

Suicide Prevention Resources

Crisis Support

Available 24/7/365 unless otherwise noted



Provided for informational purposes only. Rattle the Stars does not provide suicide crisis support services. If you need support, please contact one of the hotlines listed below.

National Suicide Prevention Lifeline

Call: 1-800-273-8255

Spanish: 1-888-628-9454

TTY: 1-800-799-4889

Info/Chat: suicidepreventionlifeline.org

Crisis Textline

Text: 741-741

Info: crisistextline.org

Disaster Distress Helpline

for natural or human caused disasters, disease outbreak, or other traumatic events

Call: 1-800-985-5990 **translators available*

Spanish: 1-800-985-5990, press 2

Text: 66746 **available in Spanish*

TTY: 1-800-846-8517

Info: disasterdistress.samhsa.gov

Veterans Crisis Line

for veterans, active duty service members, and their families or support people

Call: 1-800-273-8255, press 1

Text: 838-255

TTY: 1-800-799-4889

Info/Chat: veteranscrisisline.net

Trevor Lifeline

for LGBTQ+ youth and young adults

Call: 1-866-488-7386

Text: 678-678

Info/Chat: thetrevorproject.org

Trans Lifeline

for transgender people

Call: 1-877-565-8860

Spanish: 1-877-565-8860

Info: translifeline.org

YouthLine

staffed by youth 6pm-12am CDT

Call: 1-877-968-8491

Text: 839-863

Info/Chat: oregonyouthline.org

Boys Town National Hotline

for youth and parents

Call: 1-800-448-3000 **translators available*

Text: 20121

Info: boystown.org

Copline

for law enforcement officers and their families

Call: 1-800-267-5463

Info: copline.org

The Friendship Line

for adults aged 60 and older and adults with disabilities

Call: 1-800-971-0016

Info: ioaging.org

Khalil Center Helpline

for Muslims

Call: 1-855-543-5752 (hours vary daily)

Info: khalilcenter.com

Rosecrance Crisis Line

in the Champaign-Urbana area

Call: 1-217-359-4141

Info: rosecrance.org

Emergency Crisis Response

Ask for CIT (crisis intervention trained) officer

Call or Text: 911

Counseling

Assessment

Available 24/7/365 unless otherwise noted

OSF or Carle Emergency Room

On-site assessment staff from Rosecrance or The Pavilion

The Pavilion Hospital

Free 24-hour walk-in assessments

Visit: 809 W Church St Champaign

Call: 1-217-373-1700

Web: pavilionhospital.com

SASS (Screening, Assessment, and Support Services)

for youth experiencing a mental health or suicidal crisis

Call: CARES line 1-800-345-9049

School Counseling Centers

Private Therapists: psychologytoday.com

Rosecrance

Accepts Medicaid

Web: rosecrancechampaignurbana.org

Call: 1-844-711-5106

Visit: 801 N. Walnut St. Champaign

HopeSprings Counseling Services

Accepts Medicaid

Web: cunninghamhome.org/hopesprings

Call: 1-217-531-2360

Visit: 701 Devonshire Dr., Suites B16-18 Champaign

Elliott Counseling Group

Bridge the Gap Program for low-income/uninsured

Web: elliottcounselinggroup.com

Call: 1-217-398-9066

Visit: 309 W Clark St. Champaign

Information

Center for Disease Control and Prevention: cdc.gov/violenceprevention/suicide

Illinois Department of Public Health: dph.illinois.gov/topics-services/prevention-wellness/suicide-prevention

Substance Abuse and Mental Health Services Administration: samhsa.gov/suicide

National Institute of Mental Health: nimh.nih.gov/health/topics/suicideprevention

National Strategy for Suicide Prevention: theactionalliance.org/our-strategy/national-strategy-suicide-prevention

Suicide Prevention Resource Center: sprc.org

Columbia Lighthouse Project: cssrs.columbia.edu

Brown Stanley Safety Plan: suicidesafetyplan.com

My 3 App (safety plan): my3app.org