



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.

National Mental Health Resources

National Suicide Prevention Lifeline

The Lifeline provides 24/7 free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

Phone: **1-800-273-8255**

Phone option for the deaf and hard of hearing: **1-800-799-4889**

<https://suicidepreventionlifeline.org/>

Crisis Text Line

Crisis Text Line is free, 24/7 support for those in crisis. Text 741741 from anywhere in the USA to text with a trained Crisis Counselor.

If you are in crisis, Text "HOME" to 741741.

<http://www.crisistextline.org/>

Substance Abuse and Mental Health Services Administration (SAMHSA)

The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.

<https://www.samhsa.gov/>

SAMHSA's National Helpline **800-662-HELP (4357)**

National Alliance on Mental Illness (NAMI)

NAMI provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.

<https://nami.org/Home>

NAMI Helpline at **800-950-6264** or in a crisis, text "NAMI" to 741741

National Institute on Mental Health

The National Institute of Mental Health (NIMH) is the lead federal agency for research on mental disorders. Their mission is to transform the understanding and treatment of mental illnesses through basic and clinical research, paving the way for prevention, recovery, and cure.

<https://www.nimh.nih.gov/index.shtml>

Phone 1-866-615-6464

MentalHealth.gov

MentalHealth.gov provides streamlined access to U.S. government mental health information.

MentalHealth.gov aims contains information for the public, health professionals, policy makers, business leaders, school systems, and local communities.

<https://www.mentalhealth.gov/>



Mental Health First Aid

Mental Health First Aid is a course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.

<https://www.mentalhealthfirstaid.org>

Mental Health America

Mental Health America is a nationwide nonprofit devoted to meeting the needs of people with mental illness and promoting the overall mental health of all through advocacy, education, research and services.

<https://www.mhanational.org>

Phone **800-969-6642**

Centers for Disease Control and Prevention (CDC)

The CDC is federal government agency that CDC works to protect America from health security threats, both foreign and in the U.S. CDC works to prevent or reduce the impact of mental illness in the following ways by monitoring trends, development of evidence-based interventions, resource sharing, and evaluation.

<https://www.cdc.gov/mentalhealth/index.htm>

Phone **800-232-4636**

American Psychological Association

APA is the leading scientific and professional organization representing psychology in the United States. Their mission is to promote the advancement, communication, and application of psychological science and knowledge to benefit society and improve lives.

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

Phone **800-374-2721**