

Illinois



- 988 Suicide & Crisis Lifeline — Call or text 988 Illinois
- Warm Line
866-359-7953
Peer support (non-crisis emotional support)
- Illinois 211 — Dial 211
Connects to shelters, food, mental health services NAMI
- Chicago Helpline
833-626-4244
Mental health support and resource navigation

Mental Health Services & Counseling

- Illinois Department of Human Services Division of Mental Health
Provides:
 - Free/low-cost therapy
 - Crisis services
 - Psychiatric care
 - Community mental health programs

Community Mental Health Providers

Chicago Area

- Thresholds
Community mental health services, housing, and recovery programs Trilogy
- Behavioral Healthcare
Therapy, crisis care, and community outreach
- Erie Family Health Centers
Mental health services + primary care

Statewide / Multiple Locations

- Rosecrance
Mental health and addiction treatment across Illinois Chestnut
- Health Systems
Therapy, substance-use treatment, and youth programs

Addiction Recovery & Rehabilitation Programs

Statewide Access

- Illinois Division of Substance Use Prevention and Recovery Offers:
 - Detox programs
 - Residential rehab
 - Outpatient care Medication-
 - assisted treatment

Key Recovery Providers

- Haymarket Center
Detox, residential, outpatient services
- Gateway Foundation
Statewideaddictiontreatmentprograms

Shelters & Housing Assistance

Emergency Shelters

- Pacific Garden Mission
Emergency shelter, meals, and recovery programs
- Cornerstone Community Outreach
Shelter and transitional housing

Housing & Support Programs

- Chicago Coalition for the Homeless Housing
resources and outreach
- All Chicago Making Homelessness History
Connects individuals to housing programs

Chicago & Urban Areas

- Becoming A Man (BAM)
 - Mentorship for young men
 - Emotional regulation & decision-making
 - Violenceprevention programs

Youth Guidance

- School-based mental health programs
- Counseling and trauma support

- College and career readiness

UCAN

- Trauma-informed care
- Foster care & youth housing
- Violence intervention programs

READI Chicago

- Cognitive behavioral therapy
- Job training for high-risk individuals
- Support for those impacted by gun violence

Statewide Youth Programs

- Illinois Department of Juvenile Justice Programs
Rehabilitation, counseling, and reentry support
- Boys & Girls Clubs of America
Safe spaces, mentorship, and after-school programs

Women, Youth & Domestic Violence Support

- Illinois Coalition Against Domestic Violence
Shelter connections and advocacy
- Sarah's Circle
Shelter and support services for women
- Covenant House Illinois
Shelter and services for homeless youth