

referral resources

IN AN EMERGENCY OR CRISIS

For assistance in an emergency situation	Illinois Department of Children and Family Services (DCFS)
Dial 911 for all emergencies	800-25-ABUSE (800-252-2873) Call if you suspect that a child has been harmed or is at risk of being harmed by abuse or neglect.
Chicago Public Schools Crisis & Safety	CARES Line (24 hour) Screening, Assessment, Support, and Services (SASS)
Crisis Hotline: 773-553-1792 Student Safety Center: 773-553-3335	1-800-345-9049 Contact if the child is a risk to themselves or others, having a mental health crisis, or if you would like a referral to services for children, youth, and families.

DOMESTIC VIOLENCE AND SEXUAL ABUSE RESOURCES

Chicago Domestic Violence Help Line	National Domestic Violence Hotline
1-877-863-6338 Information, Options, Counseling, Legal and Shelter Services	1-800-799-SAFE (7233) 1-800-787-3224 (hearing impaired line)
YWCA Metropolitan Chicago	Resilience/Rape Victim Advocates
312-733-2102 Sexual violence support services, including counseling and advocacy. Multiple South Side locations.	312-443-9603 Free trauma therapy, medical, and legal advocacy related to sexual violence in the Loop, Austin, and Ravenswood.
National Sexual Assault Hotline	Chicago Rape Crisis Hotline
1-800-656-HOPE (4673)	1-888-293-2080
Mujeres Latinas en Accion	KAN-WIN
773-890-7676 Bilingual/bicultural individual and group therapy for domestic and sexual violence in Pilsen and Brighton Park.	773-583-0880 (Hotline) Provides domestic and sexual violence support and advocacy focused on Asian American survivors. Confidential location.
Between Friends	Apna Ghar
1-800-603-4357 Domestic violence multilingual counseling and support services, teen relationship education, and court advocacy. Confidential location..	773-334-4663 Sexual and domestic violence services focused on crisis response, counseling, and advocacy for immigrants. Uptown and Skokie.

MENTAL HEALTH & WELLNESS RESOURCES

National Suicide Prevention Lifeline	988 Suicide & Crisis Lifeline
1-800-273-TALK (8255) (press 2 for Spanish)	Call 988 or Text 988 (Chat: 988lifeline.org/chat) If you or someone you know is having thoughts of suicide or experiencing a mental health or substance use crisis, 988 provides a connection to free, 24/7 confidential support.
National Runaway Safeline	Safe2Help Illinois Helpline
1-800-RUNAWAY 1-800-786-2929	Call:1-844-4-SAFEIL / Txt: SAFE2 (72332) 24/7 Helpline: Students can use a free app, text/phone, or the website (Safe2HelpIL.com) to share school safety issues in a confidential environment.
Please Stay	STOP-IT Now
www.pleasestay.us An interactive resource to support mental health created by Find Your Anchor and Born This Way Foundation.	1-877-606-3158 24-hour Human Trafficking Hotline
NAMI of Greater Chicago's Mental Health	Illinois Mental Health Collaborative
Helpline: 312-563-0445 1-800-950-NAMI (6264) National Alliance on Mental Illness (NAMI) HelpLine provides information and referral services.	1 (866) 359-7953 TTY: 1(866) 880-4459 (Press 2 for the Warm line to talk with someone who will listen during a difficult time)
Metropolitan Family Services	Ada S. McKinley Community Services
312-986-4000 Provides support to children and adults with chronic mental illness.	773-918-6100 Provides outpatient care for trauma and gang related violence, or for personal trauma related to physical, sexual or emotional abuse.
Gads Hill Center	Youth Outreach Services
312-226-0963 Group and individual counseling for substance use, gang involvement, anxiety, etc.	773.777.7112 Behavioral health services for youth, including for problematic sexual behavior.
Lutheran Social Services of Illinois (LSSI)	Association House
773-282-7800 Outpatient and residential counseling, mental health and alcohol/drug treatment services for children and families.	773-772-7170 Mental health services, substance abuse prevention and treatment, and 24 hour supervised residential living, rehabilitation.

