If you suspect someone you care about is considering suicide
ACT now. | SI USTED SOSPECHA QUE UN SER QUERIDO
ESTÁ CONSIDERANDO SUICIDARSE, ACTÚE INMEDIATAMENTE.

ACT: Acknowledge, Care & Tell
ACCION: RECONOCER, CIUDAR E INFORMAR

Acknowledge | RECONOCER
  Do Take it Seriously | TÓMELO EN SERIO
  Do Be Willing to Listen | ESTAR DISPUESTO A ESCUCHAR

Care | CUIDAR
  Do Voice your Concern | EXPRESE SU PREOCUPACIÓN

Tell | DECIR
  Do Tell Someone | DÍGALE A ALGUIEN

Get help.  OBTENGA AYUDA.
Have hope.  TENGA ESPERANZA.

LAKEx COUNTY
SUICIDE PREVENTION
TASK FORCE

call CRISIS at 847-377-8088
llame CRISIS al 847-377-8088

The ACT Model for suicide prevention was developed by Screening for Mental Health, Inc. ACT is a trademark and is copyrighted by Screening for Mental Health, Inc. | El modelo ACT para la prevención del suicidio fue desarrollado por Screening for Mental Health, Inc. ACT es una marca registrada y es propiedad de Screening for Mental Health, Inc.

2E2014
The mission of the Lake County Suicide Prevention Task Force is to deepen awareness, prevent suicide, and save lives through education, linkage to resources, and treatment within our community.

In times of crisis, it is common to feel overwhelmed. During these times it is common to feel that you are alone and that there is nowhere to turn for help. This resource guide was created for you. It is our hope that this guide will be helpful in times of crisis.

This guide does not include all of the available resources in Lake County, more can be found at findhelplakecounty.org. Please contact your local Township office for additional resources. The majority of the resources listed are either free of charge or offer a sliding-fee scale based on income.

The hotlines are free of charge. The organizations offer a sliding-fee scale based on income.

<table>
<thead>
<tr>
<th>Hotlines</th>
<th>LÍNEAS DIRECTAS</th>
</tr>
</thead>
<tbody>
<tr>
<td>National Suicide Prevention 24-hr Lifeline</td>
<td>800-273-TALK</td>
</tr>
<tr>
<td>Veterans: dial #1, Spanish: dial #2</td>
<td><a href="http://www.suicidepreventionlifeline.org">www.suicidepreventionlifeline.org</a></td>
</tr>
<tr>
<td>Lake County Crisis Care Program 24-hr Hotline</td>
<td>847-377-8088</td>
</tr>
<tr>
<td><a href="http://www.health.lakecountyil.gov">www.health.lakecountyil.gov</a></td>
<td></td>
</tr>
<tr>
<td>Vista 24-hr Access/Helpline</td>
<td>847-360-2000</td>
</tr>
<tr>
<td><a href="http://www.vistahealth.com">www.vistahealth.com</a></td>
<td></td>
</tr>
<tr>
<td>Zacharias Sexual Abuse Center 24-hr Support Line</td>
<td>847-872-7799</td>
</tr>
<tr>
<td><a href="http://www.zcenter.org">www.zcenter.org</a></td>
<td></td>
</tr>
<tr>
<td>A Safe Place 24-hr Helpline</td>
<td>847-249-4450</td>
</tr>
<tr>
<td><a href="http://www.asafeplaceforhelp.org">www.asafeplaceforhelp.org</a></td>
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<tr>
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<tr>
<td>The Trevor Lifeline 24-hr Hotline</td>
<td>866-488-7386</td>
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<tr>
<td><a href="http://www.thetrevorproject.org">www.thetrevorproject.org</a></td>
<td></td>
</tr>
<tr>
<td>Adult Protective Services 24-hr Hotline</td>
<td>866-800-1409</td>
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<tr>
<td><a href="http://www.napsa-now.org">www.napsa-now.org</a></td>
<td></td>
</tr>
<tr>
<td>Senior Helpline</td>
<td>800-252-8966</td>
</tr>
<tr>
<td><a href="http://www.state.il.us/aging">www.state.il.us/aging</a></td>
<td></td>
</tr>
<tr>
<td>National Gambling 24-hr Hotline</td>
<td>800-522-4700</td>
</tr>
<tr>
<td><a href="http://www.ncpgambling.org">www.ncpgambling.org</a></td>
<td></td>
</tr>
<tr>
<td>ANAD Helpline</td>
<td>630-577-1330</td>
</tr>
<tr>
<td><a href="http://www.anad.org">www.anad.org</a></td>
<td></td>
</tr>
<tr>
<td>Association of Anorexia Nervosa and Associated Disorders</td>
<td>800-678-LINK</td>
</tr>
<tr>
<td><a href="http://www.healthlink.com/illinois">www.healthlink.com/illinois</a></td>
<td></td>
</tr>
<tr>
<td>AA 24-hr Illinois Hotline</td>
<td>800-371-1475</td>
</tr>
<tr>
<td><a href="http://www.chicagoaa.org">www.chicagoaa.org</a></td>
<td></td>
</tr>
<tr>
<td>Alcoholics Anonymous</td>
<td>773-202-8898</td>
</tr>
<tr>
<td><a href="http://www.illinoisca.org">www.illinoisca.org</a></td>
<td></td>
</tr>
<tr>
<td>Cocaine Anonymous</td>
<td>708-848-4884</td>
</tr>
<tr>
<td><a href="http://www.chicagona.org">www.chicagona.org</a></td>
<td></td>
</tr>
<tr>
<td>Narcotics Anonymous</td>
<td>800-678-LINK</td>
</tr>
<tr>
<td>Las líneas telefónicas directas son gratuitas. Las organizaciones ofrecen una escala móvil de honorarios basada en los ingresos.</td>
<td></td>
</tr>
</tbody>
</table>
**Homelessness | PERSONAS SIN HOGAR**

