

Mental Health Resources

Worldwide Support

Befrienders Worldwide www.befrienders.org

Worldwide providers of emotional support and suicide prevention

National Crisis Support

National Suicide Prevention Lifeline

[988 Suicide & Crisis Lifeline](https://www.nimh.nih.gov/health/topics/suicide-prevention) Text or call 988 Available 24/7

1-800-273-TALK (8255) -bilingual operators available

Or text HELLO to 741741. Free and available 24/7

<https://www.nimh.nih.gov/health/topics/suicide-prevention>

Disaster Distress Helpline

Helpline for large scale traumatic events

1-800-985-5990. Spanish speakers press '2' for bilingual support

National Mental Health Resources

[Find a Warmline in Your State](https://screening.mhanational.org/content/need-talk-someone-warmlines/?layout=sidebar_show_related,sidebar_only_related)

https://screening.mhanational.org/content/need-talk-someone-warmlines/?layout=sidebar_show_related,sidebar_only_related

Providing Mental Health Help Before a Crisis Arises

National Alliance for Mental Illness

www.nami.org

Helpline 1-800-950-6264 or text 62640 weekdays 10am to 10pm EST

National Institute of Mental Health www.nimh.nih.gov

Depression and Bipolar Support Alliance www.dbsalliance.org

Victim Connect Resource Center <https://victimconnect.org> Support for crime victims. Referral helpline open 9am to 5pm EST.

Rape Abuse and Incest National Network

(800) 656-Hope. 24-Hours, 7 days a week

BIPOC Mental Health Resources

[Call Blackline](#) Prioritizing Black, Indigenous and People of Color
1 (800) 604-5841

<https://www.massgeneral.org/psychiatry/guide-to-mental-health-resources/for-bipoc-mental-health#directories>

<https://www.thementalhealthcoalition.org/wp-content/uploads/2020/07/BIPOC-Mental-Health-Resources.pdf>

Lesbian, Gay, Bisexual, and Transgender Resources

[Trans Lifeline](#) Run by and for Trans People. 1 (877) 565-8860

Bisexuality-Aware Professionals Directory www.bizone.org/bap

COLAGE Support for people with LGBT parents www.colage.org

Parents and Friends of Lesbians and Gays. www.pflag.org

This is a national resource, but you can find local groups and meetings

National Substance Abuse and Recovery Resources

Alcoholics Anonymous www.aa.org/

Al-anon/Alateen www.al-anon.alateen.org

Offers support if your life is affected by someone else's drinking.

Illinois Resources

Lake County Crisis/ 24-hour Call Center

<https://www.lakecountyil.gov/705/Crisis-Care-Program-CCP>

1-847-377-8088

Illinois Call4Calm Text Line

Text TALK or HABLAR to 552020 and a trained mental health professional from your community will contact you within 24 hours

Updated 1/2023