



RESOURCE GUIDE

MENTAL HEALTH

Behavioral health and substance use counseling, therapy and referral services



WE ARE HERE TO HELP

In partnership with the National Council for Behavioral Health, Girl Scouts of Southern Illinois proudly offers mental health training programs and resources for adults (age 18+) in our Girl Scout community. Visit gsofsi.org for more information about our training opportunities.

FREE MENTAL HEALTH CRISIS, HELP AND SUICIDE HOTLINES

SUICIDE PREVENTION LIFE LINE



(800) 273 TALK (8255)

24 hours a day / 7 days a week / 365 days a year



CARES LINE

(800) 345-9049

24 hour mental health crisis and referral services



CRISIS TEXT LINE

741741

Text "Hello" or any message



(800) 345-6858



customercare@gsofsi.org



www.gsofsi.org



VETERANS CALL LINE
(800) 273-8255, Press 1 | Text 838255

GAY & LESBIAN NATIONAL HOTLINE
(888) THE-GLNH (843-4564)

IMALIVE PROGRAM
IMALIVE.ORG (ONLINE CHAT OPTION)
Suicide intervention, prevention awareness and education

NATIONAL ALLIANCE OF MENTAL ILLNESS (NAMI)
(800) 950-NAMI | In a crisis, text NAMI to 741741
Advocacy, education, support and public awareness

NATIONAL HUMAN TRAFFICKING HOTLINE
(888) 373-7888 | Text 233733
humantraffickinghotline.org (online chat option)

NATIONAL RUNAWAY SAFE LINE
(800) RUNAWAY
1800runaway.org | Online chat option

NATIONAL SEXUAL ASSAULT HOTLINE
(800) 656-HOPE
rainn.org

SAMSHA'S NATIONAL HOTLINE
(800) 662-4357
Treatment referral routing service
Available 24 hrs | 7 days a week | 365 days a year

SMART RECOVERY
SMARTRECOVERY.ORG
Free group discussion meetings supporting self-empowering recovery

WARM LINE
(866) 359-7953 | 8AM-5PM M-F
Emotional & self-advocacy support and recovery education for ages 12 and up

TEEN LINE
(310) 855-4673 | Text TEEN to 839863
teenonline.org

TREVOR HELP LINE/SUICIDE PREVENTION FOR LGBTQ+ TEENS
(866) 488-7386 | Text START to 839863
thetrevorproject.org (online chat option)

IL DEPT OF HUMAN SERVICES
(800) 843-6154 | (866) 324-5553 TTY
www.dhs.state.il.us



If you need IMMEDIATE ASSISTANCE, Call 9-1-1 or go to your nearest emergency room.