



University of Illinois Extension in Cook County provides practical education you can trust to help people, businesses and communities solve problems, develop skills and build a better future.

Find out more about mental health and find help using the resources below.

Cook County Mental Health Resources

Cook County Health

Cook County Health is a healthcare system serving Cook County, IL for over 180 years. Cook County Health provides mental health services to adults, adolescents, and children.

<https://cookcountyhealth.org/service/mental-health-substance-abuse/>

Phone **312-864-6000**

Chicago Department of Public Health

The Chicago Department of Public Health operates multiple mental health centers that can provide supports for emotional, traumatic, or behavioral difficulties.

https://www.chicago.gov/city/en/depts/cdph/supp_info/behavioral-health/mental_health_centers.html

Phone **312-747-9884**

National Alliance on Mental Illness – Cook County North Suburbs (NAMI CCNS)

NAMI provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives. NAMI CCNS is an affiliate of the NAMI National organization. They offer educational programs to advocate for individuals with mental illness.

<https://namiccns.org/>

Phone **847-716-2252**

National Alliance on Mental Illness – South Suburbs of Chicago (NAMI South Suburbs of Chicago)

NAMI provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives. NAMI South Suburbs of Chicago is an affiliate of the NAMI National organization. They offer educational programs to advocate for individuals with mental illness.

<https://www.namisouthsuburbsofchicago.org/>

Phone **708-335-4008**

National Alliance on Mental Illness – Metro Suburban (NAMI Metro Suburban)

NAMI provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives. NAMI Metro Suburban is an affiliate of the NAMI National organization. They offer educational programs to advocate for individuals with mental illness. NAMI Metro Suburban provided education, advocacy and support in the Western Suburbs of Oak Park, River Forest, Lyons Township, Proviso Township, Berwyn and Cicero.

<https://namimetsub.org/>

Phone **708-524-2582**



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National Alliance on Mental Illness – Chicago

NAMI provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives. NAMI Chicago is an affiliate of the NAMI National organization. They offer educational programs to advocate for individuals with mental illness.

<https://www.namichicago.org/>

NAMI Chicago Helpline **833-626-4244**

Phone **312-563-0445**

Service Provider Identification & Exploration Resource (SPIDER)

SPIDER is an online guide of human services resources information provided by child and family welfare service providers across the state of Illinois. The platform is sponsored by the IL Department of Children & Family Services, and the data is maintained through collaboration with the Northwestern University/Hospital Feinberg School of Medicine.

<https://spider.dcf.illinois.gov/>