



COALITION FOR IMMIGRANT MENTAL HEALTH

Resources for Immigrant Youth and Families in Illinois

Resources for Families, Parents, and Caregivers

Know Your Rights

- American Civil Liberties Union (ACLU) Immigrants' Rights
- Illinois Coalition for Immigrant & Refugee Rights:
 - Immigrant Family Resource Program
 - Family Support Hotline available in English, Spanish, Korean, Polish
1-855-HELP-MY-FAMILY (1-855-435-7693)

Legal Resources

- National Immigrant Justice Center or 312-660-1370
- The Resurrection Project or 312-666-3062
- Lambda Legal

Family Preparedness Plan

- Immigrant Legal Resource Center

Relaxation and Stress Management Apps and Websites

- Guided Breathing and Relaxation Exercises
- Help Kids Cope
- Insight Timer
- This Way UP
- UCLA Mindful
- UndocuHealth



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Resources for Professionals

Education and Information on Refugee/Immigrant Families

- [Migration Data Hub](#)
- [Migration & Resettlement Awareness](#)
- National Child Traumatic Stress Network (NCTSN)
 - [Refugee Trauma](#)
 - [School Personnel](#)
 - [Mental Health Professionals](#)

Instructional Resources for Working with Refugee/Immigrant Students

- [Boston Children's Hospital - Best Practices for Working with Immigrant and Refugee Youth Training Series for School Professionals](#)
- [Bridging Refugee Youth & Children's Services \(BRYCS\)](#)
- Center for Adjustment, Resilience and Recovery (CARRE)
 - Cultural Validation and Translation Review Toolkit (2024): [Developing Culturally Responsive and Linguistically Accurate Materials in the U.S.](#)
 - [Mental Health and Psychosocial Support Service Mapping](#)
- [Coalition for Immigrant Mental Health \(CIMH\) - Reimagining Mental Health Supports for Migrants On-Demand Training](#)
- [Colorín Colorado](#)
- [Learning for Justice](#)
- National Child Trauma Stress Network (NCTSN):
 - [Helping Youth After Community Trauma: Tips for Educators](#)
 - [Psychological First Aid for Displaced Children & Families](#)

Family Engagement Resources

- [Helping Children Cope After Coming to a New Country](#)
- [Parent Involvement in School- Engaging Immigrant Parents](#)
- [Colorín Colorado- Guide for Engaging ELL Families](#)



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Mental Health Resources – Non-Crisis Referrals

- **Coalition for Immigrant Mental Health – Mental Health Service Directory**
- **IL Department of Human Services**
 - DHS Customer Help Line: 1-800-843-6154 (English and Spanish)
- **National Association of Mental Illness**
 - 1-800-950-NAMI (M-F, 10AM - 6PM ET)
 - text "NAMI" to 741741
- **SAMHSA Behavioral Health Treatment Services Locator**
 - 1-800-662-HELP (4357)
 - 1-800-487-4889 (TDD)
 - Search by zip code
- **School-based Interventions**
 - Cognitive Behavioral Intervention for Trauma in Schools (CBITS): Grades 3-12
 - Structured Psychotherapy for Adolescents Responding to Chronic Stress (SPARCS): Ages 12-19
 - Bounce Back: Grades K-5
 - Supporting Transition Resilience of Newcomer Groups: Grades K-12
- **Other Mental Health Resources**
 - **SAMHSA Refugee Behavioral Health – National & Regional Resources**



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Mental Health Resources – Crisis Referrals

Crisis Referrals

- Call 911 or go to the nearest emergency room; In Chicago, request a CIT (Crisis-intervention trained) police officer
- Crisis Text Line: Text HOME to 741741 or go to www.crisistextline.org
- Lifeline - Help in Spanish: Call 9-8-8 to speak with a counselor or 1-800-273-TALK (8255)
- Call CARES Crisis Line, SASS Services (Illinois crisis mental health services program for children & adolescents)
 - 1-800-345-9049 (voice)
 - 773-523-4504 (TTY)
- Contact Crisis/Emergency Mental Health Partners (listed by city in IL)

Suicide Prevention Resources

- Child Mind Institute
- National Institute of Mental Health - Suicide Prevention
- American Foundation of Suicide Prevention

