



NAMI Ending the Silence



**McLean County
Mental Health Resources**

PATH Crisis Center: Call 2-1-1

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

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

The McLean County Center for Human Services: Call 309-827-5357

<http://mcchs.org/>

This is McLean County's community mental health center. They provide counseling services and operate the Crisis Team, which is a team of counselors who can travel anywhere in McLean County to provide immediate support to people who are in crisis. Counseling is available by appointment during business hours and the crisis team is available 24/7. Many services are currently being provided virtually.

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

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

This is a local counseling center that 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). Many services are currently being provided virtually.

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

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

This is a local nonprofit organization that provides free support groups and education for people experiencing mental health challenges and their families. You can also call, text, or email for emotional support.

National Suicide Prevention Lifeline: Call 1-800-273-3755

<https://suicidepreventionlifeline.org/>

This is a national resource that provides emotional support and assistance for people who are thinking about suicide or concerned that someone they care about may be thinking about suicide. Available 24/7.

Crisis Text Line: Text HOME to 741741

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

This is a national resource that 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.

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

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

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

Trevor LGBTQ+ Lifeline: Call 1-866-488-7386, text START to 678678, or chat online at

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

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

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

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