

Mental Health Resources

Transition Skills, Tips & Tools

Support Groups The National Alliance on Mental Illness (NAMI) Illinois offers free and confidential support groups. These groups aim to help you and others in the group have an opportunity to be heard and to be helped. They include a peer-led support group for adults living with a mental health condition and a peer-led family support group for adult family members, caregivers and loved ones. namiillinois.org/support-and-education/support-groups/.

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.

Fact Sheet:

Essential information and resources to help young people get the mental health support they need. www.nami.org/your-journey/kids-teens-and-young-adults/

Video:

“How to Parent a Depressed Child” - 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.

Mental Health and Developmental Disabilities National Training Center 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.

National Crisis Resources:

988 Suicide and Crisis Lifeline Call or text **988** or visit [988lifeline.org/](https://www.988lifeline.org/). The 988 Suicide and Crisis Lifeline is available 24/7 to offer free and confidential support. Whether you are facing mental health struggles, emotional distress, alcohol or drug concerns or just need someone to talk to, Lifeline counselors can help. You can call, chat, or text. The 988 ASL Videophone is also available for individuals who are deaf or hard of hearing.

Crisis Text Line Text **"HOME"** to **741741** or visit 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.

The Trevor Project Call **(866) 488-7386** or Text **"START"** to **678678** 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

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

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/

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

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.c.uic.edu

