



# EASILY ACCESSIBLE MENTAL HEALTH RESOURCES

## SUBURBAN COOK COUNTY

Cook County Department of Public Health (CCDPH) has listed some easily accessible local and national mental health resources. CCDPH encourages all community members to take advantage of these resources for support.

### MENTAL HEALTH HOTLINES

The following helplines provide free mental health services in Suburban Cook County or across the country and are available in English and Spanish:

#### **988 Suicide and Crisis Lifeline**

If you or someone you know is having thoughts of suicide or experiencing a mental health or substance use crisis, 988 provides a connection to free, confidential support.

- **Call:** 988. Press 2 to reach Spanish-speaking counseling
- **Text:** 988. Text "Ayuda" or chat online at [988lifeline.org](https://988lifeline.org)
- **Hours:** 24/7

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#### **NAMI Chicago Helpline**

Whether seeking help for yourself or for someone else the NAMI Helpline is a free and confidential resource that provides a listening ear, guidance and connection to the right mental health and social service resources, over the phone.

- **Call:** 833-NAMI-CHI (626-4244). Ask to speak with a Spanish speaking counselor
- **Hours:** Monday-Friday, 9AM-8PM, Saturday and Sunday 9AM-5PM

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#### **The Trevor Project**

The Trevor Project is the leading suicide prevention and crisis intervention nonprofit organization for LGBTQ+ young people. They provide information & support to LGBTQ+ young people all year round.

- **Text:** For Spanish messaging text "Comenzar" by Whatsapp using the number 55-9225-3337 or use the chat feature on the website at [trevorproject.org](https://trevorproject.org).
- **Hours:** 24/7

## LIVING ROOMS

### **NAMI Metro Suburban: Living Room Summit Location**

The Living Room is a place to come if you are experiencing life's stress. NAMI Metro Suburban's trained team members use their own experience with mental health to help others – whether you are in an emotional crisis, or just need a safe place to speak with someone who understands. Services are free of charge.

- **Location:** 7602 63rd Street, Summit, IL
  - **Ages served:** 18 years old and older
  - **Hours:** 24/7
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### **Healthcare Alternative Systems (H.A.S.): Living Room Broadview Location**

The Living Room is a refuge for individuals in crisis—a safe, welcoming, and judgment-free space offering free, confidential, and immediate emotional support on a walk-in basis. The Living Room provides an accessible, comforting alternative to the emergency room during times of stress and crisis. Counseling services are always free and confidential.

- **Location:** 1917 West Roosevelt Road, Broadview, IL
  - **Ages served:** 18 years old and over
  - **Hours:** 12PM-8PM, 7 days a week
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### **Leyden Family Service and Mental Health Center: Living Room Franklin Park Location**

The Living Room is a safe, calm and comfortable place to visit when you are emotionally struggling. Recovery Support Specialists are available to help. This is a free service, available on a walk-in basis. You can also give them a call for a phone or video session.

- **Location:** 10013 W Grand Ave, Franklin Park, IL
  - **Ages served:** 18 years old and over
  - **Hours:** 24/7 including holidays
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## COOK COUNTY HEALTH SERVICES

Cook County Health also offers virtual video and telephone health care visits for many services:

- Call: 312-864-0200 and request a virtual visit if you are a CCH patient
  - Visit: [CCH Express Care](#) to access virtual immediate care in multiple languages via phone or computer.
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## TREATMENT FINDER

FindTreatment.gov is a confidential and anonymous resource for persons seeking treatment for mental and substance use disorders in the United States and its territories. The website is available in English and Spanish, and results can be filtered to select providers that offer services in Spanish.

- **Visit (English):** [Find a Treatment Facility - FindTreatment.gov](#)
- **Visit (Spanish):** [Encuentre un centro de tratamiento - FindTreatment.gov](#)