



## Mental Health/Behavioral Health Resources

### EMERGENCY MENTAL AND BEHAVIORAL HEALTH (BH) RESOURCES

**CALL 988** -suicide prevention hotline

**CALL 911**

**GO TO: Emergency Room at Local Hospital or ...**

**CALL CARES CRISIS LINE for Children/Youth: 1-800-345-9049 (Voice), 1-773-523-4504 (TTY).** Crisis and Referral Entry Services available 24 hours 7 days a week designed to assist children and youth in Illinois who are a risk to themselves or others due to a mental health crisis.

**CONTACT: [Crisis/Emergency Mental Health Provider](#)**

### FOR CHILDREN AND ADULTS WITH INTELLECTUAL/DEVELOPMENTAL DISABILITIES (IDD) with and w/o waiver funding

**Support Service Teams (SSTs)** for an urgent, chronic, cyclical behavioral health concerns for children and adults with intellectual and/or developmental disabilities

**Adults:** <https://www.dhs.state.il.us/page.aspx?item=50861>

**Children:** <https://www.dhs.state.il.us/page.aspx?item=55895>

### NON-EMERGENCY MENTAL HEALTH/BH RESOURCES

- Call 211 if you need assistance locating long-term mental health resources, talking through a problem or exploring mental health treatment options.
- Call the phone number on the back of your health insurance

card for mental health/behavioral health services in your network.

- Illinois Department of Human Services, Division of Mental Health 5 Regional Non-Crisis **Mental Health providers**:  
<https://www.dhs.state.il.us/page.aspx?iitem=29735>
- Use the **DHS Office Locator** to find a mental health provider near you. Click on the link that follows and when prompted to choose an office type, choose “Mental Health”: [DHS Office Locator](#), TTY: 312-814-5050 You’ll see a list of **Community Mental Health Centers** that offer a range of services including mental health case management, transition linkage and aftercare, assertive community treatment and psychosocial rehabilitation services:  
<https://www.dhs.state.il.us/page.aspx?item=32490>
- **Federally Qualified Health Centers (FQHCs)** - Children and adults served by one of the 400 FQHCs can access primary care, behavioral health services, dental care and more. Illinois Primary Health Care Association is the umbrella organization. Important to note that the behavioral health:services, including psychiatry, are for their enrolled primary care patients only. They accept everyone, including uninsured persons, persons with Medicaid, Medicare and/or private insurance and charge individuals with no health insurance on a sliding fee scale.
- <https://www.iphca.org/what-are-chc/>
- Find FQHC location: <https://findahealthcenter@hrsa.gov/>

## **INFORMATION FOR PEOPLE WITH IDD RECEIVING MEDICAID HOME AND COMMUNITY BASED WAIVER SERVICES**

Consult your caseworker at your Independent Service Coordination Agency (ISC):

**Children and Young Adults with IDD on Child DD Support Waiver** Behavior Intervention and Treatment:

[https://www2.illinois.gov/hfs/MedicalClients/HCBS/Pages/support\\_cyadd.aspx](https://www2.illinois.gov/hfs/MedicalClients/HCBS/Pages/support_cyadd.aspx)

**Children and Young Adults with Division of Developmental Disabilities**

**Medicaid Residential Waiver** - Behavior Intervention and

Treatment:  
<https://www.illinois.gov/hfs/MedicalClients/HCBS/Pages/CYADD.aspx>

## **Adults (18 and older) with Division of Developmental Disabilities**

**Medicaid Waiver:** Behavior Intervention and Treatment, Behavior Counseling (Individual and Group); Psychotherapy (Individual and Group):

<https://www2.illinois.gov/hfs/MedicalClients/HCBS/Pages/dd.aspx>

## **ADDITIONAL HELPFUL RESOURCES:**

### **Illinois Secretary of State Emergency Contact Database:**

<https://www.ilsos.gov/departments/drivers/ECD/home.html>

(must have driver's license or State ID card)

**NAMI Illinois** is affiliated with the National Alliance on Mental Illness (NAMI) and has 20 local Affiliates throughout Illinois. NAMI Illinois has nearly 2,000 members made up of individuals living with mental illness, family members, friends, and professionals. Its purpose is to help improve the lives of people affected by mental illness through education, support, and advocacy.

<http://www.namiillinois.org>

Helpline: 1-800-952-6264

**Illinois Mental Health Collaborative:** An administrative services organization (ASO) created to help DMH make the best use of limited resources to serve people in need of mental health assistance:

<http://www.illinoismentalhealthcollaborative.com/about.htm>

**Community & Residential Services Authority (CRSA)** - Responsible for identifying and addressing barriers facing parents, professionals and providers when trying to get needed services and programs for individuals, through the age of 21, with a behavior disorder or a severe emotional disturbance and their families

Phone: <https://crsa.illinois.gov/> 877-541-2772, 217-782-2438

Children up to age 21 enrolled in Medicaid with either a serious emotional disturbance (SED) or serious mental illness (SMI) in need of intensive therapy may be referred to the Pathways to Success program. State plan services will include care coordination and support, including Mobile Crisis Response, high fidelity wraparound services, intensive

home-based services, family peer support, respite, therapeutic monitoring and individual support services: Pathways to Success January 10, 2023 [Power Point Presentation](#)

**Illinois DocAssist** -a resource an individual/family can share with a primary care doctor for help with understanding care needed for a patient with mental illness: <https://docassistillinois.org>

### **STATE HELP LINES:**

Cyber Bullying & Internet Safety

[Illinois Attorney General Stay Connect, Stay Informed: Cyber Bullying and Internet Safety](#)

[Safe2Help](#): a program for students to report school safety issues in a confidential environment.

[Call4Calm](#): an emotional support text line text TALK to 552020 for English or HABLAR for Spanish

### **ORGANIZATIONAL RESOURCES:**

Resources for families: [Child Mind Institute](#): <https://childmind.org/audience/families/>; see also "[Symptom Checker](#)" where an adult who has a relationship with a child can answer a few questions and the answers are analyzed to provide information about possible concerns or diagnosis.

<https://childmind.org/symptomchecker/>

- CDC: [Children's Mental Disorders](#)
- The American Academy of Child & Adolescent Psychiatry: [Facts for Families](#) for children, teenagers, and their families.