu.org

The Larger Than Life Foundation envisioning a world in which those with mental health issues have equal access to education and job opportunities; offers life skills and training to underserved and at-risk adults.

www.largerthanlifefoundation.org

Suicide Prevention and Mental Health Resources

7 Cups

www.7cups.com

Connects callers to trained listeners for free confidential support

American Psychological Association

www.apa.org

Resources and education

Anxiety and Depression Association of America

www.adaa.org

Resources and education

Crisis Text Line

www.crisistextline.org

text 741741

Free 24/7 text support for people in distress

Mental Health America

www.mhanational.org

Resources and education

National Alliance on Mental Illness (NAMI)

www.nami.org

Education, resources, helpline, free support groups; with local chapters

National Suicide Prevention Lifeline

www.suicidepreventionlifeline.org

1-800-273-TALK (8255)

Free 24/7 support for people in distress; suicide prevention and crisis resources

Postpartum Support International

www.postpartum.net

Resources for pregnancy and postpartum depression; with Illinois chapter

Substance Abuse and Mental Health Services Administration

www.samhsa.gov

1-800-662-4357

1-800-985-5990 (distress helpline)

Education, resources, and helpline

Therapy for Black Girls

www.therapyforblackgirls.com

mental wellness for Black women and girls

Therapy for Latinx

www.therapyforlatinx.com

Mental health resources for Latinx community

The Trevor Project

www.thetrevorproject.org

Crisis and suicide prevention efforts among LGBTQ

Veterans Crisis Line

www.veteranscrisisline.net

1-800-273-8255

Text 838255 to connect with a VA responder for veterans in crisis

Warmline

www.warmline.org

Peer-run non-crisis support

In the event of a mental health emergency, call 911 and request a police officer from the Crisis Intervention Team.

Selected Local Mental Health Organizations*

The Anxiety Treatment Center

www.anxietytreatmentcenter.com

Therapy with a focus on anxiety and co-occurring conditions

The ARK

www.arkchicago.org

Counseling and case management for Jewish Chicagoans

Asian Human Services

www.ahschicago.org/behavioral-health

Behavioral health program for Asian immigrants and refugees and other underserved communities

Catholic Charities Counseling Services

www.catholiccharities.net/GetHelp/OurServices/Counseling.aspx

Counseling and case management for a wide range of issues

Center for Contextual Change

www.centerforcontextualchange.org

Psychotherapy group practice offering individual, family, and group counseling

The Center on Halstead

www.centeronhalsted.org/behavioralhealth.html

Wide range of services meeting the psychosocial needs of the LGBTQ community and allies

Chicago Department of Public Health Mental Health Services

www.chicagoconnects.org/index.shtml

A tool to find substance use and behavioral health social service resources in Chicago; select "Find Help," enter location, "Chicago," and click on "Mental Health"

Chicago Mental Health Centers

www.chicago.gov/city/en/depts/cdph/supp_info/behavioral-health/mental_health_centers.html

Community support for emotional, traumatic, or behavioral difficulties; 5 centers

Family Institute of Northwestern University

www.family-institute.org

Therapy and behavioral health resources

JCFS Chicago

www.jcfs.org

Community outreach, counseling, and case management

Illinois Department of Human Services

www.dhs.state.il.us/page.aspx?module=12

Publicly-funded mental health providers in Cook County; select "Mental Health," select "Cook County"

The Josselyn Center

www.josselyn.org

Therapy and services provided across the continuum of care; living room

The Living Room at Turning Point

www.tpoint.org/the-living-room

Adults in crisis; an alternative to hospital ERs

NAMI Metro Suburban Living Room

www.namimetsub.org/recovery-programs/the-living-room

Adults in crisis; an alternative to hospital ERs; 2 locations

Pilsen Wellness Center

www.pilsenwellnesscenter.org/services/mental-health

Counseling and treatment programs serving predominantly Latino communities

RefugeeOne

www.refugeeone.org/cswwws

Provides culturally and linguistically appropriate mental health and case management services to refugees

Thresholds

www.thresholds.org

Serious mental illness and substance use disorders; clinical and vocational services, advocacy; living room

*Accepting insurance or Medicaid/Medicare; or offering sliding scale fees

In the event of a mental health emergency, call 911 and request a police officer from the Crisis Intervention Team.