



[Crisis Support Care Packet](#)

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Crisis Support Care

Immediate Help When You or Your Child Need Support

IMMEDIATE DANGER

If you or your child are in immediate physical danger:  CALL 911

MENTAL HEALTH & EMOTIONAL CRISIS

988 Suicide & Crisis Lifeline  Call or Text 988

 24/7 • Free • Confidential

Support for youth, teens, and adults

(You do NOT have to be suicidal to call)

YOUTH & TEEN SUPPORT

Crisis Text Line

 Text HOME to 741741

24/7 confidential text support for youth and teens

CHICAGO – NON-POLICE MENTAL HEALTH RESPONSE

CARE Pilot (Chicago Only)

 Call 911 and ask for CARE Pilot

- Mental health clinicians + paramedics
- For mental health crises without immediate violence
- Non-law-enforcement response when appropriate

DOMESTIC OR FAMILY VIOLENCE SUPPORT

National Domestic Violence Hotline

 1-800-799-SAFE (7233)

 Text START to 88788

 24/7 • Confidential • Safety planning available

IMPORTANT REMINDERS FOR PARENTS

Trust your instincts — urgency matters

You do not need proof to ask for help

Documentation can wait — safety comes first

Asking for help is a strength, not a failure

CPAB. Disclaimer

CPAB provides advocacy tools and community support.

We do not provide emergency response or crisis intervention services.

You are not alone.
Help is available.

-CPAB

Stay Connected with CPAB.Solutions
Please remember to join our mailing list by using the [Contact Us](#) form on our website to receive email updates, resources, and event invitations.

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