



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
- [24/7 988 Suicide & Crisis Lifeline](#)
Call or text if you are thinking about suicide, are worried about a friend or loved one, or would like emotional support.
- [The Living Room \(click here for various locations in Chicagoland\)](#)
Adults, self-refer program
Locations throughout Illinois, for individuals in need of a crisis respite program with services and supports designed to proactively divert crises and break the cycle of psychiatric hospitalization.

HOSPITALS WITH IN-PATIENT PSYCHIATRIC SERVICES *admission through emergency department*

- [Ann & Robert H. Lurie Children's Hospital of Chicago](#) (Ages 3-17)
225 E. Chicago Ave, Chicago, IL
800.543.7362
- [Northwestern Norman & Ida Stone Institute of Psychiatry](#) (Ages 13+ and Adults)
675 North Saint Clair Street, Chicago, IL
312.926.8200
- [Northwestern Medicine Behavioral Health at Central DuPage Hospital](#) (Ages 13+ and Adults)
25 Winfield Rd, Winfield, IL
630.933.4000
- [NorthShore Endeavor Health](#)
Adults: Evanston Hospital, 2650 Ridge Ave, Evanston, IL
Adolescents & Young Adults (12-24): Highland Park Hospital, 777 Park Ave W, Highland Park
847.570.2500
- [AMITA Health - Alexian Brothers Behavioral Health Hospital](#)
1650 Moon Lake Blvd., Hoffman Estates, IL
800.432.5005

TREATMENT RESOURCES

- [JCFS Chicago](#) provides counseling and support for children, teens, and adults. In-Person in Chicago, Skokie, Northbrook, via telehealth across the Chicagoland area 855.275.5237 or email: Ask@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
- [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

SUBSTANCE USE TREATMENT

- [Tikvah Center for Jewish Recovery and Healing](#) (18+) Offers the only state licensed and accredited Jewish Intensive Outpatient (IOP) and Partial Hospitalization (PHP) for the treatment of substance use disorders in the Midwest. 847.226.7741
- [Nicasa](#) provides mental health counseling and treatment for substance use and gambling addictions. Multiple locations. 847.546.6450
- [Rosecrance](#) provides outpatient, short and long-term recovery living for adults and young adults struggling with substance abuse. 866.330.8729

ADDITIONAL EDUCATION, SUPPORT, & INFORMATION

- [JCFS Chicago](#) provides mental health and addiction education and support in synagogues, schools, camps, and the broader community. 855.275.5237 or email: Ask@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.
- National Alliance on Mental Illness, provides mental health support, education, and resources.
[NAMI Chicago](#): 833-NAMI-CHI (833.626.4244)
[NAMI Cook County North Suburban](#): 847.716.2252
[NAMI DuPage County](#): 630.752.0066