

Social Emotional Support Resources

District Resources:

Pursuant to Board of Education Policy 7:290 on *Suicide and Depression and Awareness*, the District has developed a multi-faceted suicide and depression awareness and prevention program (7:290-API) to increase awareness and prevention of depression and suicide. For more information, contact the Building Principal or the District's Assistant Superintendent for Student Services.

Emergency:

911

Dial 911 to call for assistance or to report a concern

Community Resources:

These resources are able to provide support however they have not been vetted by District 118.

Alexian Brothers Behavioral Health Hospital

Behavioral health hospital that provides support for mental health issues, addiction, and behavioral disorders.

www.alexianbrothershealth.org/abbhh

800-432-5005

American Association of Suicidology

Provides information for survivors, support groups, and suicide prevention resources

<https://suicidology.org/>

202-237-2282

Barr-Harris Children's Grief Center

Serves children who have lost a parent, sibling, or family member (sliding scale fee)

<https://barrharris.org/>

312-922-7474

Call 4 Calm

Not a crisis line, rather a support; residents to text will be contacted by a counselor from a local community mental health center.

Text "TALK" to 552020 for English or "HABLAR" to 552020 for Spanish

Compassionate Friends

Nonprofit, self-help support organization for parents, grandparents, and siblings

<https://www.compassionatefriends.org/>

877-969-0010

Crisis Text Line

Text HOME to 741741 to connect with a Crisis Counselor

<https://www.crisistextline.org/>

Foundations 4 Life Counseling & Wellness Center

Offers a suicide prevention task force, support group, and counseling

847-497-0524

www.Found4Life.org

GriefNet

Internet community of persons dealing with grief, death, and major loss.

<http://www.griefnet.org>

GriefShare

For those grieving the death of a loved one; seminars and support groups, access to resources

<http://www.griefshare.org>

800-395-5755

Journey Care

One-on-one and group grief support

<http://journeycare.org>

847-467-7423 (general information)

224-770-2489 (24-hour line)

Lifespan Crisis Line

Crisis line for victims of domestic violence or abuse; they offer legal services, advocacy, and counseling.

www.life-span.org

847-824-4454

LOSS (Loving Outreach to Survivors of Suicide) Program

Support group for those grieving the death of a family member or close friend

<https://www.catholiccharities.net/GetHelp/OurServices/Counseling/Loss.aspx>

312-655-7283

Mano a Mano

Family resource center for individuals who are immigrants and their families

<https://mamfrc.org/>

847-201-1521

McHenry County Info Referral & Crisis Line

24-hour crisis line and response team for behavioral health emergencies, problem-solving, referrals to resources, and a variety of other supports.

www.mchenry-crisis.org

800-892-8900

National Suicide Prevention Lifeline (24/7)

1-800-273-8255

<https://suicidepreventionlifeline.org/>

Need Help? 211

211

<https://www.211unitedway.org/>

NICASA (Substance Abuse)

Nicasa is a not-for-profit behavioral health services organization

www.nicasa.org

847-546-6450

S.A.S.S. Screening Assessment and Support

A crisis mental health service program for children and adolescents. They offer crisis and counseling supports to children and adolescents.

<http://www.illinoismentalhealthcollaborative.com/consumers/information/SASS-handout.pdf>

1-800-345-9049

312-793-1361

Streamwood Behavioral Health (free initial assessments)

Hospital that provides support for a variety of mental health and/or behavioral concerns

www.streamwoodhospital.com

630-837-9000

Text-a-Tip

24/7 anonymous text-communication system for youth needing immediate mental health assistance for themselves or a friend

<https://www.lakecountyil.gov/3437/Text-A-Tip>

Text LAKECO to 844-823-5323

Willow House

Support groups, educational resources/referrals, community outreach. Monthly meetings in Chicago, Arlington Heights, Libertyville, and Bannockburn

<http://www.willowhouse.org>

847-236-9300