



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

Haven Youth and Family Services – Wilmette - intake assessments,
24/7 Emergency Housing for teens (runaway, family conflict) (847) 251-6630
NAMI National Helpline (800) 950-6264

- **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.