

FLASHPOINT CHICAGO

A CAMPUS OF COLUMBIA COLLEGE HOLLYWOOD

Suicide and Crisis Hotlines:

National Suicide Prevention Lifeline 1-800-273-TALK (1-800-273-8255)
24/7 free and confidential support and crisis resources

Crisis Textline: text START to 741741
24/7 text message support for those in crisis

National Runaway Switchboard: 1-800-RUNAWAY (1-800-786-2929)
24/7 crisis support and resources for runaway and homeless youth

Child Abuse Hotline: 1-800-25-ABUSE (1-800-252-2873)
24/7 Illinois DCFS hotline to report child abuse or neglect

Between Friends: 1-800-603-HELP (1-800-603-4357)
24/7 domestic violence crisis line

Rape Victim Advocates: 1-888-293-2080
24/7 Chicago rape hotline

Cook County Jail Mental Health Hotline: 773-674-CARE (773-674-2273)
24/7 resource for families and friends of currently incarcerated inmates living with mental illness who are in need of special treatment and/or medication while in the Cook County Jail.

Not in crisis, but need someone to talk to?

Illinois Warm Line (866) 359-7953
Peer and family mental health support by phone, weekdays M - F 9 am – 5 pm

Looking for local resources and services?

NAMI Chicago information & referral **helpline**: 312-563-0445
Compassionate support and personalized referrals M - F 10 am – 5 pm

American Foundation for Suicide Prevention
<http://www.afsp.org/>