GAY, LESBIAN, BISEXUAL, TRANSGENDER SUPPORT RESOURCES

GLBT National Help Center	Trevor Project Crisis Line
1-888-843-4564 www.glnh.org	1-866-4-U-TREVOR (488-7386) www.theTrevorProject.org
LGBT National Youth Talkline	Broadway Youth Center
1-800-246-PRIDE (1-800-246-7743) https://lgbthotline.org/	773-388-1600 A safe haven for LGBTQ youth. Health clinic, drop-in services, counseling and resource advocacy in Uptown.
Chicago: Center on Halsted LGBTQ Violence Resource Line	Illinois Safe Schools Alliance
773-871-CARE (2273) Violence Resource Line assists LGBTQH people exposed to violence.	312-533-2624 Promotes healthy development for LGBTQ youth in IL schools through advocacy, education and youth organizing.
SUBSTANCE USE RESOURCES	
SAMHSA's National Helpline	Human Resource Development Institute (HRDI)
1-800-662-HELP (4357) http://findtreatment.SAMHSA.gov 24-hour information and referral assistance to local treatment facilities, support groups, and community-based organizations for both substance abuse and mental health services.	773-291-2500 Child and adolescent outpatient services for substance abuse services to children between 12-17 years. Inpatient substance abuse treatment facility for adolescent girls.
PCC Community Wellness Center	Gateway Foundation
708-406-3929, Press 5 Comprehensive substance use disorder treatment and healthcare for children, teens and young adults.	773-826-1916 Outpatient programs, residential programs, and aftercare for youth drug and alcohol treatment.
Lurie's Adolescent Medicine Substance Use & Prevention Program	South East Alcohol & Drug Abuse Center (SEADAC)
312-227-4194 Assessment, early intervention, and outpatient services for youth with substance use disorders, including opioid and nicotine use disorders.	773-731-9100 Clinical outpatient treatment and counseling for adult and youth alcohol and drug abuse.

Rosecrance	Narcotics Anonymous
866-330-8729 https://rosecrance.org/addiction-treatment/teens/ Rosecrance offers residential and outpatient treatment for teens, young adults for substance use.	1-888-GET-HOPE (438-4673) (Hopeline) www.na.org/meetingsearch
RESTORATIVE PRACTICES RESOURCES	
CPS Healing-Centered Framework	Good Lookin Out
Find an overview and resources related to the Chicago Public Schools Healing-Centered Framework, including forthcoming links to restorative practices resources and other healing-centered strategies www.cps.edu/strategic-initiatives/healing-centered/	goodlookinoutchi@gmail.com Restorative Justice culture engagement and training. "Good Lookin Out is a culture that inspires people to uplift one another and by uplifting others, you uplift yourself."
NewRoot Learning Institute	Alternatives, Inc
https://newroot.org/ NewRoot offers an extensive portfolio of restorative justice, social emotional learning, and cultural competency workshops.	https://alternativesyouth.org/ Alternatives, Inc. provides restorative practices training for adults and youth, including youth programming.
LEGAL AID & STUDENT DISCIPLINE SUPPORT RESOURCES	
Equip for Equality Chicago	Legal Aid Chicago
1-800-537-2632 Equip for Equality is an independent agency whose primary goal is to protect the civil and human rights of people with disabilities, including legal services for families with children with special education services who experience exclusionary school discipline and criminal justice involvement.	1-312-341-1070 Legal Aid Chicago provides free civil legal representation to residents of Chicago and Cook County including special education, school discipline, criminal justice involvement and a variety of other legal issues that impact the housing,immigration, employment, and economic stability of children and families.
Chicago Lawyers' Committee for Civil Rights & CARPLS Hotline	Stand Up For Each Other! (SUFEO) Chicago
1-312-738-9200 (CARPLS Hotline) Chicago Lawyers' Committee is a civil rights organization that offers assistance in the areas of community law, education equity and school discipline.	1-773-800-0338 SUFEO Chicago provides free information and services for families of K-12 students facing suspension, bullying, or exclusion from school. Law students operate a hotline, supervised by attorneys in the Civitas ChildLaw Clinic.

www.MentalHealthFirstAid.org