- Catholic Charities  [www.catholiccharities.net](http://www.catholiccharities.net)  847-782-4000
- The Lake County Haven  [Libertyville www.lakecountyhaven.org](http://www.lakecountyhaven.org)  847-680-5408
- PADS Shelter  [www.padslakecounty.org](http://www.padslakecounty.org)  847-689-4357

**Domestic Violence | VIOLENCIA DOMÉSTICA**

- A Safe Place  [www.asafeplaceforhelp.org](http://www.asafeplaceforhelp.org)  847-249-4450

**Food | COMIDA**

- COOL Food Pantry  [www.coolministries.org](http://www.coolministries.org)  847-662-1230
- Avon Township  [www.avontownship.us](http://www.avontownship.us)  847-546-1446
- Open Arms Mission  [Antioch www.openarmsmission.org](http://www.openarmsmission.org)  847-395-0309
- Northern Illinois Food Bank  [http://solvehungertoday.org](http://solvehungertoday.org)  630-443-6910

**Seniors | PERSONAS DE LA TERCERA EDAD**

- Adult Protective Services 24-hr Hotline  [www.napsa-now.org](http://www.napsa-now.org)  866-800-1109
- Senior Helpline  800-252-8966  [www.state.il.us/aging/1helpline/helpline-main.htm](http://www.state.il.us/aging/1helpline/helpline-main.htm)
- Family Service – intake, dial extension 200  [www.fsslc.org](http://www.fsslc.org)  847-432-4981
  - Prevention Education Counseling  |  [Prevención Educación Consejería](http://www.fsslc.org)

Call 911 for immediate assistance from the police, fire department or ambulance.  Llame al 911 para ayuda inmediata de la policía, bomberos o ambulancia.

**Addictions | ADDICIONES**

- problems related to: alcohol, drugs, gambling, food
  - problemas relacionados con: alcohol, drogas, juego, comida
- NICASA  [Buffalo Grove, Highland Park, Mundelein, Waukegan](http://www.nicasa.org)  847-546-6450
- Alcohol, Drugs, Gambling  |  [Alcohol, Drogas, Juegos de Azar](http://www.nicasa.org)
- ANAD support groups  [Highland Park, Wilmette, Northbrook](http://www.anad.org)  630-577-1333
- Association of Anorexia Nervosa and Associated Disorders
  - Asociación de Anorexia Nerviosa y Trastornos Asociados  [www.anad.org](http://www.anad.org)
- Bridge House  [residential program Waukegan](http://www.nicasa.org/services/residential-services)  847-662-4124
- Judy H. Fried Center  [North Chicago www.nicasa.org](http://www.nicasa.org)  847-785-8660
- formerly Women’s Services  |  [anteriormente Servicios de la Mujer](http://www.nicasa.org/services/residential-services)
- Gateway Foundation  [Lake Villa www.recovergateway.org](http://www.recovergateway.org)  847-505-HOPE
- Lake County Health Department  [http://health.lakecountyil.gov](http://health.lakecountyil.gov)
  - Outpatient SAP  Waukegan  847-377-8120
  - Inpatient ATP  Waukegan  847-377-8200
  - WRS  Vernon Hills  847-377-7950
  - Women’s Residential Services  |  [Servicios Residenciales de la Mujer](http://www.recovergateway.org)  847-377-8200

