

# Mental Health Hotlines and Locator Tools

**Call, text, or chat 988 to  
National Suicide Prevention Lifeline**

## Other Support Hotlines

[National Suicide Prevention Lifeline](#) 1-800-273-8255

[NAMI Chicago Helpline](#): 833-NAMI-CHI

[The Friendship Line](#) - 1-800-971-0016

[Crisis Text Line](#) - HOME to 741741

[SAMHSA's National Helpline](#) – 1-800-662-HELP (4357)

[Maternal Mental Health Hotline](#) - 1-833-9-HELP4MOMS

## Locator Tools

Locator Tool for Substance Abuse  
Treatment – [FindTreatment.gov](#)



[Behavioral Health Treatment Services  
Locator](#)



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