

# Mental Health Resources

Transition Skills, Tips & Tools

**Depression Understood** An online support community for those suffering from depression and anxiety. The website contains information and links to different associations as well as a depression hotline within your community. It also contains a chat room and forum where you can express your feelings and concerns to those within the mental health community. [www.depression-understood.org/](http://www.depression-understood.org/).

**Illinois Department of Human Services-Division of Mental Health (DMH)** DMH provides services at all levels for adults and children throughout the state. [www.dhs.state.il.us/page.aspx?item=29735](http://www.dhs.state.il.us/page.aspx?item=29735).

## Fact Sheet:

Depression facts, causes, symptoms and treatments.

[www-tc.pbs.org/wgbh/takeonestep/depression/pdf/dep\\_facts.pdf](http://www-tc.pbs.org/wgbh/takeonestep/depression/pdf/dep_facts.pdf)

## Video:

PBS presents: "Depression: *Out of the Shadows*"

[www.pbs.org/wgbh/takeonestep/depression/video-ch\\_01.html](http://www.pbs.org/wgbh/takeonestep/depression/video-ch_01.html)

(adult/adolescent/postpartum/treatments)

"How to Parent a Depressed Child" - [www.youtube.com/watch?v=cMJbn1-apcU](http://www.youtube.com/watch?v=cMJbn1-apcU)

## National Organizations:

**National Alliance on Mental Illness (NAMI)** NAMI is the nation's largest grassroots mental health organization building better lives for the millions of Americans affected by mental illness. NAMI works to educate, support, advocate, listen and lead to improve the lives of people with mental illness and their loved ones. Find your local NAMI at [www.nami.org/Find-Your-Local-NAMI](http://www.nami.org/Find-Your-Local-NAMI).

**National Crisis Resources National Suicide Prevention Lifeline (800) 273-TALK or (800) 273-8255**  
If you or someone you care about feels overwhelmed with emotions like sadness, depression or anxiety, you can call the 24-hour National Suicide Prevention Lifeline. The Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, seven days a week. More information is at [www.suicidepreventionlifeline.org/](http://www.suicidepreventionlifeline.org/).

*Please note that starting in July 2022, the number 988 will be the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline. When people call, text, or chat 988, they will be connected to trained counselors that are part of the existing National Suicide Prevention Lifeline Network.*

**Lifeline Crisis Chat** [www.suicidepreventionlifeline.org/chat/](http://www.suicidepreventionlifeline.org/chat/)

Lifeline Chat is a service of the National Suicide Prevention Lifeline, connecting individuals with counselors for emotional support and other services via web chat. Lifeline Chat is available 24 hours a day, seven days a week across the United States.

**Crisis Text Line** Text “HOME” to **741741** or visit [www.crisistextline.org/](http://www.crisistextline.org/)

The Crisis Text Line serves anyone in any type of crisis, 24 hours a day. A live, trained Crisis Counselor receives the text and responds with support and referrals.

**Mental Health and Developmental Disabilities National Training Center** [www.mhddcenter.org/](http://www.mhddcenter.org/)

The center works to improve mental health services and supports for people with developmental disabilities. By serving as a national clearinghouse, the center helps provide access to the most current evidence-based, trauma-informed, culturally responsive practices that address the mental health needs of individuals with developmental disabilities.

**The Trevor Project** Call **(866) 488-7386** or Text “START” to **678678** [www.thetrevorproject.org](http://www.thetrevorproject.org)

Trained counselors are available 24 hours a day, seven days a week to support youth who are in crisis, feeling suicidal, or in need of a safe and judgment free place to talk. The Trevor Project specializes in supporting the LGBTQI+ community.

**Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline**

Call **(800) 662-HELP** or **(800) 622-4357** [www.samhsa.gov/find-help/national-helpline](http://www.samhsa.gov/find-help/national-helpline)

SAMHSA's National Helpline is a free, confidential, 24-hour, seven-days-a-week treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

**SAMHSA Disaster Distress Helpline** Call or text **(800) 985-5990** [www.samhsa.gov/find-help/disaster-distress-helpline](http://www.samhsa.gov/find-help/disaster-distress-helpline)

SAMHSA's Disaster Distress Helpline is available 24 hours, seven days a week with crisis counseling and support for people experiencing emotional distress related to natural or human-caused disasters.

## Finding a Behavioral Health Provider

**The National Council for Mental Wellbeing** [www.thenationalcouncil.org/](http://www.thenationalcouncil.org/)

Search for organizations that are committed to providing mental health services to anyone in the community who needs it regardless of their ability to pay.

**Substance Abuse and Mental Health Services Administration** [www.samhsa.gov/find-help](http://www.samhsa.gov/find-help)

SAMHSA provides information on mental health services and treatment centers through an online service locator. You can search by your location, whether or not they provide services for youth, payment options (private insurance, cash, or something else), languages spoken, etc.

## We're here to help.

To learn more about the Division of Specialized Care for Children's programs and services, check out our website at: [dsc.uic.edu](http://dsc.uic.edu)

