

Mental Health Resources

Curated by the Emotional Stability Community Advisory Board

Last Updated February 20th, 2023

Thanks for visiting! In the future, we hope to develop a listserv or newsletter. If you are interested in joining us, please complete this brief form: <https://forms.gle/M16J7jFsk6Nwj3Hv7>

You can also find other examples of our work here: <https://tinyurl.com/emotionalstability>

Find affordable counseling and mental health services

- [Resource Finder](#) hosted by CDPH & MICAH: Allows you to search for mental health resources and hotlines, among other services
- [YMCA Chicago](#): Low-cost wellness, mental health, and counseling services for kids, adults, and families
- [NAMI Chicago](#): List of local and national resources and services, as well as a hotline (833-626-4244)
- Association of Psychology Training Clinics ([APTCL](#)): Low-cost sessions with graduate student studying clinical or counseling psychology (supervised by a licensed psychologist)
 - Adler
 - Chicago School of Professional Psychology
- Chicago Family Health: <https://chicagofamilyhealth.org/behavioralhealth/>
- Living Room Program (LRP): For individuals in need of a crisis respite program
- [Brightstar Community Outreach](#): Trauma Counseling and Helpline
- Association of Black Social Workers ([ABSW](#))

Other local (Chicago) resources:

- [UN|Spoken](#) campaign: Allows you to search for your nearest mental health provider under 'Find Mental Health Support'
- [CPS Please Stay](#): Mental Health and Suicide Prevention Campaign (7-12th grade)
 - CPS Mental Health and Suicide Prevention Policy:
<https://t.e2ma.net/click/17r86o/pu115i/xs9wohf>
- The Night Ministry: <https://www.thenightministry.org/>
- [Ten Percent Happier](#): In partnership with CDPH, free guided meditations for stress, sleep, youth, and more
- [Chicago Health Disparities Center](#) (CHDC): The mission of the CHDC is to engage people with serious mental illness in community-based participatory research efforts that will reduce racial healthcare inequities and promote well-being.
- Community Engagement for Early Recognition and Immediate Action in Stroke (CEERIAS) [Walk with the Doc](#), a free walking program
- [Project Brotherhood](#) [direct link to their site is not currently working]: The mission is to increase the health awareness in Black men by training Black men & providing preventive health messages & literature in a cultural & gender specific way.

National resources (no insurance required):

- National Alliance on Mental Illness ([NAMI](#))
- Suicide & Crisis Lifeline: Call or Text (988) or visit their website (<https://988lifeline.org/>)
- [Warm Line](#) (866-359-7953): Non-urgent mental health hotline.
- Open Counseling ([Opencounseling.com](#)): Will connect you to a free to low-cost counselor in your area or virtually

- Mental Health America Back to School [Toolkit](#) (available in English and Spanish)

Apps:

- Calm
- Headspace
- Yoga
- Ten Percent Happier

To listen and watch (selection/examples):

- The Mental Health Crisis Among American Youths:
<https://johnshopkinssph.libsyn.com/469-the-mental-health-crisis-among-american-youths>
- President Biden's Strategy to Address the National Mental Health Crisis:
<https://podcasts.apple.com/us/podcast/470-president-bidens-strategy-to-address-the-national/id1501336958?i=1000562196025>
- Headspace YouTube channel: <https://www.youtube.com/@headspace/>
 - For example: <https://www.youtube.com/watch?v=SueAYKcoG8I&t=42s>
- What to know about 'Black girl depression' on Good Morning America:
<https://www.youtube.com/watch?v=dEZ4bOWr2bk>
- Mindfulness exercises (via audio clips) from the CALM-Chicago clinical trial:
https://drive.google.com/drive/folders/1fAbYUR7DSYQo-Y4tlb1kml2IR2RyJox?usp=drive_link

To read (selection/examples):

- How to ask for help: <https://newsela.com/read/how-to-ask-for-help/id/2001029474/>
- President Biden's Mental Health Agenda:
<https://www.whitehouse.gov/briefing-room/statements-releases/2022/03/01/fact-sheet-president-biden-to-announce-strategy-to-address-our-national-mental-health-crisis-as-part-of-unity-agenda-in-his-first-state-of-the-union/>
- <https://southsideweekly.com/mental-health-advocates-put-public-services-back-on-table/>
- Supporting Black mothers in Chicago:
<https://wgntv.com/news/chicagos-very-own/south-suburban-mom-founds-company-to-support-black-mothers-in-chicago/>
- Megan Thee Stallion and Mental Health:
<https://www.cnn.com/2022/09/26/entertainment/megan-thee-stallion-mental-health-wellness/index.html>
- Expressing gratitude: an opportunity to express this to others can be a vital part of the conversation for emotional wellbeing/wellness:
<https://wgntv.com/news/features/erin-ivory-others-thank-special-angels-who-have-helped-in-time-of-need/>
- Healing through Writing: Suggestions for journaling for mental health:
<https://endlesspens.com/blogs/the-sunday-scribble/healing-through-writing>
- Can microdosing psychedelics boost mental health?
<https://www.nationalgeographic.com/science/article/can-microdosing-psychedelics-boost-mental-health-heres-what-the-evidence-shows>
- Making and Keeping Friends in Adulthood:
<https://www.nytimes.com/2022/10/01/well/live/how-to-make-friends-adult.html>
- The power of Awe and Wonder:
<https://www.nytimes.com/2023/01/03/well/live/awe-wonder-dacher-keltner.html>

- Depression Rooms and Doom Piles:
<https://www.nytimes.com/2023/01/10/well/mind/depression-cleaning-clutter.html>
- 'I'm trying to keep everyone walking': 102-year-old leads exercise class 4 times a week:
<https://www.live5news.com/2023/02/12/im-trying-keep-everyone-walking-102-year-old-leads-exercise-class-4-times-week/>
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