

For life-threatening emergencies, always call 911.

Crisis & Suicide Prevention Resources

National Suicide Prevention Lifeline

Phone: 800-273-8255 (Available 24/7, 365 days a year)

Online Chat: <https://suicidepreventionlifeline.org/chat/>

Website: <https://suicidepreventionlifeline.org/>

Services: The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24/7.

For Spanish-speaking support: Nacional de Prevención del Suicidio at 888-628-9454

For Hard of Hearing or Deaf support: 800-799-4889 or via <https://suicidepreventionlifeline.org/chat/>

The Trevor Project (National Suicide Prevention Lifeline for LGBTQ youth)

Phone: 866-488-7386

Crisis Text: Text START to 678678 (Available 24/7, 365 days a year)

Online Chat: <https://www.thetrevorproject.org/get-help-now/>

Trans Lifeline

Phone: 877-565-8860

Service: Trans-led organization that connects trans people to the community, support, and resources they need to survive and thrive.

DuPage County Health Department Crisis Hotline

Phone: 630- 627-1700 (Available 24/7, 365 days a year)

Crisis Text Line: Text REACH to 741741

Website: <https://www.dupagehealth.org/183/Crisis-Services>

Services: Callers can expect staff to provide support and guidance to manage the crisis, explore options and provide other resources that may further assist them in resolving the crisis.

Cook County Department of Public Health

Website: <https://www.cookcountypublichealth.org/behavioral-health/>

COVID-specific Resources: <https://www.cookcountypublichealth.org/communicable-diseases/covid-19/resources/>

Services: Free resources on behavioral health topics.

Illinois Call4Calm Text Line

Text Line: Text TALK to 552020 for English or HABLAR for Spanish

Service: If you or a loved one are struggling with stress related to the COVID-19 pandemic and need emotional support, this service is free and available 24/7. People seeking assistance will remain anonymous and will provide only their first name and zip code, which enables the service to link you to a counselor in your area who is knowledgeable about available local resources.

360 Youth Services

Counseling/Intake Phone: 630-717-9408, Ext 1180 (Call to find a counselor that is right for you.)

Website: <https://360youthservices.org/>

Comprehensive Resource Guide: <https://360youthservices.org/resources/360-community-resource-guide/>

Services: 360 Youth Services offers substance use prevention education, counseling, and housing. The organization serves youth and families in Naperville and the surrounding areas

Veterans Crisis Line

Phone: 800-273-8255, Press 1 (Available 24/7, 365 days a year)

Text: Text 838255

Online Chat: <https://www.veteranscrisisline.net/get-help/chat>

Website: <https://www.veteranscrisisline.net/>

Services: Connect with the Veterans Crisis Line to reach caring, qualified responders with the Department of Veterans Affairs. Many of them are Veterans themselves. Providing free and confidential emotional support to people in suicidal crisis or emotional distress 24/7. Available to all Veterans, all Service members, all National Guard and Reserve, and their family members and friends.

For Hard of Hearing or Deaf Support: 800-799-4889

General Mental Health & Wellness Resources

NAMI (National Alliance on Mental Illness)

Phone Numbers:

NAMI DuPage County 630-752-0066

NAMI Cook County North Suburban 847-716-2252

NAMI Chicago 312-563-0445

NAMI Illinois 800-346-4572

NAMI National 703-524-7600

NAMI National Helpline 800-950-6264

Crisis Text Line: Text NAMI to 741741 (for free, confidential crisis counseling)

Websites:

<http://namidupage.org/>

<https://namiccns.org/> or <https://namiccns.org/resources/crisis-resources-list/> (for resource list)

<https://www.nami.org/Home>

Services: Mission is to provide support, advocacy, and education in order to improve the quality of life of individuals with mental illnesses and their families.

SAMHSA (Substance Abuse and Mental Health Services Administration)

Helpline: 800-662-HELP (4357) (Available 24/7, 365 days a year)

Website: <https://www.samhsa.gov/>

Services: Agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities. Helpful videos and pamphlets on mental health and substance abuse issues available free online. Helpline is a free, confidential, treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

Domestic Violence Resources

Illinois Domestic Violence Helpline

Phone: 877-To End DV (877-863-6338)

Family Shelter Services / Metropolitan Family Services (DuPage County)

Phone: 630-221-8290

Hotline: 630-469-5650 (Available 24/7, 365 days per year)

Website: <https://www.metrofamily.org/fsofmsd/>

Services: Provides a wide variety of programs and services designed to strengthen families and help them realize their full potential.

Sexual Assault Resources

YWCA Metropolitan Chicago

Phone: 866-525-YWCA (9922) or 630-790-6600 (Addison office location)

Rape Crisis Hotlines:

888-293-2080 in Chicago Metropolitan Area

630-971-3927 in DuPage County

708-748-5672 in the South Suburbs

Website: <https://ywcachicago.org/>

Services: YWCA is dedicated to empowering women and eliminating racism by providing support to all women along various stages of their journeys. The Rape Crisis Hotlines provides survivors of sexual violence and their significant others with free, immediate support, crisis intervention and referrals for the city of Chicago and surrounding suburbs.

National Sexual Assault Hotline – Rape, Abuse & Incest National Network (RAINN)

Phones: 800-656-HOPE (4673) or 773-871-CARE (2273)

Live Chat: <https://www.rainn.org/about-national-sexual-assault-telephone-hotline> (Click LIVE CHAT box)

Website: <https://www.rainn.org/about-national-sexual-assault-telephone-hotline>

Services: The hotline will route caller to a local RAINN affiliate organization based on the first six digits of their phone number. Cell phone callers have the option to enter the ZIP code of their current location to more accurately locate the nearest sexual assault service provider.

Emergency Housing Resources

DuPage County PADS

Phone: 866-682-3846

Website: <https://dupagepads.org/>

Services: Largest DuPage County provider of interim and permanent housing, coupled with support services in order to help individuals work toward becoming self-sufficient.

360 Youth Services

Phone: 630-961-2992, Ext. 1168 (to reach 360 Housing Team)

Email: cwahlskog@360youthservices.org

Website: <https://360youthservices.org/>

Services: . Assists with arranging temporary housing for young people experiencing homelessness (or are in need of housing).

The Harbour Emergency Shelter

Emergency Shelter Text Line: Text SHELTER to 77948

Services: The Harbour offers immediate, stable, and safe housing to homeless young people and young mothers with children. They provide meals; services and support for continued education and employment; and individual counseling to help break the cycle of homelessness.

National Runaway Safeline

Phone: 800-RUNAWAY (800-786-2929)

Crisis Text Line: Text 66008

Website: <http://www.1800runaway.org>

Food Pantries**DuPage County Food Pantries**

Phone: 630-407-6500 (DuPage County Department of Community Services)

Website: <https://www.dupageco.org/FoodPantries/>

Services: Website includes a link to DuPage County area food banks.

Lisle Township Food Pantry

Phone: 630-968-2087

Website: <https://www.lisletownship.com/food-pantry/>

Services: The Lisle Township Food Pantry serves all eligible people regardless of race, religion, national origin, or citizenship status. Lisle Township residents of households with income below 185% of poverty are able to shop at the Pantry.

Downers Grove Area FISH Food Pantry & Community Services

Phone: 630-964-7776

Email: info@downersgrovefish.org

Website: <https://www.downersgrovefish.org/home.html>

Services: Food pantry, financial assistance, clothing assistance, transportation, and prayer network.