



COALITION FOR IMMIGRANT MENTAL HEALTH

# Resources for Immigrant Youth and Families in Illinois

## Mental Health Resources – Crisis Referrals

### Crisis Referrals

- Call 911 or go to the nearest emergency room; In Chicago, request a CIT (Crisis-intervention trained) police officer
- Crisis Text Line: Text HOME to 741741 or go to [www.crisistextline.org](http://www.crisistextline.org)
- Lifeline - Help in Spanish: Call 9-8-8 to speak with a counselor or 1-800-273-TALK (8255)
- Call CARES Crisis Line, SASS Services (Illinois crisis mental health services program for children & adolescents)
  - 1-800-345-9049 (voice)
  - 773-523-4504 (TTY)
- Contact Crisis/Emergency Mental Health Partners (listed by city in IL)

### Suicide Prevention Resources

- Child Mind Institute
- National Institute of Mental Health - Suicide Prevention
- American Foundation of Suicide Prevention

