

# LOCAL MENTAL HEALTH RESOURCES & HOTLINES



DIAL  
**988**

*Hold on to Hope*

Call 988

*Mantenga la Esperanza*

Llame al 988



## If You Are Experiencing a Mental Health Crisis

Call or text 988 or chat [988lifeline.org](https://988lifeline.org) to reach a 24-hour crisis center



Text **HOME** to **741741** to reach a free, 24/7 crisis counselor through Crisis Text Line



Call 988, or go to the nearest emergency room.



## ADDICTIONS INCLUDING EATING DISORDER HOTLINES

- **Alcoholics Anonymous** (Chicago Area)  
24-hr Hotline (800) 371-1475
- **ANAD** (Association of Anorexia Nervosa and Associated Disorders)  
Helpline (630) 577-1330
- **Cocaine Anonymous**  
24-hr Illinois Hotline (773) 202-8898
- **Narcotics Anonymous**  
24-hr Chicago Region Hotline (708) 848-4884
- **National Council on Problem Gambling**  
24-hr Hotline (800) 522-4700



## DOMESTIC VIOLENCE, CHILD ABUSE, ELDER ABUSE, SEXUAL ABUSE HOTLINES

- **Adult Protective Services**  
24-hr Hotline (866) 800-1409
- **Child Protective Services** (child abuse or neglect)  
Child Abuse Hotline (800) 252-2873
- **National Council on Aging Care**  
(877) 664-6140
- **A Safe Place – domestic violence**  
24-hr Helpline (847) 249-4450
- **Zacharias Sexual Abuse Center**  
24-hr Support Line (847) 872-7799



## DEPRESSION & SUICIDE PREVENTION HOTLINES

- **Lake County Health Department & Community Health Center**  
Depression Hotline (630) 482-9393  
Lifeline 1-800-273-TALK (8255)
- **Erika's Lighthouse** (teen depression)  
(847) 386-6481
- **National Suicide Prevention Lifeline**  
24-hour Lifeline (800) 273-TALK
- **The Trevor Project**  
(gay/lesbian/bisexual/transgender/questioning youth crisis help)  
24-hr Lifeline (866) 488-7386



## RUNAWAY YOUTH HOTLINES

- **National Runaway Safeline**  
Crisis Line  
(800) RUNAWAY (1-800-786-2929)



## HUMAN TRAFFICKING

The Lake County Coalition Against Human Trafficking is our county's leading alliance of government, civic, and institutional partners who together provide trauma informed care, prevention, and awareness around human trafficking in our communities.



**Federal Law Enforcement**  
call 1-866-347-2423 or  
submit a tip online at [www.ice.gov/tips](https://www.ice.gov/tips)



**National Human Trafficking Hotline**  
call 1-888-373-7888 or texting  
**HELP** or **INFO** to 233733 (BEFREE)



Call **911** if someone is in immediate danger.



*You are not alone. Help is here. ♡*

Hotline information is provided for general purposes only and is subject to change. Please verify by calling or visiting the organization's website for the most current information.