



NAMI Ending the Silence



McLean County
Mental Health Resources

PATH Crisis Center: Call 2-1-1

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

This local organization provides emotional support and information for people who are experiencing any kind of challenge, including mental health challenges, or who are looking for resources. Available 24/7.

The McLean County Center for Human Services: Call 309-827-5351

<http://mcchs.org/>

This local counseling center provides counseling services and operates the **Crisis Team**, which is a team of mental health professionals who travel throughout McLean County to provide immediate support to people who are in crisis. Counseling is available by appointment and the crisis team is available 24/7.

The Center for Youth and Family Solutions: Call 309-820-7616 or 309-829-6307

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

This local counseling center provides individual and family counseling services and operates **SASS** (Screening, Assessment, and Support Services), a crisis intervention service for young people. Counseling is available by appointment and SASS is available 24/7 through the **CARES** line (1-800-345-9049).

988 Suicide and Crisis Lifeline (formerly known as the **National Suicide Prevention Lifeline**): Call 9-8-8

Chat online at <https://988lifeline.org/chat/>

<https://988lifeline.org/>

This national resource provides support for people who are experiencing a mental health crisis, thinking about suicide, or concerned that someone they care about may be experiencing a mental health crisis or thinking about suicide. Available 24/7.

Crisis Text Line: Text HOME or HELLO to 741-741

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

This national resource provides emotional support and assistance via text for people who are struggling with their mental health or any other kind of crisis. Available 24/7.

Trevor LGBTQ+ Lifeline: Call 1-866-488-7386 or text START to 678-678

Chat online at <https://www.thetrevorproject.org/get-help-now/>

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

This national organization provides emotional support, resources, and information related to mental health, gender identity, and sexual orientation for young people. Available 24/7.

NAMI Mid Central Illinois: Call or text 309-336-7396 or email namimidcentralil@gmail.com

<http://www.namimidcentral.org/>

This local nonprofit organization provides free support groups for people experiencing mental health challenges and their loved ones. You can also call, text, or email for information or emotional support.

YWCA Stepping Stones Sexual Crisis Line: Call 309-556-7000

<https://www.ywcamclean.org/what-we-do/prevention-and-empowerment-services/stepping-stones>

This local sexual assault program provides confidential support, resources, and assistance for people who have experienced sexual assault and for their loved ones. Available 24/7.

NAMI Ending the Silence is McLean County's youth suicide prevention and mental health education program. This program is supported by Project Oz, NAMI Mid Central IL, and the McLean County Health Department. For more information, contact Colleen at coconnor@projectoz.org.