



Mental Health Help

- DEPRESSION AND BIPOLAR SUPPORT ALLIANCE (DBSA)
 - www.dbsalliance.org
 - (800)826-3632
- FAMILIES ANONYMOUS
 - www.familiesanonymous.org
- NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)
 - (800)950-NAMI
 - Text NAMI to 741741
 - www.nami.org
- NAMI LIVING ROOM - Open every day 1pm-9pm
 - 4731 Willow Springs Road, LaGrange
 - 1917 Roosevelt Road, Broadview
- NAMI Drop in Center - 814 Harrison St., Oak Park
 - M/W/F 1PM-7PM
 - T/TH 3PM-7PM
 - SAT/SUN 2PM-6PM
- PSYCH CENTRAL
 - www.pyschcentral.com
- RECOVERY INTERNATIONAL
 - (866)221-0302
 - www.lowselfhelpsystems.org
- STRENGTH OF US
 - www.strengthofus.org
- WARM LINE FOR STATE OF ILLNOIS
 - (866)359-7953
- WRAP
 - www.mentalhealthrecovery.com/wrap
- COMMUNITY MEMORIAL FOUNDATION
 - Text NOW to 741741