

Mental Health Resources

Resource

Websites/Information



Compass Health Center

<https://compasshealthcenter.net/>
Call: **1-844-576-4634**



Substance Abuse & Mental Health Administration (SAMHSA)

<https://www.samhsa.gov/find-help/disaster-distress-helpline/disaster-types/incidents-mass-violence>

<https://www.samhsa.gov/find-help/disaster-distress-helpline>

SAMHSA provides 24/7, 365-day-a-year crisis counseling & support to people experiencing emotional distress related to natural or human-caused disasters. Call or Text **1-800-985-5990**

<https://www.nctsn.org/> (Homepage)

[Coping After Mass Violence](#)

[Creating Supportive Environments When Scary Things Happen](#)

[After A Crisis: Helping Young Children Heal](#)

[Talking to Children When Scary Things Happen](#)

[Assisting Parents/Caregivers in Coping with Collective Traumas](#)

[For Teens: Coping after Mass Violence](#)

[Helping Youth after Community Trauma: Tips for Educators](#)

[Talking to Teens | When Violence Happens](#)

[Talking to Children about the Shooting](#)



National Childhood Traumatic Stress Network (NCSTN)



Center for Childhood Resilience

<https://childhoodresilience.org/talking-to-children-about-high-profile-acts-of-violence>

This is a local group of experts housed at Lurie Children's



National Mass Violence Victimization Resource Center

<https://www.nmvrc.org/>



Everytown Survivor Network

<https://everytownsupportfund.org/everytown-survivor-network/resources-for-victims-and-survivors-of-gun-violence/>



Giffords

<https://giffords.org/toolkit/from-healing-to-action-a-toolkit-for-gun-violence-survivors-and-allies/>



Health Care Providers (PCP, Pediatrician, etc.)
or **Educational Teams** (Guidance Counselors, Social Workers, etc.)

Contact your health insurance for a list of covered providers and/or consult Psychology Today by Zip Code:

<https://www.psychologytoday.com/us>

If you and/or family member have an EAP, these are often great resources as well!



Illinois Department of Human Services

Illinois Call4Calm: <https://www.dhs.state.il.us/page.aspx?item=123539>

Text - **TALK** to **552020**

National Crisis Lines:

Text - **HELLO** to **741741**

Call - 1-800-273-TALK



National Suicide Prevention Lifeline

Chat online at: www.suicidepreventionlifeline.org



National Alliance on Mental Illness

NAMI Help Line: 1-800-950-NAMI or visit www.nami.org



The Trevor Project

The Trevor Project Hotline (LGBTQ): 1-866-488-7386

<https://www.thetrevorproject.org/>