**Financial/Foreclosure | FINANCIERO / JUICIO HIPOTECARIO**

- Consumer Credit Counseling Service  [www.illinoiscccs.org](http://www.illinoiscccs.org)  800-815-2227
- Free Advice on Foreclosure  [www.foreclosurehelpandhope.org](http://www.foreclosurehelpandhope.org)  888-995-HOPE
- from federal officials/HUD experts
de los funcionarios federales/expertos HUD
- Community Action Partnership  [www.caplakecounty.org](http://www.caplakecounty.org)  847-249-4330

Help is out there. You are not alone.  National Suicide and Crisis 24-hr Lifeline:  800-273-TALK.  La ayuda está disponible. Usted no está solo. Línea de vida de 24 horas para Suicidio y Crisis Nacional: 800-273-TALK.
Counseling | ASESORAMIENTO / CONSEJERÍA

The Healing Path: A Trauma Treatment Program for Youth 847-245-6567
  Gurnee, Lake Villa, Waukegan  http://onehopeunited.org
Holbrook Counseling Center www.catholiccharities.net/holbrook 312-655-7725
  Mundelein Catholic Charities | Caridades Católicas
LOSS Mundelein www.catholiccharities.net/loss 312-655-7283
  Loving Outreach to Survivors of Suicide
  Amar Alcance a los Sobrevivientes de Suicidio
Lake County Health Department: Behavioral Health
  Adults Waukegan 847-377-8180
  Adults Round Lake Park 847-377-8855
  Children and Adolescents Waukegan 847-377-8950
  http://health.lakecountyil.gov
Bradley Counseling Center Gurnee www.allendale4kids.org 847-244-7177
  Lake Villa 847-356-3322
Zacharias Sexual Abuse Center Gurnee www.zcenter.org 847-244-1187
One Hope United Gurnee, Lake Villa, Waukegan 847-245-6543
  http://onehopeunited.org
Community Youth Network Grayslake www.cyngrayslake.org 847-548-6000
Erika’s Lighthouse Winnetka www.erikaslighthouse.org 847-386-6481
  adolescent depression | depresión en adolescentes
Midwest Palliative & Hospice CareCenter Libertyville 847-467-7423
  www.carecenter.org
Family Service – intake, dial extension 200 www.famservice.org 847-432-4981
  Prevention, Education, Counseling | Prevención, Educación, Consejería
Samaritan Counseling Center of the Northwest Suburbs Barrington www.sccnw.org 847-382-HOPE
  Trauma Treatment Program for Adolescents and Children
  Waukegan  http://health.lakecountyil.gov

Dental & Medical | DENTAL Y MÉDICO

Lake County Health Department Belvidere Clinic in Waukegan 847-377-8400
  http://health.lakecountyil.gov
Dentist Finder – Medicaid www.dentaquestgov.com 888-286-2447
HealthReach Medical Clinics Mundelein, Waukegan 847-360-8800
  www.healthreachcares.org  free | libre

Disability | INCAPACIDAD

Special Recreation Association of Central Lake County 847-816-4866
  Vernon Hills  http://sralc.org
Illinois DHS's Division of Rehabilitation Services 847-244-8474
  vocational, in home care, training programs
  programas de formación profesional, en la atención domiciliaria y la formación
  www.dhs.state.il.us

Military, Veteran & Family | MILITAR, VETERANO Y LA FAMILIA

Captain James A. Lovell Federal Health Care Center 847-688-0865
  North Chicago www.lovell fhcc va.gov
Fleet and Family Support Program: Navy 888-231-0714
  Great Lakes www.ffsp.navy.mil
Lake-McHenry Veterans and Family Services 847-377-VET6
  Lake Villa, Waukegan www.lmvfs.org
Trauma Treatment Program for Adolescents and Children 847-377-8110
  Waukegan  http://health.lakecountyil.gov

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