



Mental Health Crisis Resources



If you or someone you know is experiencing a mental health crisis, use this list of supports. If someone is in immediate danger, go to the nearest ER or call 911.

ON CAMPUS (M-F 9AM-5PM)

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|--|--|
| <input type="checkbox"/> Counseling Services
312.369.8539 or 916 S. Wabash STE 501 | <input type="checkbox"/> Student Relations
312.369.8595 or 623 S. Wabash STE 303 |
|--|--|

24/7 MENTAL HEALTH CRISIS SUPPORTS

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|--|--|
| <input type="checkbox"/> Pilsen Wellness Center
Call 773.820.9003 to speak with a crisis counselor. If you are on campus or the near south/southwest side, you can also request a mobile crisis counselor to come meet with you. You can also walk in at 2259 S. Damen. | <input type="checkbox"/> National Suicide and Crisis Lifeline
Call 988 to speak with a crisis worker who will help by providing crisis counseling and mental health referrals. You will be routed to a crisis center local to your area code. |
| <input type="checkbox"/> Crisis Textline
Text HOME to 741-741 | <input type="checkbox"/> The Trevor Project (LGBTQ crisis line)
Call 866-488-7386 or text START to 678-678 |
| <input type="checkbox"/> Trans Lifeline
Call 877-565-8860 | |

LOCAL 24/7 CRISIS CENTERS/MOBILE CRISIS BY LOCATION

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|---|---|
| <input type="checkbox"/> Near South/Southwest Chicago
Pilsen Wellness Center – 773.820.9003 or 2259 S. Damen | <input type="checkbox"/> North Chicago
C4 Chicago – 773.769.0205 or 4740 N Clark |
| <input type="checkbox"/> Northwest Chicago
LSSI – 833.610.5774 or 5215 N California | <input type="checkbox"/> South Chicago
HRDI – 773.291.2500 or 200 E. 115 th St |
| <input type="checkbox"/> West Chicago
Westside Community Triage and Wellness Center – 773.745-2610 or 4133 W. Madison | |

SEXUAL AND INTIMATE PARTNER VIOLENCE

- | | |
|--|---|
| <input type="checkbox"/> Office of Equity Issues and Title IX
312.369.6343 or 623 S. Wabash, STE 315 | <input type="checkbox"/> Illinois Domestic Violence Helpline
877.863.6338 |
| <input type="checkbox"/> Center on Halsted LGBTQ Violence Resource Line
773.871.2273 | <input type="checkbox"/> YWCA Sexual Violence Support Services
888.293.2080 |
| <input type="checkbox"/> Life Span
Legal Assistance – 312.408.1210
Counseling – 847.824.0382 | <input type="checkbox"/> Greenlight Counseling
773.750.7077 or text GCHOPE to 31996 |

ADDITIONAL HELPLINES

- | | |
|--|---|
| <input type="checkbox"/> NAMI Chicago Helpline
833.626.4244 | <input type="checkbox"/> Illinois Helpline for Substance Use
833.234.6343 or text HELP to 833.234 |
| <input type="checkbox"/> National Alliance for Eating Disorders
866.662.1235 | <input type="checkbox"/> SAMHSA National Helpline
800.662.4357 |

Are You a Student in Crisis?

If you are having a life-threatening emergency, please contact 911 or go immediately to the nearest Emergency Room. If you call 911, request a C.I.T. (Crisis Intervention Trained) officer.

If you are not in immediate danger, you may utilize the resources on the reverse of this sheet.

List of Emergency Rooms closet to Campus:

- Northwestern Memorial Hospital - 251 E Huron St, Chicago, IL 60611
- Mercy Hospital & Medical Center - 2525 Michigan Avenue, Chicago, IL 60616
- Rush University Medical Center - 1653 W Congress Pkwy, Chicago, IL 60612
- University of Illinois Hospital - 1740 W. Taylor, Chicago, IL 60612

HOW DO I KNOW IF I AM HAVING A PSYCHOLOGICAL CRISIS?

- Experiencing serious thoughts about suicide or harm to yourself and worry that you may act upon them.
- Experiencing serious thoughts of doing harm to another person and may act upon them.
- Experiencing hallucinations (hearing, seeing, feeling things that no one else hears, sees, or feels). For example, hearing voices, seeing objects, or living things not heard or seen by others.
- Have been recently sexually assaulted.
- Have recently experienced trauma in the form of witnessing or experiencing sexual and/or physical violence.

IMPORTANT NOTES IF YOU HAVE BEEN SEXUALLY ASSAULTED:

- You may visit an emergency room for examination, treatment, and if you wish evidence collection. The Sexual Assault Survivors Emergency Treatment Act may cover emergency room costs.
- You may request evidence collection without choosing to make a police report at that time. If you choose to have evidence collected, it is important to go to the ER as soon as possible. To maximize evidence collection, avoid showering or changing clothes; avoid eating, drinking, or brushing teeth; and if possible, bring a change of clothes with you to the hospital.
- STI and pregnancy testing may or may not be accurate immediately after contact. Testing can be scheduled and provided by the Student Health Center (312.369.6830).
- College staff and faculty are required to report disclosed sexual assaults to the Title IX coordinator with the exception of *Confidential Advisors* which includes Counseling Services, Student Relations and Charee Mosby-Holloway at Student Diversity and Inclusion.
- Additional information about your rights and options are available in the college's Title IX policy (<https://students.colum.edu/title-ix/Appendix-A—CCC-Title-IX-Sexual-Harassment-Policy-And-Procedures-10-31-22.pdf>) and the RESILIENCE website (<https://www.ourresilience.org/what-you-need-to-know/information-on-survivor-options-and-rights/>)