Help and Crisis Information

**Emergencies:**

- **CALL:**
  - Emergency – ask for CIT officer (Crisis Intervention Trained): 911
  - National Suicide Prevention Hotline: (800) 273-8255
  - Northshore Health Systems Mental Health: (847) 570-2500
  - Press “0” to have crisis worker paged

- **TEXT:**
  - Crisis TEXT Line: Text 741-741
  - Text-a-Tip – local crisis counselors 24/7 – Text “Hello” to (844) 823-5323
  - Ask for prayer or KUC support by text: (312) 719-7191

Ask for prayer by dm – Instagram @kucyouth

**Local Counseling/Treatment Centers:**

- Haven (see above) – youth crisis and counseling: (847) 251-6603
- The Josselyn Center (Northfield): (847) 441-5600
- Counseling Center of the North Shore (Winnetka): (847) 446-8060
- Samaritan Counseling Center (Winnetka): (847) 446-6955
- Family Service Center Wilmette (do Student Safety Assessments): (847) 251-7350
- Family Service of Glencoe (Glencoe Residents): (847) 835-5111
- Counseling Center of the North Shore (Winnetka): (847) 446-8060
- The Family Institute at Northwestern University: (847) 733-4300
- Compass Health – Intensive adolescent treatment – locations in Northbrook and Chicago: (224) 803-2358
- Insight Behavioral Health Center - adolescent intensive treatment for mood and anxiety disorders – locations in Northbrook and Evanston: (847) 915-6747
- SunCloud Integrative Outpatient Treatment – adolescent and adult treatment for eating, mood, trauma and substance abuse disorders as well as drug and alcohol addiction. Locations in Chicago and Northbrook: (866) 729-1012
- Hazelden/Betty Ford – Screening for Drug or Alcohol Addiction – also has inpatient and outpatient treatment centers nationwide, including Chicago: (866) 831-5700
- OMNI Youth & Family Services – Programs for behavioral and substance abuse issues, including juvenile justice-involved youth. Located in Buffalo Grove: (847) 853-1500
- Pastoral Care / Prayer support – call KUC: (847) 251-4272

Also, talk to primary care provider for screening and treatment referral.

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