



## American Foundation for Suicide Prevention (Illinois Chapter)

AFSP's Illinois Chapter delivers prevention programs; educates the public about risk factors and warning signs; raises funds for suicide research and program; and reaches out to individuals who have lost someone to suicide.

 [afspil.org](http://afspil.org)  
 **312-890-2377**


## Catholic Charities Addiction Counseling & Education Services (ACES)

ACES provides services to children, youth, and families impacted by abuse or neglect or domestic violence; services include counseling and emergency assistance.

 [catholiccharities.net](http://catholiccharities.net)  
 **312-655-7700**

## Depression and Bipolar Support Alliance (DBSA)

DBSA offers in-person and online support groups for people living with a mood disorder as well as for their friends and family.

 [dbsalliance.org](http://dbsalliance.org)  
 **800-826-3632**

## NAMI Drop In

The NAMI drop-in serves adults 18 years and over who live with a mental health condition by providing a safe, stigma-free place for participants to socialize and find new recovery skills and tools.

 [namimetsub.org/recovery-programs/the-drop-in-center](http://namimetsub.org/recovery-programs/the-drop-in-center)  
 **708-524-2582**



## NAMI Living Room (La Grange)

The NAMI Living Room provides support for people with mental illness who are experiencing an increase in mental illness symptoms; this support serves as an alternative to a hospital emergency room visit.

 [namimetsub.org/recovery-programs/the-living-room](http://namimetsub.org/recovery-programs/the-living-room)  
 **La Grange: 708-582-6434**  
**Broadview: 708-498-0200**

## National Alliance on Mental Illness (NAMI)

Nami offers free drop-in support groups for individuals with mental illnesses and family members or friends of those living with a mental illness as well as recovery, family, and community services.

 [namidupage.org](http://namidupage.org)  
[namimetsub.org](http://namimetsub.org)  
 **DuPage: 630-752-0066**  
**Metro Suburban: 708-524-2582**

## National Crisis Hotline

This national network of local crisis centers provides free and confidential emotional support to people in suicidal crisis or emotional distress.

 [suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)  
 **800-273-8255**

## Riveredge Hospital

Riveredge provides inpatient and outpatient behavioral health services for children, adolescents, and adults.

 [riveredgehospital.com](http://riveredgehospital.com)  
 **708-771-7000**

## The Trevor Project

The Trevor Project is a national organization providing crisis intervention and suicide prevention services to lesbian, gay, transgender, bisexual, queer, and questioning (LGBTQ) young people.

 [thetrevorproject.org](http://thetrevorproject.org)  
 **24-hour Help Line: 866-488-7386**