

 If you are in immediate danger, [call 911](#) now.

For a mental health or suicidal crisis, [call or text 988](#) — available 24/7, free and confidential.

National Workforce Solutions LLC

Elevate Your Career. Transform Your Organization. Strengthen Communities.

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CRISIS & SUPPORT RESOURCES

Help Is Always Available

At National Workforce Solutions, we are committed to serving the whole person — not just your career. This guide provides verified, free crisis and support resources organized by category. All phone numbers and websites have been confirmed as of 2026.

[Immediate Crisis](#) [Mental Health](#) [Veterans & Military](#) [Housing & Basic Needs](#)

[Disability & ADA](#) [Senior Support](#) [Workforce & Employment](#)

IMMEDIATE CRISIS SUPPORT

| Resource | How to Reach | Availability |
|-------------------------------|----------------------------------------------------------|----------------------------|
| 988 Suicide & Crisis Lifeline | Call or text 988 988lifeline.org | 24/7 · Free · Confidential |
| Crisis Text Line | Text HOME to 741741 crisistextline.org | 24/7 · Free · Text Only |
| Emergency Services | Call 911 | 24/7 · Immediate Response |

CHICAGO LOCAL RESOURCES

| | | |
|------------------------|-----------------------------------------------------------------------|---------------------------------------|
| Chicago CARE Team | Call 911 and ask for the CARE Team chicago.gov/CARE | Mon–Fri, 10:30 AM–4 PM · Select areas |
| Illinois CARES Hotline | 1-800-345-9049 carescrisisline.com | 24/7 · Free · Medicaid clients |

| Resource | How to Reach | Availability |
|--------------------------|--------------------------------------------------------------|----------------------------|
| 211 Metro Chicago | Call or text 211 · 773-362-4401 211metrochicago.org | 24/7 · Free · Multilingual |

988 Suicide & Crisis Lifeline connects you to trained crisis counselors who can help with suicidal thoughts, emotional distress, substance use crises, and any mental health emergency. Spanish-language support is available.

Crisis Text Line provides free, confidential text-based crisis support. A trained Crisis Counselor will respond within minutes. Available in English and Spanish.

Chicago CARE Team responds to 911 calls with a mental health component, offering de-escalation, assessment, and referrals — staffed by behavioral health professionals, not police.

MENTAL HEALTH SUPPORT

| Resource | Phone / Website | Availability |
|------------------------------------------|-------------------------------------------------------|----------------------------|
| NAMI HelpLine | 1-800-950-6264 · Text NAMI to 62640 nami.org | Mon–Fri, 10 AM–10 PM ET |
| SAMHSA National Helpline | 1-800-662-4357 samhsa.gov | 24/7 · Free · Confidential |
| Psychology Today Therapist Finder | psychologytoday.com/us/therapists | Free to search online |

CHICAGO LOCAL RESOURCES

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|-----------------------------------|---------------------------------------------------------------|---------------------------------------------|
| NAMI Chicago | 1-800-950-6264 namichicago.org | 7 days a week · Free · 700+ local referrals |
| IL Mental Health Warm Line | 1-866-359-7953 illinoismentalhealthcollaborative.com | Daily · Free · Non-crisis support |

NAMI HelpLine provides information, referrals, and support for individuals living with mental illness and their families. In a crisis, call or text 988 (24/7).

SAMHSA National Helpline offers free, confidential treatment referrals for individuals and families facing mental health and/or substance use disorders.

NAMI Chicago maintains a local directory of over 700 mental health resources and provides free referrals to Chicago-area providers, support groups, and services.

VETERANS & MILITARY

| Resource | How to Reach | Availability |
|-------------------------------------|------------------------------------------------------------------------------------------------------------------------|----------------------------|
| Veterans Crisis Line | Dial 988 then press 1 · Text 838255 veteranscrisisline.net | 24/7 · Free · Confidential |
| VA Homeless Veterans Hotline | 1-877-424-3838 | 24/7 · Free |
| VA Mental Health Services | 1-800-827-1000 va.gov | Mon–Fri, 8 AM–9 PM ET |

CHICAGO LOCAL RESOURCES

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|-----------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|--------------------------------|
| Chicago VA Health Care | 312-569-8387 (after hours) va.gov/chicago-health-care | 24/7 · After-hours operator |
| Mayor’s Office of Veterans Affairs | 311 or 312-744-5000 chicago.gov/veterans | Mon–Fri, Business Hours · Free |
| IL Dept. of Veterans Affairs — Chicago | 312-814-2460 · Toll-free: 1-800-437-9824 veterans.illinois.gov | Mon–Fri, Business Hours · Free |

Veterans Crisis Line provides confidential crisis support for Veterans and their loved ones. Staffed by VA responders, many of whom are Veterans themselves.

Mayor’s Office of Veterans Affairs connects Chicago veterans to city services, benefits navigation, and local veteran resource offices throughout the city.

