

Crisis Support Resources

Emergency Resources

These are numbers people can call to get **emergency** telephone counseling from trained volunteers. These lines are staffed 24 hours a day, 7 days a week.

National Suicide Prevention Lifeline	1-800-273-TALK (8255)
National Helpline for Mental/Substance Abuse (SAMSHA)	1-800-662-HELP (4357)
Crisis Text Line	Text HOME to 741741

Non-Emergency Resources

The resources below can help link callers to **local resources** and offer **non-emergency help**.

National Alliance on Mental Illness (NAMI) of Chicago

Connects callers to care via their network of providers and community partners. They can help find the best option for callers or their loved ones.

Monday-Friday 9:00AM-8:00PM	(883) 626-4244
Saturday-Sunday 9:00AM-5:00PM	

InTouch Crisis and Support Hotline

Free counseling and referral service. The hotline is run by volunteers trained by the UIC Counseling Center Paraprofessional Program.

Sunday-Friday 6:00PM-10:00PM	(312) 996-5535
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Illinois Warm Line

Peer and family mental health support by phone.

Monday-Friday 9:00AM-5:00PM	(866) 359-7953
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