



# MENTAL HEALTH RESOURCES

## EASILY ACCESSIBLE SUPPORT IN SUBURBAN COOK COUNTY

Cook County Department of Public Health (CCDPH) has listed some of the more easily accessible mental health resources. CCDPH encourages all community members to take advantage of these resources. If you're concerned about someone you care about, the 9-8-8 and NAMI Chicago call lines can provide support.

### MENTAL HEALTH HOTLINES

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

#### **9-8-8 Suicide & Crisis Lifeline**

If you or someone you know is having thoughts of suicide or experiencing a mental health or substance use crisis, 9-8-8 provides a connection to free, confidential support.

- **Call or Text:** 988. When calling, for Spanish, press 2.
- **Hours:** 24/7

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#### **NAMI Chicago Helpline**

Whether seeking help for yourself or 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.

- **Call or Text:** 833-NAMI-CHI (626-4244). For Spanish, ask to speak to 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:** Text "Start" to 678-678
- **Call:** 1-866-488-7386. For Spanish, text "comenzar" to 55-9225-3337 or use the chat feature on the website at [trevorproject.org](https://www.trevorproject.org).
- **Hours:** 24/7

## LIVING ROOMS AND IN-PERSON SUBURBAN RESOURCES

### **The Loft at Eight Corners**

In collaboration with NAMI Metro Suburban, Pillars Community Health launched The Loft, a space designed to engage youth in their mental health journey. The Loft offers individual and group services, including mental wellness education and skill-building to equip youth and their families with strategies for self-management; crisis prevention, intervention, stabilization; and referrals to other resources. Services are available on a walk-in or scheduled basis.

- **Location:** 9049 Monroe Ave, Brookfield, IL
  - **Ages served:** 7-12th grade aged youth and their families
  - **Hours:** Monday - Friday: 1PM-8 PM; Saturday - Sunday: 10AM-6PM
  - **Learn more:** <https://loft8corners.org>
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### **Healthcare Alternative Systems (H.A.S.) Living Room**

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.

- **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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### **NAMI Metro Suburban Living Rooms**

Whether you are in an emotional crisis, or just need a safe place to speak with someone who understands, you can go to a Living Room location where you can find someone to talk to. The Living Rooms are available to anyone who is feeling scared, anxious, angry, sad, or just needs someone to talk to. Services are free of charge, with no identification or insurance needed. The Living Rooms are accessible by walk-in or by calling in advance.

- **Summit Location:** 7602 63rd Street, Summit, IL
- **Ages served:** 18 years old and over
- Bilingual Support in Spanish available
- **Hours:** 24/7
- **LaGrange Location:** 4731 Willow Springs Road, La Grange, IL
- **Ages served:** 18 years old and over
- **Hours:** 24/7
- **Learn more:** <https://namimetsub.org/recovery-programs/the-living-room/>

## LIVING ROOMS AND IN-PERSON SUBURBAN RESOURCES

### Trinity Services Living Room

The Living Room is a free alternative to the Emergency Room. It gives individuals in a crisis a safe, calm environment to de-escalate from their mental health stressors. When a guest arrives, they are assessed by a clinician to determine if The Living Room is an appropriate level of care. After this, the guest will speak with a Recovery Support Specialist (RSS), who has lived experience with mental health concerns.

- **Location:** 16514 South 106<sup>th</sup> Court, Orland Park, IL
  - **Ages served:** 18 years old and over
  - **Hours:** 24/7
  - **Learn more:** <https://www.trinityservices.org/livingroom>
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### Leyden Family Service and Mental Health Center Living Room

The Living Room is a safe, calm and comfortable place to visit when you are emotionally struggling. Recovery Support Specialists are available to help.

- **Location:** 10013 W. Grand Avenue, Franklin Park, IL
  - **Ages served:** 18 years old and over
  - **Hours:** 24/7
  - **Learn more:** <https://www.leydenfamilyservice.org/leyden-living-room>
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### Link & Option Center Living Room

The Living Room is a comfortable, non-clinical space that offers an alternative to hospital emergency rooms for those experiencing stressful and anxiety-provoking situations (psychiatric emergencies). The goal of the program is to provide a calm and safe environment in which guests can resolve crises without more intensive intervention.

- **Summit Location:** 17577 S. Kedzie Avenue, Suite 106, Hazel Crest, IL
  - **Ages served:** 18 years old and over
  - **Hours:** 24/7
  - **Learn more:** <https://www.link-option.com/living-room-mobile-crisis-response>
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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.