

Counseling Resources for ChiArts Students 2024-2025

**If you are in immediate Danger or the threat is imminent, call 911 or go to your nearest emergency room.* Ask for help!*

Crisis/Information Lines

National Suicide Prevention Lifeline

- Dial 988 ; En Español 1-888-628-9454
- Website - <https://suicidepreventionlifeline.org>

The Lifeline is a free, confidential crisis hotline that is available to everyone 24 hours a day, seven days a week. The Lifeline connects callers to the nearest crisis center in the Lifeline national network. These centers provide crisis counseling and mental health <https://calmharm.co.uk/referrals>. People who are deaf, hard of hearing, or have hearing loss can contact the Lifeline via TTY at 1-800-799-4889.

The Trevor Project

- Call 1-866-488-7386 (available 24/7/365); Text START to 678-678
- Website - <https://www.thetrevorproject.org>

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to LGBTQ+ youth.

Crisis Text Line

- Text "HOME" to 741741
- Website - <https://www.crisistextline.org>

The Crisis Text hotline is available 24 hours a day, seven days a week. The Crisis Text Line serves anyone, in any type of crisis, connecting them with a crisis counselor who can provide support and information.

NAMI Chicago

- Call 311 or NAMI Chicago Helpline 833-626-4244 for a mental health counselor. (Monday thru Friday 9AM to 8PM, Saturday and Sunday 9AM to 5PM, closed on holidays)
- Website for NAMI <https://www.namichicago.org>

Bright Star Community Outreach helpline at 833-TURN-123

Illinois Call4Calm text line service

- Text 'TALK' to 552020; En Espanol 'HABLAR' to 552020

The Illinois Department of Human Services facilitates this free and confidential support line. Individuals who want to speak with a mental health counselor can text the above numbers and within 24 hours will be put in touch with a mental health counselor.

Hopeline: Center for Suicide Awareness

- Text 'HOPELINE' to 741741(24/7/365)
- Website - <https://centerforsuicideawareness.org/hopeline>

Free emotional support service providing hope, help, and support when it is needed most

Trans LifeLine

- Call 1-877-565-8860
- Website - <https://translifeline.org/>

Trans Lifeline provides trans peer support for our community that's been divested from police since day one. They are run by and for trans people.

National Runaway SafeLine (24/7)

- Call 1-800-RUNAWAY
- Website - <https://www.1800runaway.org/>

If you are in a crisis the National Runaway SafeLine is there to listen.

Domestic Violence Hotline - (24/7)

- Call - 1-877-863-6338
- Website - [Help on Domestic Violence](#)

Offers information, options, counseling, legal, and shelter services

RAINN - National Sexual Assault Hotline

- Call - 800-656-4673 or chat online at: online.rainn.org
- Website - [RAINN](#)

Crisis support services, sexual assault and harrassement.

BlackLine

- Call - 1-800-604-5841
- Website - [Call Blackline](#)

BlackLine provides a space for peer support, counseling, witnessing and affirming the lived experiences of folks who are most impacted by systematic oppression with an LGBTQ+ black femme perspective

National Eating Disorders Helpline - for availability go to website

- Call - 800-931-2237
- Website - [Eating Disorder Information](#)

Eating Disorder support available. The website is filled with information and resources.

StartYourRecover.org

- Website- [Chicago Treatment Locator](#)

Provides local support options for individuals who may be struggling with substance use disorder. It also lets you filter to find free and low-cost care options.

In-Person & Remote Therapy

Adler University:

- Steps to scheduling an appointment:
 - Email gdavis@chiarts.org or
 - scan the QR code in the school building
 - Ask a teacher, counselor, or school staff to assist you in signing up
 - Services are free and no insurance necessary
 - appointments are scheduled during the school day

FLY Radical Therapy - 2659 W. Division St

- Steps to scheduling an appointment:
 - Go to the website link
 - email info@flyradicaltherapy.com
 - They offer a variety of services at low cost

DePaul Family and Community Services Therapy:

- Steps to scheduling an appointment:
 - Call (773) 325-7780 anytime Monday-Friday, 10:00 am- 4pm
 - Speak to an intake worker who will determine whether your family is eligible for services
 - Schedule an in-person appointment with you (evening appointments are available)
 - All health insurance is accepted private and medicaid

The Family Institute

- Steps to scheduling an appointment:
 - Call 847-733-4300 or [complete this form](#)
 - During the call, you will be asked questions to match you with the therapist who will best meet your needs; including questions about your goals for care, best location, availability and payment information. Please expect approximately 10 minutes for this call.
 - They offer sliding scale services for more information - [Affordable services](#)
 - Private insurance is accepted

YWCA Counseling (Specializes in sexual assault and abuse)

- Steps to scheduling an appointment
 - Call 312.733.2102 (Chicago), 630.790.6600 (West Suburbs), 708.754.0486 (South Suburbs)
 - Rape crisis hotline in Chicago area - 888-293-2080
 - Services are free and open to everyone

[Howard Brown Health](#) (Specializes in LGBTQ)

- Steps to scheduling an appointment:
 - Call 773-388-1600 on a morning you could be available for a 10-15 minute afternoon phone appointment.
 - Phone appointments are available Monday- Saturday.
 - During the call, a counselor will gather basic information about why you want therapy, and what type of therapist and appointment time would best meet your needs.
 - All health insurance is accepted private and medicaid

[Broadway Youth Center by Howard Brown Health](#)

- 4009 N. Broadway
- 773.388.1600 ext 9
 - Free and non-judgmental social, educational, and health services for youth ages 12–24.

