



COALITION FOR IMMIGRANT MENTAL HEALTH

# Resources for Immigrant Youth and Families in Illinois

## 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**