



Mental Health Resource Guide

IN AN EMERGENCY OR CRISIS

- **Call 911 if you believe there is imminent risk of suicide or harm to others**
 - Make sure to say that someone is experiencing a mental health crisis
 - Describe the nature of the emergency and whether or not there is a weapon present
 - Share your relationship to the person experiencing the crisis
 - Ask for a Crisis Intervention Team (CIT) – these are police or other emergency personnel who are trained to assist people with mental health problems
- **24/7 National Suicide Prevention Lifeline:** 1-800-273-TALK or 1-800-273-8255
- **24/7 Crisis Text Line:** Text HOME to 741-741
- **24/7 National Domestic Violence Hotline:** 1-800-799-7233

HOSPITALS WITH PSYCHIATRIC SERVICES admission through emergency department

- **AMITA Health - Alexian Brothers Behavioral Health Hospital**
1650 Moon Lake Blvd.
Hoffman Estates, IL 60169
800.432.5005
<https://www.amitahealth.org/our-locations/hospitals/amita-health-alexian-brothers-behavioral-health-hospital-hoffman-estates/>
- **Ann & Robert H. Lurie Children's Hospital of Chicago**
225 E. Chicago Ave.
Chicago, IL 60611
800.543.7362
<https://www.luriechildrens.org/>
- **NorthShore University Health System**

<u>Adults:</u> Evanston Hospital 2650 Ridge Ave. Evanston, IL	<u>Adolescents & Young Adults (12-24)</u> Highland Park Hospital 777 Park Ave W Highland Park, IL 847.570.2500
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<https://www.northshore.org/psychiatry-behavioral-sciences/clinical-services/inpatient-psychiatry-services/>

TREATMENT RESOURCES

- **JCFS Chicago** provides counseling and support for children, teens, and adults.
Offices in Chicago, Skokie, Northbrook
855.275.5237
Ask@JCFS.org
www.JCFS.org

- **Turning Point** provides 24/7 psychiatric crisis intervention, case management for adults in Niles Township, a residential transitional living program and counseling. Located in Skokie, 847.933.0051
<https://www.tpoint.org/>
- **Compass Health Center** provides partial hospital programs, intensive outpatient programs, school refusal programs for children ages 9+, adolescents, young adults and adults. Locations in Chicago and Northbrook, 844.552.0242
<https://compasshealthcenter.net/>

SUBSTANCE USE TREATMENT

- **PEER Services** provides substance use prevention and treatment for teens and adults.
Evanston: 847.492.1778
Glenview: 847.657.7337
<https://peerservices.org/>
- **Evanston Hospital – The Chapman Center** provides comprehensive treatment for individuals struggling with substance use disorders. Located in Evanston, 847.425.6400
<https://www.northshore.org/psychiatry-behavioral-sciences/clinical-services/alcohol-abuse-addiction-recovery/>
- **Nicasa** provides mental health counseling and treatment for substance use and gambling addictions. Multiple locations. 847.546.6450
<https://nicasa.org/personal-addiction-counseling/>

EDUCATION & SUPPORT

- **JCFS Chicago** provides mental health education and support in synagogues, schools, camps, and the broader community.
855.275.5237
Ask@JCFS.org
www.JCFS.org
- **No Shame On U** is dedicated to eliminating the stigma associated with mental health conditions and raising awareness in the Jewish community and beyond.
<http://www.noshameonu.org/>
- **NAMI**, the National Alliance on Mental Illness, provides mental health support, education and resources.
Nami Cook County North Suburban: 847.716.2252
<https://namiccns.org/>
Nami Chicago: 833.NAMI.CHI
<https://www.namichicago.org/>

GENERAL INFORMATION

- **SAMHSA**, Substance Abuse and Mental Health Services Administration, www.samhsa.gov
- **NIDA**, National Institute on Drug Abuse (NIDA), www.drugabuse.gov