[The Center on Halsted - Youth Program](#)

- 3656 N. Halsted St., Chicago, IL 60613
- (773) 472-6469, ext. 437
- youthintakes@centeronhalsted.org
- The Center on Halsted Youth Program creates a safe and confidential environment for young people ages 13–24 who identify as lesbian, gay, bisexual, transgender, queer, who are questioning their sexual orientation or gender identity, or who are straight allies (LGBTQA). The Youth Program offers a variety of services including but not limited to after-school programming, psychoeducational and therapeutic groups, individual counseling, case management and HIV-testing.

[Sarah's Inn](#) (specializes in Domestic violence)

- 708-386-3305, 708-386-4225 (24 hour Crisis line)
- info@sarahsinn.org
- Sarah's Inn provides support to families in domestic violence situations. In addition, they offer violence prevention services for teens and training for service providers.

[Children's Research Triangle](#)

- Call - 312-726-4011

[Pilsen Wellness Center](#)

- Call - 773-579-0832 ask for mental health services
- email - mental.health@pilsenwellnesscenter.org

[Erie Family Health](#)

- Call - 312-666-3494 ask for mental health services

[The Kedzie Center](#)

- Call - 773-754-0577 full service organization including mental health
- 4141 N. Kedzie Ave
- The mission of the Kedzie Center is to provide accessible, culturally informed, quality mental health care to North River residents through the integration of clinical practice, education and evaluation, and the application of psychological insight to address community concerns, as informed by the community and in collaboration with local residents and partners.

[Community Counseling Centers of Chicago](#)

- Call - 773-769-0205 - many locations throughout Chicago
- Full service mental health organization

[City Counseling Center](#)

- Call - 773-234-8779
- Offices in Hyde Park and South Loop
- Offering a full range of mental health services
- Private insurance accepted and offers a sliding scale range

[Rosecrance](#)

- Call - 866-330-8729
- Addressing substance abuse and mental health disorders in teens and young adults through both in-patient and out-patient therapy
- All insurance plans accepted private and medicaid
- The website offers a lot of useful information

[New Life Knew Solutions](#)

- Call - 773-309-2050 or email - info@nlksolutions.com
- Comprehensive mental health services
- Medicaid is accepted

[Brave Space Alliance](#)

- Call - 872-333-5199, 1515 E. 52nd Street, Chicago
- Black-led, Trans-led LGBTQ+ center on the south side of Chicago
- Provides affirming, culturally competent resources for us by us resources
- Drop-in center providing support to teens with many services

[Community Wellness Group](#)

- Call - 773-572-8587 or email contact@communitywellnessgrp.com
- Comprehensive mental health services
- Practice locations throughout the City of Chicago
- Private insurance accepted

Coffee, Hip-Hop, and Mental Health

- 1051 W. Belmont, Chicago
- Providing access to mental health and therapeutic services by removing the financial barriers

Best online therapy options

- Article highlighting the 10 best online therapy services

In-Patient, Partial Hospitalization, & Intensive Out-Patient Programs

- [Compass health Center](#)
- [Rogers Behavioral health](#)
- [Pathlight Behavioral Health](#)
- [Garfield Park Hospital](#)
- [Hartgrove Hospital](#)
- [Lurie Children's Hospital](#)
- [Riveredge Hospital](#)

Websites

- [Now Matters Now](#)
- [My Anxiety Plan](#) - a free anxiety management program based on Cognitive Behavioral Therapy
- [Anxiety resource](#) - the website offers information on anxiety
- [Brain fit life for depression](#)
- [Support for Bi-Polar disorder plus free app](#)
- [Calm harm](#) - a website and app that helps you manage or resist the urge to self-harm
- [Teen Flash](#) - a general self-harm website with activities to reduce self-harm
- [National Eating Disorders Association](#) - information and resources for eating disorders

Apps (meditation, anxiety, depression)

- [Smiling Mind](#)
- [UCLA Mindful App](#)
- [Headspace](#)
- [Liberate](#)
- The safe Place app (free)
- [The Shine App](#)
- [Mindshift CBT](#) - free evidence based anxiety relief
- [Depression apps](#) - article rating best apps for coping with depression

Journaling Apps

- [Day One Journal](#) (iPhone and iPad)
- [Momento](#) (iPhone and iPad)
- [Journey](#) (Mac, Windows, iOS, Android, Chrome OS, Web)
- [Daylio](#) (iPhone and iPad)
- [Grid Diary](#) (iPhone and iPad)
- [Five Minute Journal](#) (iPhone, iPad, Android)
- [Penzu](#) (Web, iOS, Android)
- [Diarium](#) (Windows, Android)

Digital Coloring Apps

- [Color Therapy](#)
- [Bloom- Mystery Coloring](#)
- [Colorfy](#)
- [Garden Coloring Book](#)
- [Silk](#)
- [Quick Draw](#)