

ARE YOU HAVING A MENTAL HEALTH CRISIS?

HELP IS AVAILABLE 24/7

988 Suicide & Crisis Lifeline Call or Text 988	Call or text any time to be routed to the nearest available Crisis Call Center. Nationwide Assistance available 24/7 regardless of location.
The Trevor Project (630) 488-7286 Text START to 678678	National counseling available. 24/7 for LGBTQ+ youth, Largest suicide prevention organization in the world for LGBTQ+ individuals.
Veterans Crisis Line Call 988 Press 1	Anonymous and confidential crisis resource for veterans and their loved ones. No need to be enrolled in VA benefits or health care.
Crisis Text Line Text REACH to 741741	National text line available for anyone that needs crisis support via text message. Trained crisis counselor will quickly respond to you personally.
DuPage County Crisis Line (630) 627-1700	DuPage County's 24/7 crisis line with nearby counselors for local support. Counselors can talk about your crisis now and refer you to services in your area.

All resources listed are available 24/7 and are free of charge.
Want more information?

www.dupagehealth.org/703/Mental-Health-Resources

Scan this QR code

