

Help/ Crisis Hotlines and Resources

- **24 Hour Nationwide Suicide Prevention Hotline:**
 - (800) 273-TALK or (800) 273-8255

- **A Friend's Place:**
 - 24 hour helpline specializing in domestic violence, counseling and intervention
 - (800) 603-4357

- **24 Hour National Runaway Hotline:**
 - (800) 621-3230, (800) 621-4000

- **SAMHSA's National Helpline:**
 - 24/7, 365-day-a-year treatment referral and information service for mental health and/or substance use disorders.
 - 1-800-662-HELP (4357)

- **The National Alliance on Mental Illness:**
 - Emergency mental health hotline Mon–Fri, 9 a.m. to 5 p.m. Information about mental illness and treatment, support groups, family support, and legal support.
 - 1-800-950-6264
 - info@nami.org

- **Mental Health America Hotline:**
 - Nationwide organization that provides assistance through this text line
 - Text MHA to 741741

- **Crisis Text Line:**
 - Confidential 24-hour support line
 - Text CONNECT to 741741

- **The Trevor Helpline (LGBTQ):**
 - (888) 4-U-TREVOR
 - (886) 588-7386

- **Illinois Helpline for Opioids and Other Substances:**
 - Statewide, public resource for substance use treatment and recovery services
 - Call 833-2FINDHELP or text "HELP" to 833234

- **Narcotics Anonymous**
 - National drug hotline helps to find drug addiction help nearby
 - 818-773-9999