



Use the link or QR code below to see a list of local trauma-informed therapists compiled by local organization [CATCH](https://catchiscommunity.org/) (Community Action Together for Children's Health.)

Their mission is to empower families to foster resilience and prioritize mental health and emotional wellness in their children through educational programming, access to resources, and peer support.

<https://catchiscommunity.org/local-trauma-informed-therapists?fs=e&s=cl>



JCFS Chicago is providing this resource to those looking for ongoing support and is not directly endorsing any specific providers from this list.

Additionally, you may contact JCFS Chicago  
at

[855.275.5237](tel:855.275.5237), [AskJCFS@JCFS.org](mailto:AskJCFS@JCFS.org) or [JCFS.org](https://JCFS.org)