



# CRISIS RESOURCES FOR YOUTH AND PARENTS

## 24/7 CRISIS LINES FOR YOUTH

### 988 Suicide & Crisis Lifeline Call or Text 988 or Chat at [988lifeline.org/chat](https://988lifeline.org/chat)

- Nationwide crisis number for mental health crises. Open to all ages.
- Press 1 for Veterans Crisis Line
- Press 2 for Spanish language services
- Press 3 for LGBTQI+ affirming counseling

### DuPage Crisis Line Call (630) 627-1700

- Local crisis assistance
  - 24/7, free and confidential support to people in a suicidal crisis, substance use crisis, or experiencing emotional distress.
  - Highly trained crisis counselors answer the phone, listen to the caller, understand how their problem is affecting them, provide support, and share resources if needed.
- Can also be used to request the DuPage Mobile Crisis Response Team
  - Team of a clinician and engagement specialist that responds to an individual in crisis in the community.
  - 24/7, mobile crisis response for youth or adults at location of crisis in order to provide in-person crisis intervention, assessment, support, guidance and linkage to appropriate resources or services.
- Crisis services available for youth and adults of any age, free of charge regardless of payer source

### Crisis Text Line Text 'REACH' to 741741

- Crisis support available over text from a trained counselor.

### Trevor Project (866) 488-7386 or Text 'START' to 678678

- National crisis line for LGBTQ+ youth

## WHEN TO CALL FOR HELP

It can be hard to know who to call when you or someone you love is in crisis. Calling the right place for the crises listed below will provide you with the fastest, most appropriate care.

Call a **Crisis Line** (listed above) if you are having any type of mental health crises, including:

- ✓ When you need **support for any emotional issue**
- ✓ **Suicidal ideation** – having thoughts about killing yourself
- ✓ **Homicidal ideation** – having thoughts about killing someone else
- ✓ **Psychosis** – losing connection with reality
- ✓ Help with your **child's mental health**
- ✓ Assistance with processing or getting **additional information** for a loved one

Call **911** if the crisis has advanced to the point that:

- ✓ You or someone else is experiencing a **medical emergency**
- ✓ You have taken actions to **end your life**
- ✓ Someone else has taken actions to **end their life**
- ✓ Someone is unable to control their behavior, leading you to believe they are at risk of **unintentionally harming themselves or others**
- ✓ You want to **report a crime**