

Mental Health Resources

The following resources provide services for individuals and families coping with mental illness. Inclusion in this list does not constitute endorsement or recommendation by the Friends of the Edgewater Library or Chicago Public Library.

Crisis/Support Lines

- National Crisis 24/7 hotline: 1-800-273-TALK (8255); Can also text 741742 for 24/7 support.
- Illinois Warm Line provides peer support for people with mental health issues: 1-866-359-7953. Monday-Friday 8am to 5pm
- Presence Behavioral Health 24/7 Crisis Line: 708-681-HELP (4357)

Chicago Resources

- C4: www.c4chicago.org Mental health, substance use & family counseling. 773-769-0205. Northside
- Cathedral Counseling: www.cathedralcounseling.org Fees based on sliding scale. 312-252-9500. Loop
- Depression and Bipolar Support Alliance (DBSA): www.dbsalliance.org Support groups for people living with mood disorders. 773-465-3280. Online. Check for in-person locations.
- NAMI (National Alliance for the Mentally Ill) Chicago: www.namichicago.org. Support for individuals and families impacted by mental illness. 833-626-4244.
- Thresholds: www.thresholds.org. Housing, healthcare, employment and other services for people living with mental illness and substance use disorders. 773-572-5500. Programs throughout the Chicago area.
- Trilogy Behavioral Healthcare: www.trilogyinc.org. Mental health, housing, employment and other service for people living with mental illness. 773-508-6100.
- Additional resources may be found at www.noshameonu.org.

Manage Emotional Distress with Free Apps

- [Dare](#) is focused on overcoming anxiety and panic. It teaches skills in reducing worry, breaking the cycle of negative thinking, and easing anxiety. The free version is excellent.
- [MindShift CBT](#) is an evidence-based anxiety management app.
- [IntelliCare](#) has a suite of apps for anxiety and depressive symptoms: Worry Knot, Thought Challenger, Daily Feats
- [COVID Coach](#) includes a range of tools to support healthy coping and well-being.
- There are many apps with a variety of relaxation strategies including [Mindful Moments](#) by Cleveland Clinic Wellness, [Calm](#), [Headspace](#) (\$), [Insight Timer](#), [Stop.Breathe.Think](#), and [Chill](#) (\$).

