
Mental Illness is Common and Treatable. There is Hope.

Where to Find Help

National Alliance for Mental Illness – Chicago

A National Organization providing education, training,
and a support referral hotline

Monday – Friday, 9 am to 5 pm. Closed on holidays

312-563-0445

www.namichicago.org

Lines for Life – Military Helpline

24/7 crisis line for service members, veterans and their
families around mental health, suicide and substance
abuse

888-457-4838

www.linesforlife.org

National Suicide Prevention Lifeline

Provides 24/7 free and confidential support for people
in distress, prevention and crisis resources

1-800-273-TALK (1-800-273-8255)

www.suicidepreventionlifeline.org

Trevor Project

24/7 Crisis intervention and suicide prevention for
LGBTQ+ teens (13-24 years old).

1-866-488-7386

<https://www.thetrevorproject.org>

Illinois Warm Line

Peer and family mental health support by phone (non-
crisis)

Monday - Friday 9 am – 5 pm

(866) 359-7953

*For more information on HeadTalk
visit **www.irishchicago.org***