



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.

State of Illinois Mental Health Resources

The Illinois Mental Health Collaborative for Access and Choice

The Illinois Mental Health Collaborative for Access and Choice is a partnership between the Division of Mental Health (DMH) and ValueOptions to improve and advance mental health services.

Through this organization, you can access information on recovery-oriented services funded by the Illinois Department of Human Services/Division of Mental Health (DHS/DMH).

<http://www.illinoismentalhealthcollaborative.com/>

Phone **866-359-7953**

National Alliance on Mental Illness - Illinois

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

<https://namiillinois.org/>

Phone **800-346-4572**

Mental Health America of Illinois

Mental Health America of Illinois advocates for the prevention of mental illness and enhancing mental health treatment. MHAi develops and supports policy positions on important mental health issues by working with legislators, state agencies and other nonprofit groups to advocate for improved services. They provide educational events on key clinical and policy issues. MHAi is an affiliate of the national nonprofit, Mental Health America.

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

Phone **312-368-9070**

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/>