



New Trier Township Mental Health Partners and Services

Mental Health National Crisis Line is available by calling or texting 988.

2-1-1 is a free, 24/7/365 service that connects residents of Chicago and suburban Cook County to essential health and social service support and information during times of non-emergency crisis and for everyday needs. 211metrochicago.org

Crisis Counseling for all Illinois residents are invited to text "TALK" or "HABLAR" to 552020 to connect with Call4Calm 24/7. You can also call the Illinois Warm Line at 866-359-7953 or the Text "HOME" to 741741 to connect with a Crisis Counselor.

The Children's Advocacy Center of North and Northwest Cook County is the leading resource to empower and heal abused children involved in the legal system. (Skokie) www.cachelps.org

Counseling Center of the North Shore provides counseling, therapy, and community education. Sliding scale fees apply. (Winnetka) www.ccns.org

Erika's Lighthouse creates teen depression awareness programs and support clubs along with free family resources. (Winnetka) www.erikaslighthouse.org

Family Service Center offers counseling for stress, depression, substance abuse, relationships, and child behavior. Sliding scale fees apply. (Northfield) www.familyservicecenter.org

Family Service of Glencoe provides mental health services that identify, prevent and resolve social and emotional problems. Sliding scale fees apply. (Glencoe) www.familyserviceofglencoe.org

Haven Youth and Family Services provides emergency housing services, individual, group, and family therapy, crisis intervention, daily outreach to area schools, psycho-educational workshops, youth leadership positions, and service-learning opportunities. **The Warming House** is now a part of Haven. It provides prevention outreach and function as a drop-in community for kids between ages 12-17. Phone the Crisis Line 847-251-6630. (Wilmette) www.havenforyouth.org

Josselyn offers a safe and supportive counseling and Adult Drop-In Center for clients to identify and understand mental illnesses and build connections with individuals on a similar path. Their Living Room, is an accessible alternative to visiting a hospital or emergency room when experiencing an emotional or mental health crisis. (Northfield) www.josselyn.org

NAMI – National Alliance on Mental Illness works to improve the lives of people with mental illness and their loved ones. NAMI has numerous support groups for those struggling with, recovering from, or supporting a loved one with mental illness, trauma, or grief. (Skokie) www.namiccns.org

North Shore Senior Center offers counseling and therapy to older adults and their families, individually and in groups. Counseling and therapy services are usually covered by insurance, including Medicare. For more information, call 847-424-5672 or email counseling@nssc.org for more information. (Northfield) www.nssc.org

PEER Services offers substance abuse prevention and treatment services for teens, families, and communities. (Evanston) www.peerservices.org

SamaraCare provides counseling support incorporates client-focused and goal-oriented therapy techniques in various specialty areas. Sliding scale fees apply. (Wilmette, Winnetka) www.samaracarecounseling.org

Thresholds provides services and resources for persons with serious mental illnesses and substance use disorders in Illinois. Services include assertive outreach, case management, housing, employment, education, psychiatry, primary care, substance use treatment, and research. (Chicago) www.thresholds.org

Youth Services provides social-emotional support for children and youth, including the popular PRIDE Youth Program. Anonymous text support from licensed mental health counselors is available. Text NSHELP912 to 844-823-5323. (Glenview) www.ysgn.org

YWCA's Domestic Violence Services provides free support services to domestic abuse survivors, children and teens affected by domestic violence, and perpetrators to explore alternatives to violence. If you or someone you know needs help, call 847-864-8780 or 1-877-718-1868, anytime. (Evanston) www.ywca-ens.org

Zacharias Sexual Abuse Center provides quality, comprehensive, client centered services to survivors of sexual assault and abuse. Services are provided for free. (Skokie) www.zcenter.org

For other mental health and counseling resources available to Township residents, visit the Resource Directory and Crisis Assistance Resource page on our website at www.newtriertownship.com