

# 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](http://suicidepreventionlifeline.org)

### Crisis Textline

Text: 741-741 *\*available in Spanish*

Info: [crisistextline.org](http://crisistextline.org)

### Disaster Distress Helpline

*for natural or human caused disasters, disease outbreak*

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](http://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](http://veteranscrisisline.net)

### Trevor Lifeline

*for LGBTQ+ youth and young adults*

Call: 1-866-488-7386

Text: 678-678

Info/Chat: [thetrevorproject.org](http://thetrevorproject.org)

### Trans Lifeline

*for transgender people*

Call: 1-877-565-8860

Spanish: 1-877-565-8860

Info: [translifeline.org](http://translifeline.org)

### Rosecrance Crisis Line

*in the Champaign-Urbana area*

Call: 1-217-359-4141

Info: [rosecrance.org](http://rosecrance.org)

### Blackline

*for Black and Indigenous people*

Call/Text: 1-800-604-5841

Info: [callblackline.com](http://callblackline.com)

### YouthLine

*staffed by youth 6pm-12am CDT*

Call: 1-877-968-8491

Text: 839-863

Info/Chat: [oregonyouthline.org](http://oregonyouthline.org)

### Boys Town National Hotline

*for youth and parents*

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

Text: 20121

Info: [boystown.org](http://boystown.org)

### Copline

*for law enforcement officers and their families*

Call: 1-800-267-5463

Info: [copline.org](http://copline.org)

### The Friendship Line

*for adults aged 60 and older and adults with disabilities*

Call: 1-800-971-0016

Info: [ioaging.org](http://ioaging.org)

### Khalil Center Helpline

*for Muslims*

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

Info: [khalilcenter.com](http://khalilcenter.com)

### 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](http://psychologytoday.com)

### Rosecrance

*Accepts Medicaid*

Web: [rosecrancechampaignurbana.org](http://rosecrancechampaignurbana.org)

Call: 1-844-711-5106

Visit: 801 N. Walnut St. Champaign

### HopeSprings Counseling Services

*Accepts Medicaid*

Web: [cunninghamhome.org/hopesprings](http://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](http://elliottcounselinggroup.com)

Call: 1-217-398-9066

Visit: 309 W Clark St. Champaign

## Information

**Center for Disease Control and Prevention:** [cdc.gov/violenceprevention/suicide](http://cdc.gov/violenceprevention/suicide)

**Illinois Department of Public Health:** [dph.illinois.gov/topics-services/prevention-wellness/suicide-prevention](http://dph.illinois.gov/topics-services/prevention-wellness/suicide-prevention)

**Substance Abuse and Mental Health Services Administration:** [samhsa.gov/suicide](http://samhsa.gov/suicide)

**National Institute of Mental Health:** [nimh.nih.gov/health/topics/suicideprevention](http://nimh.nih.gov/health/topics/suicideprevention)

**National Strategy for Suicide Prevention:** [theactionalliance.org/our-strategy/national-strategy-suicide-prevention](http://theactionalliance.org/our-strategy/national-strategy-suicide-prevention)

**Suicide Prevention Resource Center:** [sprc.org](http://sprc.org)

**Columbia Lighthouse Project:** [cssrs.columbia.edu](http://cssrs.columbia.edu)

**Brown Stanley Safety Plan:** [suicidesafetyplan.com](http://suicidesafetyplan.com)

**My 3 App (safety plan):** [my3app.org](http://my3app.org)