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 español: 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

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

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

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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**ADDITION CENTER HOTLINE**
888-424-5832
Addiction Center connects individuals struggling with addiction to treatment and recovery options.  
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

**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

**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

**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

**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/dcfs/PreventingChildAbuseandChildNeglect/index.shtml

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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.
   www.state.il.us/aging/1abuselegal/abuselegal-main.htm

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

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

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.
   www.icirr.org/our-work/details/1/family-support-network-and-hotline

RESU CAMPUS RESOURCES

Campus and Public Safety
   Security Main: Ext. 1111 (internal) or 312-770-2457
   Security Desk (1st Floor): Ext. 4223
   Emergency Codes: Ext. 8888

Counseling & Wellness Services (CWS)
   Susan Siokos, EdD, LCPC, BC-TMH™
   Licensed Clinical Professional Counselor
   Board Certified-TeleMental Health Provider™
   Susan.Siokos@resu.edu
   Phone: 773-252-5120

CWS Office: #6s35

For general questions and scheduling, please email counseling@resu.edu.

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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: 844-366-0618
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
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

BEYOND OCD
2300 Lincoln Park West, Suite 206B
Chicago, IL 60614
Main Line: 773-661-9530 Email: 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

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

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NAMI OF GREATER CHICAGO
1801 W. Warner Avenue  Suite 202
Chicago, IL 60613
HEPLINE: 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

NATIONAL ASSOCIATION OF ANOREXIA NERVOSA AND ASSOCIATED DISORDERS (ANAD)
Main Line: 630-577-1333
HEPLINE: 630-577-1330 (Monday - Friday 9am - 5pm)  Email: 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

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
http://www.pillarscommunity.org/

THRESHOLDS
4101 N. Ravenswood Ave.
Chicago, IL 60613
Main Line: (773) 572-5500  Email: thresholds@thresholds.org
Central Intake Line: 773-572-5400  Email: intake@thresholds.org
Deaf & Hard of Hearing (Voice): 773-373-3347  Video Phone: 773-908-0098
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
https://www.addictioncenter.com/addiction/dual-diagnosis/

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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

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

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/

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

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

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

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