

# 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. <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. <http://www.dhs.state.il.us/page.aspx?item=29735>.

## Fact Sheet:

Depression facts, causes, symptoms and treatments.

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

## Video:

PBS presents: Depression: *Out of the Shadows*

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

(adult/adolescent/postpartum/treatments)

<http://www.youtube.com/watch?v=cMJbn1-apcU> - You tube video on how to parent a depressed child.

## National Organizations:

**National Alliance on Mental Illness (NAMI).** NAMI's mission is grassroots and the sharing of information with people with mental illness, their families, friends, mental health professionals, and the general public. NAMI strives to offer hope, reform and health our American community through support, education, and advocacy efforts. Find your local NAMI at: <http://www.nami.org/Find-Your-Local-NAMI>.

**National Crisis Resources. National Suicide Prevention Lifeline 1-800-273-TALK (1-800-273-8255)**

This is a crisis hotline that can help with many issues, not just suicide. For example, anyone who feels sad, hopeless, or suicidal; family and friends who are concerned about a loved one; or anyone interested in mental health treatment referrals can call the Lifeline. Callers are connected with a professional nearby who will talk with them about what they are feeling or concerns for other family and friends. Call the toll-free Lifeline, 24 hours/day, 7 days/week.

### ***Crisis Text Line*** Text “MHFA” to 741741

Available 24/7, 365 days a year, this organization helps people with mental health challenges by connecting callers with trained crisis volunteers who will provide confidential advice, support, and referrals if needed.

### ***Mental Health and Developmental Disabilities National Training Center*** <https://www.mhddcenter.org/>

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

### ***Lifeline Crisis Chat*** <https://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 24/7 across the U.S.

### ***The Trevor Project*** Call 866-488-7386 or Text “START” to 678678 <https://www.thetrevorproject.org>

Trained counselors available 24/7 to support youth who are in crisis, feeling suicidal, or in need of a safe and judgment free place to talk. Specializing in supporting the LGBTQI+ community.

Substance Abuse and Mental Health Services Administration’s (SAMHSA) Disaster Distress Helpline call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor.

<https://www.samhsa.gov/find-help/disaster-distress-helpline> SAMHSA’s Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.

## **Finding a Behavioral Health Provider**

### ***The National Council for Behavioral Health***. <https://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***. <https://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: **[dscc.uic.edu](https://dscc.uic.edu)**

