

Crisis & Support Resources

A quick-reference guide to crisis lines and specialized support resources for individuals, families, and young people.

Use the resources below for direct crisis, abuse, violence, and youth support. Many services are available 24/7 and confidentially.

IMMEDIATE CRISIS SUPPORT

National Suicide Prevention Lifeline 988	24/7 free and confidential support and crisis resources.
Crisis Textline Text START or HELLO to 741741	24/7 text message support for those in crisis. CrisisTextLine.org

CHILD & FAMILY SAFETY

Child Abuse Hotline 1-800-25-ABUSE (1-800-252-2873)	24/7 Illinois DCFS hotline to report child abuse or neglect. childabuse.illinois.gov
Between Friends 1-800-603-HELP (1-800-603-4357)	24/7 domestic violence crisis line.
Illinois Domestic Violence Hotline 1-877-863-6338	Domestic violence support and crisis assistance.

SEXUAL VIOLENCE SUPPORT

Rape Victim Advocates 1-888-293-2080	24/7 Chicago rape hotline.
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LGBTQ+ YOUTH SUPPORT

Trevor Project Lifeline 1-866-488-7386	24/7 crisis intervention and suicide prevention services for lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24. thetrevorproject.org/get-help
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DATING & TEEN SUPPORT

National Dating Abuse Helpline 1-800-799-SAFR (7233) (6 PM - 9 PM PST)	They serve all impacted by relationship abuse 24/7 confidentially. thehotline.org
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New National Teen Dating Abuse Helpline 1-866-331-9474 or text LOVEIS to 22522	National web-based and telephone helpline created to help teens (13-18) experiencing dating abuse.
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Teen Line 1-800-852-8336 or text TEEN to 839863	Teen Line's highly trained teen listeners provide support, resources and hope to any teen who is struggling.
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Resource information is presented from the provided crisis-resource list. Contact information can change over time; confirm details before publishing or distributing widely.