

Mental Health Resource Guide



988 Suicide and Crisis Lifeline (formerly the National Suicide Prevention Lifeline)
Call or text 9-8-8 or chat online at 988lifeline.org/chat

This national resource provides 24/7 support for people who are experiencing a mental health crisis or thinking about suicide and for people who are concerned about someone experiencing a crisis.

Talk to us.



NAMI National Teen & Young Adult Helpline

Call 1-800-950-6264, text FRIEND to 62640, or email helpline@nami.org

This new helpline provides support and information for young people and is staffed by trained young adults who have experienced mental health challenges. Available from 9am-9pm Monday-Friday. (This is not a crisis line. In an emergency, contact a resource like 988, PATH, or the Crisis Text Line.)



PATH Crisis Center

Call 309-828-1022 or visit pathcrisis.org

This local organization provides support and information for people looking for resources such as crisis and mental health services, support groups, assistance with basic needs, and more. Available 24/7.



Crisis Text Line

Text HOME or HELLO to 741-741 or visit crisistextline.org

This national resource provides emotional support and assistance via text for people who are struggling with their mental health or any other kind of crisis. Available 24/7.



Trevor LGBTQ+ Lifeline

Call 1-866-488-7386, text START to 678-678, visit thetrevorproject.org, or chat online at thetrevorproject.org/get-help-now

This national organization provides emotional support, resources, and information related to mental health, gender identity, and sexual orientation for young people. Available 24/7.



The McLean County Center for Human Services

Call 309-827-5351 or visit mcchs.org

This local counseling center operates the Crisis Team, a team of professionals who provide immediate support to people in crisis. Counseling is available by appointment. The Crisis Team is available 24/7.



The Center for Youth & Family Solutions

Call 309-829-6307 or visit cyfsolutions.org

This local counseling center operates SASS, a crisis intervention service for youth. Counseling is available by appointment. SASS is available 24/7 through the CARES line (1-800-345-9049).



NAMI Mid Central Illinois

Call or text 309-336-7396 or email namimidcentralil@gmail.com

The local chapter of NAMI provides free support groups for people experiencing mental health challenges and their loved ones. You can also call, text, or email for emotional support.



YWCA Stepping Stones Sexual Crisis Line

Call 309-556-7000 or visit ywcamclean.org/what-we-do/prevention-and-empowerment-services/stepping-stones

This local sexual assault program provides confidential support, resources, and assistance for people who have experienced sexual assault and for their loved ones. Available 24/7.



★ Scan or click the QR code to see the **Mental Health Resource Packet!** ★

You'll find resources, Frequently Asked Questions, videos, book recommendations, ideas for coping skills, and more!

