

Resources for Emotional, Mental, and Relationship Health!

Community Health and Counseling Resources (all free or sliding scale)

South Side

<p>Alternatives, Inc. 5700 S. Prairie St. and 241 E. 57th St. 773-506-7474 alternativesyouth.org</p>	<p>Care2Prevent at University of Chicago 5837 S. Maryland Ave. 773-702-5872 https://care2prevent.com/our-services-3/mental-health-services/</p>
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West Side

<p>Erie Teen Center 2418 W. Division St. Multiple locations across Chicago 312-666-3494, eriefamilyhealth.org/teen-health <i>Behavioral Health/Counseling + MUCH MORE!</i></p>	<p>BUILD Chicago 5100 W. Harrison St. and 3328 W. North Ave. 773-227-2880 buildchicago.org/what-we-do/integrated-services/</p>
<p>UCAN 3605 W. Fillmore St. 773-588-0180, ucanchicago.org/our-programs</p>	<p>Youth Outreach Services (YOS) 2411 W. Congress Pkwy. 773-777-7112, yos.org</p>

North Side

<p>Centered Therapy Chicago 1507 W. Lawrence Ave. 773-569-1468 centeredtherapychicago.com</p>	<p>Broadway Youth Center 1023 W. Irving Park Rd 773-388-1600 howardbrown.org <i>Queer-centered</i></p>
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Multiple Locations, Virtual, or outside Chicago

<p>National Alliance on Mental Illness (NAMI)Chicago Helpline: trained counselors available M-F, 9a-5p. Sat-Sun 9a - 5p. 833-626-4244 info@namichicago.org</p>	<p>Therapy for Black Girls Find a therapist for Black girls in your area. https://providers.therapyforblackgirls.com</p>
<p>Bright Star Community Outreach Trauma Helpline 773-373-5220 https://www.brightstarcommunityoutreach.com/traumacounseling</p>	<p>Response for Teens Center 5140 Golf Rd. (Skokie) 855-ASK-JCFS https://www.jcfs.org/response</p>



Resources Addressing Self-Harm and/or Relationship Violence

SURVIVOR RESOURCES

Counseling, intervention, legal advocacy, and other support for survivors, most Chicago-based

Between Friends

800-603-4357 (24-hour hotline)
betweenfriendschicago.org

KAN-WIN

24-hour Hotline: 773-583-0880 (English & Korean)
kanwin.org

Mujeres Latinas En Acción

24-Hour Illinois Domestic Violence Crisis Hotline:
877-863-6338 (English & Spanish)
mujereslatinassenaccion.org/

Resilience

Medical advocacy for survivors
Crisis Hotline: 1-888-293-2080
312-443-9602, ourresilience.org

YWCA Metropolitan's Chicago Rape Crisis Hotline

888-293-2080 (English & Spanish)
[Live text + chat 9a-5p, Ages 13+](http://www.ywca.org)
ywcachicago.org

Survivor Sanctuary, MeToo Programming

Offers survivors 36 healing lessons and other resources, sanctuary.metoomvmt.org

NATIONAL HOTLINES/TEXTLINES

Free, accessible across the U.S.

Crisis Text Line

Text HOME to 741741, crisistextline.org

National Runaway Safeline

1-800-786-2929, 1800runaway.org

National Sexual Assault Hotline

1-800-656-4673, rainn.org

National Teen Dating Abuse Helpline

1-800-799-7233, Text START to 88788, thehotline.org

Self Harm Hotline

Text HOME to 741741,
crisistextline.org/help-for-self-harm

Suicide Hotline: All Ages

988 - only 3 digits, suicidepreventionlifeline.org

BlackLine

Peer support & counseling for experiences of racism/violence from police or community members
1-800-604-5841, callblackline.com

Samaritans

Completely anonymous emotional support & crisis response hotline
212-673-3000, samaritanshope.org

More Healthy Relationships & Sexual Health Resources

bit.ly/sexedinfo: student sexual health education site from us, Chicago Women's Health Center

Loveisrespect.org: healthy relationships quiz, dating, personal safety, supporting others, get help

Scarleteen.com: Comprehensive sexual health and healthy relationship information

Roo.plannedparenthood.org/chat: 24/7 chatbot that provides quick answers to your questions

Yollocalli.org/wellness: resources specifically for YOUNG PEOPLE on the southwest side of Chicago

More Mental Health, Eating Disorder, & Substance Use Disorder Resources

Nami.org: National Alliance on Mental Illness, 1-800-950-6264, or text "HELPLINE" to 62640

Noshameonu.org: Hotlines, resources for mental health 1-877-275-7261

Teenmentalhealth.org: Learning tools regarding mental health, resources for supporting friend

Substance Abuse and Mental Health Services Administration, 1-800-662-4357 (HELP)

Free, confidential, 24/7, 365-day-a-year treatment referral and information service (English and Spanish).
Get information for yourself or a friend or family member facing mental and/or substance use disorders.

Drughelpline.org: Substance abuse and addiction hotline, 1-844-289-0879

National Eating Disorder Association: Support for individuals and families affected by eating disorders

ANAD Eating Disorder Helpline: Eating disorder peer support helpline, 1-888-375-7767

