

## From Hurt to Hope with Help: Resources

### **McHenry County Crisis Line**

1-800-892-8900

<https://centegracrisisservices.org>

Available 24/7

### **Illinois Warm Line**

1-866-359-7953

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](http://www.crisistextline.org)

### **People in Need Forum**

[www.mchenry.edu/peopleinneed](http://www.mchenry.edu/peopleinneed)

Be sure to view or download the Resources Directory.

### **New Life Ministries**

[www.newlife.com](http://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](http://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.