

Hotline/Referral Source	Phone Number	Additional Languages	Phone Number 24/7 unless noted:
Northwest CASA Crisis Hotline:	888-802-8890		
McHenry County Crisis Hotline:	800-892-8900		
United Way	211		
Abortion Services/Information			
Planned Parenthood IL	877-200-PPIL		
All-Options Talkline	888-493-0092		
Alcohol & Drug Abuse			
IL Helpline Opioids & Other Substances	833-2FINDHELP (833-234-6343)		
National Drug Helpline	800-975-8435		
Drug Abuse Hotline	800-799-7233		
IL Tobacco Quitline	866-Quit-Yes (866-784-8937)		
National Tobacco Text Hotline	Text QUIT to 47848		
National Council on Alcoholism & Drug Dependence	800-NCA-CALL (800-662-4357)		
National Institute on Drug Abuse	800-662-HELP (800-662-4357)		
Alcoholics Anonymous (Elk Grove Village)	212-870-3400		
IL Warm Line	866-359-7953		
Child Abuse Helplines:			
IL DCFS Hotline	800-25-ABUSE (800-252-2873)		
Childhelp National Hotline	800-4-A-CHILD (800-422-4453)		
National Center for Missing and Exploited Children	800-THE-LOST (800-843-5678)		
Disability Services Helplines:			
Illinois Relay Center (Connections for Hearing Impaired)	Dial 711		
American Foundation for the Blind	800-232-5463		
Family Resource Center on Disabilities	213-939-3513		
Equip for Equality	800-537-2632		
	TTY 800-610-2779		
IL Guardianship & Advocacy Commission	866-274-8023		
	TTY 866-333-3362		
Reporting Abuse at DHS Facility	800-368-1462		
Adult Protective Services	866-800-1409		
	TTY 888-206-1327		

Hotline/Referral Source		Phone Number	Additional Languages	Phone Number 24/7 unless noted:
Domestic Violence Helplines:				
IL Domestic Violence Hotline		877-863-6338	Spanish	
	TTY	877-863-6339		
WINGS - Palatine (West Cook County)		847-221-5680	Spanish	
YWCA - Evanston (East Cook County)		877-718-1868	Spanish	
Turning Point - McHenry County		815-338-8081		
National Domestic Violence Hotline		800-799-SAFE (800-799-7233)	Spanish	
	TTY	800-787-3224		
Lifespan - Cook County			Spanish	
Legal Services		312-408-1210	Polish	
Counseling Services		847-824-0382		
Dating Violence - Youth				
National Teen Dating Abuse Helpline (Loveisrespect.org)		800-799-7233		
	Text	LOVEIS to 22522		
Elder Abuse/ Elder Helplines:				
Adult Protective Services		866-800-1409		
(Elder Abuse Hotline (non-nursing home))	TTY	888-206-1327		
Eldercare Locator		800-677-1116		
Nursing Home Neglect & Abuse Hotline		800-252-4343		
HIV/STD Information				
HIV/STD Hotline IL		800-243-2437	Spanish	
HIV Pregnancy Hotline IL		800-439-4079		
National AIDS Hotline		800-342-2437		
CDC National Health Info Hotline		800-CDC-INFO (800-232-4636)	Spanish	
	TTY	888-232-6348		
US Department of Health & Human Services - HIV/AIDS Hotline		800-HIV-0440 (800-448-0440)	Spanish	
	TTY	888-480-3739		

Hotline/Referral Source	Phone Number	Additional Languages	Phone Number 24/7 unless noted:
Homeless / Hunger Helplines			
Hunger / Food Pantries			
North/Northwest Cook County PADS (JOURNEYS The Road Home)	847-963-9162		M-F 7a-4p
Catholic Charities - Des Plaines (Cook County)	857-376-2100		Varies
Northwest Compass - Mount Prospect (Cook County)	847-392-2344		M-F 9a-5p
Willow Creek Care Center	224-512-2600		T/Th 10a-12p
National Hunger Hotline	866-3-HUNGRY 866-248-6479 877-8-HAMBRE 877-842-6273	*English *Spanish	
IL Hunger Hotline	800-359-2163	Spanish	
LOCAL TOWNSHIPS TYPICALLY HAVE FOOD PANTRY OPTIONS AS WELL			
Shelter			
North/Northwest Cook County PADS (JOURNEYS The Road Home)	847-963-9162		M-F 7a-4p
McHenry County PADS (Pioneer Center for Human Services)	815-344-1230 (#4)		M-F 8a-4:30p
Turning Point DV Shelter	815-338-8081		
National Domestic Violence Hotline	800-799-SAFE (800-799-7233) TTY 800-787-3224	Spanish	
Supportive Housing / Rent Assistance			
Home of the Sparrow - McHenry	Office 815-271-5444 Shelter (National Hotline) 800-799-SAFE (800-799-7233)		M-Th 8:30a-5p F 8:30a - 4p
Catholic Charities - Des Plaines (Cook County)	857-376-2100		M-F 9a-5p
Northwest Compass - Mount Prospect (Cook County)	847-392-2344		M-F 9a-5p
Teen Shelter Options			
The Harbour - Park Ridge	847-297-8540 Text SHELTER to 77948		
National Runaway Safeline	800-RUNAWAY (800-786-2929)		

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Human Trafficking			
National Human Trafficking Hotline	888-373-7888		
	TTY 711		
	Text 233733		
Salvation Army STOP-IT Program (Cook County)	877-606-3158		
National Domestic Violence Hotline	800-799-SAFE (800-799-7233)	Spanish	
Shelter	TTY 800-787-3224		
Refuge for Women	Phone Number Unavailable		Intake Application online via website
LGBTQIA+ Supportive Services			
LGBT National Help Center Hotline	888-843-4564		
LGBT National Help Center Senior Hotline	888-234-7243		
LGBT National Youth Hotline	800-246-7743		
Trans Lifeline	877-565-8860		
The Trevor Project - LGBT Youth Hotline	866-488-7386	Spanish	
Mental Health Helplines:			
IL Call4Calm Text Line	Text TALK to 552020	English	
	HABLAR to 552020	Spanish	
IL Warm Line (Mental health and/or substance abuse)	866-359-7953		M-F 8a-5p
Crisis Text Line	Text HELLO or NAMI to 741741		
CARES Line (Parent/Guardian help line for youth in crisis)	800-345-9049		
	TTY 773-523-4504		
National Helpline (SAMHSA - Substance Abuse and Mental Health Services Administration)	800-622-HELP (800-622-4357)		
NAMI HelpLine	800-950-NAMI (800-950-6264)		
Suicide Support Helpline:			
National Suicide Lifeline	800-272-TALK 800-273-8255	Spanish	
Youth Helpline, Your Life Your Voice	800-448-3000 Text VOICE to 20121		6p-12a
Crisis Text Line	Text HELLO or NAMI to 741741		
The Trevor Project - LGBT Youth Hotline	866-488-7386	Spanish	
National Runaway Safeline	800-RUNAWAY (800-786-2929)		