

From Hurt to Hope with Help: Resources

McHenry County Crisis Line

1-800-892-8900

<https://centegracrisisservices.org>

Available 24/7

Text-A-Tip

Text MCHelp to 274637, and you will receive an immediate text response from a trained, licensed clinician; for middle and high school students in McHenry County and Lake County. More information:

<https://centegracrisisservices.org/text-a-tip>

Illinois Warm Line

1-800-359-7953

The Warm Line is an opportunity for individuals with mental health challenges

(and their families) to receive support by phone. Available Monday-Friday, 8 a.m. -5 p.m.

National Suicide Prevention Lifeline (NSPL)

1-800-273-TALK

Available 365/24/7 for those in crisis.

Crisis Text Line

Text HOME to 741741

www.crisistextline.org

People in Need Forum

www.mchenry.edu/peopleinneed

Be sure to view or download the Resources Directory.

New Life Ministries

www.newlife.com

A national, faith-based, broadcasting and counseling non-profit organization that provides ministry via radio, TV, counseling network, workshops, support groups, and numerous written, audio, and video resources.

Samaritan Counseling of Northwest Suburbs

www.sccnw.org

847-382-HOPE (4673)

Provides hope, help, and healing of body, mind, and spirit.

National Alliance on Mental Illness (NAMI) McHenry County

<http://namimchenrycounty.org>

815-308-0851

Provides support, education, and advocacy.