

# LOCAL RESOURCES

## ASIAN HUMAN SERVICES

773-293-8430

## AUSTIN COUNSELING CENTER

773-921-7805

## BOBBY E. WRIGHT COMPREHENSIVE MENTAL HEALTH CENTER

773-722-7900

## CARES LINE

800-345-9049

*Screening, Assessment and Support Services (SASS) program for children and adolescents experiencing a mental health crisis.*

## CENTER ON HALSTED

773-472-6469

*Center on Halsted is a lesbian, gay, bisexual, and transgender community center in Chicago.*

## CITY OF CHICAGO PUBLIC MENTAL HEALTH CLINICS

Call 311 to find the public clinic closest to you

## EASTERSEALS SERVING CHICAGOLAND & ROCKFORD

312-491-4110

*Easterseals offers community based services and support for individuals and families living with disabilities.*

## ESPERANZA HEALTH CENTERS

773-584-6200

*Esperanza provides bilingual, high quality primary care, behavioral health and wellness services to the community, regardless of immigration status, insurance status, or ability to pay.*

## GREATER LAWN MENTAL HEALTH CLINIC

312-747-1020

## LATINOS PROGRESANDO

773-542-7077

## LOVING OUTREACH TO SURVIVORS OF SUICIDE (LOSS)

312-655-7283

## MUJERES LATINAS EN ACCION

773-890-7676

## PILSEN WELLNESS CENTER:

773-579-0832

## RAPE CRISIS HOTLINE

Call 888-293-2080 in Chicago Metropolitan Area

Call 630-971-3927 in DuPage County

Call 708-748-5672 in the South Suburbs

*Rape Crisis Hotlines provides survivors of sexual violence and their significant others immediate support, crisis intervention and referrals.*

## THRESHOLDS (CITYWIDE)

773-572-5400

*Through care, employment, advocacy, and housing, Thresholds assists and inspires people with mental illnesses to reclaim their lives.*

## TRILOGY (CITYWIDE)

773-382-4060

*Supports people in their recovery from mental illness by helping them discover and reclaim their capabilities, life direction and well-being.*

## UNDER THE RAINBOW

773-257-4750

*Provides psychological services for families in North and South Lawndale.*

## NATIONAL ALLIANCE ON MENTAL ILLNESS CHICAGO HELPLINE

312-563-0445

*For direct help finding local resources.*

## IT ONLY TAKES ONE

itonlytakesone.org

*Search for resources near you by address or zipcode.*

# EMERGENCY RESOURCES

## NATIONAL SUICIDE PREVENTION LIFELINE

800-273-TALK (8255)

*You will be connected to a trained counselor at a crisis center in your area anytime, 24/7.*

## CRISIS TEXTLINE

Text "ITSOK" to 741741

IF YOU BELIEVE YOU OR SOMEONE YOU KNOW IS IN IMMEDIATE DANGER, **CALL 911.**

# NATIONAL RESOURCES

## ADULT PROTECTIVE SERVICES HOTLINE

866-800-1409 (24/7)

*Report abuse or neglect of older adults or adults with disabilities 24/7.*

## BETWEEN FRIENDS

800-603-4357

*Domestic violence crisis line available 24/7.*

## DEPARTMENT OF HUMAN SERVICES HELPLINE

800-843-6154

*Public aid, referrals to social services.*

## DEPRESSION AND BIPOLAR SUPPORT ALLIANCE

dbsalliance.org

*DBSA offers both in-person and online support groups to help find support near you.*

## DOMESTIC VIOLENCE HELPLINE:

800-799-7233

## NATIONAL SEXUAL ASSAULT TELEPHONE HOTLINE

800-656-HOPE (4673)

*Call to be connected with a trained staff member from a sexual assault service provider in your area.*

## SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES

800-662-HELP (4357)

*SAMHSA's National Helpline is a confidential, free, 24/7 information service for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.*

## THE TREVOR LIFELINE

866-488-7386

*Crisis intervention and suicide prevention hotline for LGBTQ youth available 24/7.*

## WARMLINES

warmline.org

*A warmline is a peer-run listening line staffed by people in recovery themselves. Visit the website to find your local warmline.*



HFTD.ORG

## UNDERSTANDING OUR MENTAL HEALTH

Mental health impacts everyone's quality of life and includes our passions, relationships, and experiences. Someone can be born with a genetic predisposition for a mental illness. Our brains can also sustain psychological traumas.

Consider the mind like a bottle of soda. Experiences from all aspects of life shake the bottle and build pressure. Healthy self-expression is relieving the pressure build-up without exploding.

We invest a great deal of time formally and informally apprising others on how to address our physical health. For example, if someone had a broken leg, just about anyone would know to contact medical services. But unlike our physical health, mental health isn't commonly talked about in our communities because of stigma.

We need to embrace open communication of mental health challenges and be able to provide direction to help others before crisis arises.

There is no shame in asking for help. There are tools and treatments to respond, treat and manage mental health issues.

**IT'S OK NOT TO BE OK. HAVE HOPE.**

## ABOUT HOPE FOR THE DAY

Hope For The Day achieves proactive suicide prevention through outreach and mental health education.

Each month, we offer a **free mental health education course** at the Logan Square branch of the Chicago Public Library. To learn more and to sign up for a class, visit [PEERVENTION.ORG](http://PEERVENTION.ORG).

## GET INVOLVED

Suicide is a preventable mental health crisis, but we need to be **proactive, not reactive**.

For each person we can equip, educate, and empower, we can impact another thousand.

To learn more and take action in your community, visit [HFTD.ORG](http://HFTD.ORG).

## SIGNS SOMEONE MAY NEED SUPPORT

Suicide and self-harm are preventable mental health crises. We can be proactive by recognizing expressions of someone in distress.

### A FEW TYPES OF WARNING SIGNS ARE

- Someone expressing feelings of being trapped, like there is no way out.
- Someone expressing hopelessness or stating no reason for living.
- Someone withdrawing from family, their friends, or usual activities they like.
- Someone talking or threatening to hurt or kill themselves.

These are only a couple of signatures, and there are different ways people exhibit pain.

## HOW TO BE SUPPORTIVE

When someone experiences a mental health challenge, here is how you can be supportive.

**LISTEN:** Let someone really express their experiences. Being someone they can talk to is essential when giving support.

**BE NON-JUDGMENTAL:** Don't criticize or minimize the way they feel. You may not be able to understand exactly what they're going through, and that's ok.

**ASK WHAT, NOT WHY:** When you ask questions, avoid asking 'why' questions, and instead ask 'what' questions. Asking why can have a judgmental tone even if you don't mean it that way.

**GIVE INFORMATION - DON'T DIAGNOSE:** Don't assume they have an illness or condition. Provide direction to resources that can identify and treat mental health issues.

**ACT AS A BRIDGE:** You can connect someone to mental health resources. Resources include family, school guidance, mental health professionals, and organizations like HFTD.

**TEAMMATE IN SUPPORT:** Being supportive doesn't mean your duty is to 'fix' someone. Mental health is complicated and solutions aren't overnight. As a teammate, the best support you can give is by being a trusting ear, helping to navigate resources, and acting as a source of encouragement.



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