

SEEKING HELP

Teen Resource Guide

COMMUNITY CONNECTIONS

CRISIS & INTERVENTION

National Suicide Hotline - 800-273-TALK (8255) or 988
<https://suicidepreventionlifeline.org/>

Text-A-Tip - Anonymous, instant mental health assistance
Text LAKECO to 844-823-5323

National Sexual Assault Hotline - Free. Confidential. 24/7 - 800-656-HOPE or Chat
<https://hotline.rainn.org/online>

Lake County 211 - Health and human services connections - 211.org

IL Statewide Domestic Violence Hotline - 877-863-6338

National Teen Dating Abuse Hotline - 866-331-9474

Addiction 411 - 888-221-5866

A Safe Place - 24-hour domestic abuse hotline
800-600-Safe (7233)
asafeplaceforhelp.org

Lake County Health Department - www.lakecountyil.gov

Mano a Mano - 847.201.1521
www.mamfrc.org

Crisis Text Line - (24/7) text HOME to 741741

Rosecrance - 815-985-5617
<https://rosecrance.org/>

Montrose Behavioral Health
www.montrosebehavioral.com

MENTAL & PHYSICAL HEALTH CONCERNS

Zacharias Sexual Abuse Center - (847) 872-7799 zcenter.org

Nicasa Behavioral Health Services - (847) 546-6450 nicasa.org

CYN Counseling Center (Community Youth Network) - <https://cyngrayslake.org/>

After Hours CYN Crisis Line - 847.587.3100

National Alliance on Mental Illness - <https://www.nami.org/Home>

Lake County Dept. of Mental Health - 847-546-0080

Screening Assessment and Support Services (SASS) - 800-345-9049

SUBSTANCE USE & ABUSE

Choose Your Path Coalition - <https://chooseyourpath118.org/>

Nicasa Behavioral Health Services - (847) 546-6450 nicasa.org

Substance Abuse and Mental Health Services Administration - www.samhsa.gov

Partnership for Drug-Free Kids - www.drugfree.org

Stop Underage Drinking - www.stopalcoholabuse.gov

National Institute on Alcohol Abuse and Alcoholism - www.niaaa.nih.gov/health-professionals-communities

A Way Out Program
<https://awayoutlc.org/>

Live4Lali
<https://live4lali.org/>

Prevention First
www.prevention.org

RECREATION & EMPLOYMENT

Wauconda Park District - www.waucondaparks.com

Wauconda Area Public Library - www.wauclib.org

National Guard - www.nationalguard.com

Lake County Job Center - (847) 377-3450
Summer Youth Employment LINK - <https://www.lakecountyil.gov/167/Job-Center-of-Lake-County>
Search "Summer Youth Employment"

Wauconda Chamber of Commerce - <https://waucondachamber.org/>

YOUTH GROUPS / MENTORING

WHS Youth Advisory Board Prevention Club
Contact -Becky Feryance
rferyance@d118.org

TRUST Program at Wauconda High School
Contact - Meghan Ellis
mellis@d118.org or
Drew Albright Aalbright@d118.org

LGBTQ GROUPS

Pinta Pride Project - <https://www.pintaprideproject.com/>

The Trevor Project - www.thetrevorproject.org
24 hour hotline (866)488.7386

WHS GSA "SAFE" Club - Contact Ashley Liggins-Guzman
Aliggins@d118.org

PFLAG
<https://pflag.org/chapter/pflag-grayslake-round-lake>

LGBTQ+ Center Lake County
<https://lgbtqcenterlakecounty.com/>
224-419-4095
Email - LGBTQCENTERLC@gmail.com

ONLINE VAPING RESOURCES

The Truth Initiative
Text DITCHVAPE to 88709

<https://truthinitiative.org/thisisquitting>



CHOOSE YOUR PATH

Substance Use Prevention Coalition
chooseyourpath118.org