

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

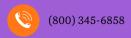
24 hour mental health crisis and referral services



CRISIS TEXT LINE

741741

Text "Hello" or any message









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 selfempowering recovery

WARM LINE

(866) 359-7953 | 8AM-5PM M-F

Emotional & self-advocacy support and recovery education for ages 12 and up

(310) 855-4673 | Text TEEN to 839863

TEEN LINE

teenonline.org

TREVOR HELP LINE/SUICIDE PREVENTION FOR LGBTO+ 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.