

# ARE YOU HAVING A MENTAL HEALTH CRISIS?

# HELP IS AVAILABLE 24/7

<b>988 Suicide &amp; Crisis Lifeline</b> Call or Text 988	Call or text any time to be routed to the nearest available Crisis Call Center.  <b>Nationwide Assistance available 24/7</b> regardless of location.
<b>The Trevor Project</b> (630) 488-7286 Text START to 678678	National counseling available.  24/7 for LGBTQ+ youth, Largest suicide prevention organization in the world for LGBTQ+ individuals.
<b>Veterans Crisis Line</b> Call 988 Press 1	Anonymous and confidential crisis resource for veterans and their loved ones.  No need to be enrolled in VA benefits or health care.
<b>Crisis Text Line</b> Text REACH to 741741	National text line available for anyone that needs crisis support via text message. <b>Trained crisis counselor will quickly respond to you personally.</b>
<b>DuPage County Crisis Line</b> (630) 627-1700	<b>DuPage County's 24/7 crisis line with nearby counselors for local support.</b>  Counselors can talk about your crisis now and refer you to services in your area.

All resources listed are available 24/7 and are free of charge.  
Want more information?

[www.dupagehealth.org/703/Mental-Health-Resources](http://www.dupagehealth.org/703/Mental-Health-Resources)

Scan this QR code

