



CRISIS HELPLINES

Many local and national helplines can support you or a loved one in crisis.



Call 211 for Help

☎ 211

🌐 211dupage.gov or 211metrochicago.org

211 connects you to expert, caring help. 211 is the number to call when you don't know who to call. Connect to health and social service resources in DuPage or Chicago/Suburban Cook County. Examples include paying my bills, finding food, housing, immigrants, mental health, and persons with disabilities.

Crisis Text Line

✉ Text HOME to 741-741

🌐 crisistextline.org

A live, trained Crisis Counselor receives the text and responds, all from our secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.

Dating & Domestic Violence / Adolescent Dating

☎ 866-331-9474

✉ Text LOVEIS to 22522

🌐 loveisrespect.org

A project of the National Domestic Violence Hotline, Love Is Respect offers 24/7 information, support, and advocacy to young people between the ages of 13 and 26 who have questions or concerns about their romantic relationships. Provide support to concerned friends, family members, teachers, and helpers.

Domestic Violence Hotline

☎ 800-799-7233

✉ Text START to 88788

🌐 thehotline.org

24 hours a day, seven days a week, 365 days a year, the National Domestic Violence Hotline provides essential tools and support to help survivors of domestic violence so they can live their lives free of abuse.

DuPage County Crisis Line

☎ 630-627-1700

🌐 dupagehealth.org/183/Crisis-Services

Available 24/7, 365 days per year for individuals experiencing emotional distress, suicidal thoughts or seeking connection to DuPage County Crisis Services. Staff provide support and guidance to manage the crisis, explore options, and provide resources.

Mental Illness Hotline

☎ 630-752-0066

✉ Text HELPLINE to 62640

🌐 namidupage.org

Free, nationwide peer-support service providing information, resource referrals, and support to people living with a mental health condition, their family members and caregivers, mental health providers, and the public.

Safe School Helpline

☎ 800-418-6423

✉ Text TIPS to 614-426-0240

🌐 safeschoolhelpline.com

Confidential way for anyone to report information about situations that might affect safety at our school. You can call the number any time of the day or night to report concerns about unsafe or potentially disruptive activities or situations, including drug or alcohol abuse, weapons, harassment, bullying or threats. All calls are completely confidential.

Suicide Prevention Lifeline

☎ 988

✉ 988

🌐 988lifeline.org

This is a crisis hotline that can help with many issues, not just suicide - anyone who feels sad, hopeless, or suicidal; family and friends who are concerned about a loved one; or anyone interested in mental health treatment referrals.

Veterans Crisis Line / Suicide Prevention

☎ 988 press 1

✉ Text 838255

🌐 mentalhealth.va.gov/suicide_prevention

Are you a Veteran in crisis or concerned about one? VA's top clinical priority is preventing suicide among all Veterans



HOPE CENTER
A CONTINUUM OF SUPPORT TO HELP YOU TAKE A NEXT STEP



260 Glen Ellyn Road, Bloomingdale IL
✉ hope@bloomingdalechurch.org

☎ 630-894-0126

🌐 hopecenterbloomingdale.org

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