HOUSING & BASIC NEEDS

| Resource | How to Reach | Availability |
|-------------------------------|---------------------------------------------------------------------------------------------------------|----------------------------|
| 211 Helpline | Call or text 211 · Text ZIP to 898-211 211.org | 24/7 in most areas · Free |
| National DV Hotline | 1-800-799-7233 · Text START to 88788 thehotline.org | 24/7 · Free · Confidential |
| HUD Housing Counseling | 1-800-569-4287 hud.gov | Mon–Fri, Business Hours |

CHICAGO LOCAL RESOURCES

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|----------------------------------------|-------------------------------------------------------------------------------------------------------------------------|--------------------------------|
| Chicago Homelessness Prevention | Dial 311 or 312-744-5000 , ask for “Short-Term Help” allchicago.org | Mon–Fri, Business Hours · Free |
| Chicago DV Helpline | 877-863-6338 (call or text) chicago.gov/DV | 24/7 · Free · 240+ languages |

| Resource | How to Reach | Availability |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------|-------------------------|
| Chicago Housing Authority | 312-935-2600 thecha.org | Mon–Fri, Business Hours |
| <p>211 connects people to essential community services including emergency shelter, food banks, utility assistance, healthcare, and employment support. Available in most US communities.</p> <p>National Domestic Violence Hotline provides confidential support for survivors of domestic violence, including safety planning and shelter referrals.</p> <p>Chicago DV Helpline (877-863-6338) is the City of Chicago's official multilingual domestic violence line — separate from the national hotline and available in over 240 languages.</p> | | |

DISABILITY SERVICES & ADA

| Resource | Phone / Website | Availability |
|----------------------------------------------|------------------------------------------------------------------|-------------------------------------|
| ADA National Network | 1-800-949-4232 (V/TTY) adata.org | Mon–Fri, Business Hours · Free |
| Job Accommodation Network (JAN) | 1-800-526-7234 askjan.org | Mon–Thu 9 AM–6 PM, Fri 9 AM–5 PM ET |
| Social Security Disability (SSDI/SSI) | 1-800-772-1213 · TTY: 1-800-325-0778 ssa.gov/disability | Mon–Fri, 8 AM–7 PM ET |

CHICAGO LOCAL RESOURCES

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|-----------------------------------------------|-------------------------------------------------------------------|--------------------------------|
| IL Division of Rehabilitation Services | 1-877-581-3690 · TTY: 1-866-264-2149 dhs.state.il.us/DRS | Mon–Fri, Business Hours · Free |
| Working Together Chicago | workingtogetherchicago.org | Mon–Fri, Business Hours · Free |

ADA National Network provides free information, guidance, and training on the Americans with Disabilities Act.

Job Accommodation Network (JAN) is a free consulting service providing guidance on workplace accommodations and disability employment issues under the ADA.

IL Division of Rehabilitation Services helps Chicago-area residents with disabilities access job training, placement, and benefits. Apply online or call the number above.

SENIOR SUPPORT

| Resource | Phone / Website | Availability |
|-------------------------------------|------------------------------------------------------------------------------------------------|--------------------------------|
| Eldercare Locator | 1-800-677-1116 eldercare.acl.gov | Mon–Fri, 8 AM–9 PM ET · Free |
| AARP Foundation | 1-888-687-2277 aarp.org/aarp-foundation | Mon–Fri, 8 AM–8 PM ET · Free |
| Senior Medicare Patrol (SMP) | 1-877-808-2468 smpresource.org | Mon–Fri, Business Hours · Free |

CHICAGO LOCAL RESOURCES

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|----------------------------------------|---------------------------------------------------------------------------------------------------|--------------------------------|
| Chicago Senior Services Hotline | 312-744-4016 chicago.gov/SeniorServices | Mon–Fri, Business Hours · Free |
| Illinois Senior HelpLine | 1-800-252-8966 · TTY: 711 ilaging.illinois.gov | Mon–Fri, 8:30 AM–5 PM · Free |

Eldercare Locator is a public service of the US Administration on Aging connecting older adults and caregivers to local services including transportation, meals, housing, and health care.

Chicago Senior Services Hotline (312-744-4016) connects older adults and caregivers to city-run programs including transportation, in-home care, meals, and benefits assistance.

WORKFORCE & EMPLOYMENT

| Resource | How to Reach | Availability |
|-------------------------------------------|-----------------------------------------------------------------------------------|------------------------------|
| CareerOneStop | 1-877-872-5627 careeronestop.org | Mon–Fri, 8 AM–8 PM ET · Free |
| Goodwill Career Centers | goodwill.org/jobs-training | Varies by location · Free |
| National Disability Rights Network | 202-408-9514 ndrn.org | Mon–Fri, Business Hours |

CHICAGO LOCAL RESOURCES

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|------------------------------------------------------|----------------------------------------------------------------------------------------------------|--------------------------------|
| Chicago DFSS Workforce Development | Dial 311 or 312-744-5000 chicago.gov/workforce | Mon–Fri, Business Hours · Free |
| American Job Center — Chicago (Daley College) | 773-884-7000 chicookworks.org | Mon–Fri, Business Hours · Free |

CareerOneStop is a US Department of Labor resource connecting job seekers to local American Job Centers, training programs, resume help, and unemployment benefits.

Chicago DFSS Workforce Development provides job training, placement services, and career support to low- and moderate-income Chicago residents through city-funded programs.

American Job Center at Daley College is Chicago's primary federally-funded job center offering free resume help, interview coaching, and training program referrals.

We believe that every person — regardless of their background, income, ability, or current circumstances — deserves access to support, opportunity, and dignity. If you are navigating a difficult season of life, please know that reaching out for help is a sign of strength, not weakness. These resources exist because you matter. And so does your future.

To connect with a career coach or consultant, reach out through our [Contact page](#).

[CONTACT NATIONAL WORKFORCE SOLUTIONS](#)

This resource guide is provided for informational purposes. National Workforce Solutions LLC does not provide clinical mental health services. If you are experiencing a mental health emergency, please contact [988](#) or [911](#) immediately. Last updated: May 2026.

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