

Mental Health Resources

EASILY ACCESSIBLE SUPPORT IN SUBURBAN COOK COUNTY



Cook County DEPT. of
Public Health
A division of Cook County Health

BUILDING
HEALTHIER
COMMUNITIES

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 and nationwide. 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 – for Spanish, press 2
- **Hours:** 24/7
- **Learn more:** <https://988lifeline.org/>

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
- **Learn more:** <https://www.namichicago.org/>

YOUTH DROP-IN CENTER

The Loft at Eight Corners

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. The Loft is a collaboration with NAMI Metro Suburban and Pillars Community Health.

- **Location:** 9049 Monroe Avenue, Brookfield, IL
- **Ages served:** Youth in grades 7-12 and their families
- **Hours:** Monday - Friday: 1PM-8 PM; Saturday and Sunday: 10AM-6PM
- **Learn more:** <https://loft8corners.org>

Mental Health Support Resources

LIVING ROOMS

A 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. Living Rooms provide an accessible, comforting alternative to the emergency room during times of stress and crisis.

West Suburban Living Rooms

- **Provider:** Healthcare Alternative Systems
- **Location:** 1917 West Roosevelt Road, Broadview, IL
- **Ages served:** 18 years old and over
- **Hours:** 12PM-8PM, 7 days a week
- **Learn more:** <https://www.hascares.org/>

- **Provider:** NAMI Metro Suburban
- **Location:** 7602 63rd Street, Summit, IL
- **Ages served:** 18 years old and over
- Bilingual Support in Spanish available
- **Hours:** 24/7
- **Learn more:** <https://namimetsub.org/our-adult-programs/the-drop-in-center/>

- **Provider:** Leyden Family Service
- **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>

- **Provider:** NAMI Metro Suburban
- **Location:** 4731 Willow Springs Road, La Grange, IL
- **Ages served:** 18 years old and over
- **Hours:** 24/7
- **Learn more:** <https://namimetsub.org/our-adult-programs/the-living-room/>

West Suburban Living Rooms (continued)

- **Provider:** NAMI Metro Suburban
- **Location:** 816 Harrison Street, Oak Park, IL
- **Ages served:** 18 years old and over
- **Hours:** 12PM-8PM, 7 days a week
- **Learn more:** <https://namimetsub.org/our-adult-programs/the-living-room/>

South Suburban Living Rooms

- **Provider:** Trinity Services
- **Location:** 16514 South 106th Court, Orland Park, IL
- **Ages served:** 18 years old and over
- **Hours:** 24/7
- **Learn more:** <https://www.trinityservices.org/services-and-supports/crisis-support/the-living-room>

- **Provider:** Link & Option Center
- **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/>

COOK COUNTY HEALTH VIRTUAL 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 at <https://cookcountyhealth.org/services/immediate-care-virtual-visit/>.