*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*
**ACCIÓN: 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**

**LAKE 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.

*2E 2014*

**RESOURCE GUIDE | GUÍA DE RECURSOS**

# *Get help.*
**OBTENGA AYUDA.**

# *Have hope.*
**TENGA ESPERANZA.**

*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.*

**LA MISIÓN DEL GRUPO PARA LA PREVENCIÓN DEL SUICIDIO DEL CONDADO DE LAKE ES PARA HACER MÁS PROFUNDO EL CONOCIMIENTO, LA PREVENCIÓN DEL SUICIDIO, Y SALVAR VIDAS CON EDUCACIÓN, LA CONEXIÓN Y EL TRATAMIENTO DENTRO DE NUESTRA COMUNIDAD.**

*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.*

**ESTA GUÍA NO INCLUYE TODOS LOS RECURSOS DISPONIBLES EN EL CONDADO DE LAKE. MÁS SE PUEDE ENCONTRAR EN FINDHELPLAKECOUNTY.ORG. POR FAVOR, PÓNGASE EN CONTACTO CON SU OFICINA DEL MUNICIPIO LOCAL PARA RECURSOS ADICIONALES. LA MAYORÍA DE LOS RECURSOS QUE APARECEN SON GRATUITOS U OFRECEN UNA ESCALA MÓVIL DE HONORARIOS BASADA EN LOS INGRESOS.**

*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.*

**EN TIEMPOS DE CRISIS, ES COMÚN SENTIRSE AGOBIADO. DURANTE ESTOS TIEMPOS, ES COMÚN SENTIRSE QUE ESTÁ SOLO Y QUE NO HAY DONDE ACUDIR EN BUSCA DE AYUDA. ESTA GUÍA DE RECURSOS FUE CREADO PARA USTED. ES NUESTRA ESPERANZA QUE ESTA GUÍA SEA ÚTIL EN TIEMPOS DE CRISIS.**

## *Hotlines* | LÍNEAS DIRECTAS

| | |
|---|---|
| National Suicide Prevention 24-hr Lifeline<br>*Veterans: dial #1, Spanish: dial #2*<br>www.suicidepreventionlifeline.org | 800-273-TALK |
| Lake County Crisis Care Program 24-hr Hotline<br>www.health.lakecountyil.gov | 847-377-8088 |
| Vista 24-hr Access/Helpline www.vistahealth.com | 847-360-2000 |
| Zacharias Sexual Abuse Center 24-hr Support Line<br>www.zcenter.org | 847-872-7799 |
| A Safe Place 24-hr Helpline www.asafeplaceforhelp.org<br>*domestic violence* \| *la violencia doméstica* | 847-249-4450 |
| The Trevor Lifeline 24-hr Hotline *GLBTQ*<br>www.thetrevorproject.org | 866-488-7386 |
| Adult Protective Services 24-hr Hotline www.napsa-now.org | 866-800-1409 |
| Senior Helpline www.state.il.us/aging | 800-252-8966 |
| National Gambling 24-hr Hotline www.ncpgambling.org | 800-522-4700 |
| ANAD Helpline www.anad.org<br>*Association of Anorexia Nervosa and Associated Disorders*<br>*Asociación de Anorexia Nervosa y Trastornos Asociados* | 630-577-1330 |
| HealthLink Illinois Helpline www.healthlink.com/illinois | 800-678-LINK |
| AA 24-hr Illinois Hotline www.chicagoaa.org<br>*Alcoholics Anonymous* \| *Alcohólicos Anónimos* | 800-371-1475 |
| CA 24-hr Illinois Hotline www.illinoisca.org<br>*Cocaine Anonymous* \| *Cocaína Anónimos* | 773-202-8898 |
| NA 24-hr Chicagoland Region Hotline www.chicagona.org<br>*Narcotics Anonymous* \| *Narcóticos Anónimos* | 708-848-4884 |

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

**Las líneas telefónicas directas son gratuitas. Las organizaciones ofrecen una escala móvil de honorarios basada en los ingresos.**

## *Homelessness* | PERSONAS SIN HOGAR

Catholic Charities www.catholiccharities.net 847-782-4000
The Lake County Haven *Libertyville* www.lakecountyhaven.org 847-680-5408
PADS Shelter www.padslakecounty.org 847-689-4357

## *Domestic Violence* | VIOLENCIA DOMÉSTICA

A Safe Place www.asafeplaceforhelp.org 847-249-4450

## *Food* | COMIDA

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

## *Seniors* | PERSONAS DE LA TERCERA EDAD

Adult Protective Services 24-hr Hotline www.napsa-now.org 866-800-1409
Senior Helpline 800-252-8966
www.state.il.us/aging/1helpline/helpline-main.htm
Catholic Charities – intake *Round Lake* www.catholiccharities.net 847-546-5733
Family Service – intake, dial extension 200 www.fsslc.org 847-432-4981
*Prevention Education Counseling* | *Prevención Educación Consejería*

**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* 847-546-6450
*Alcohol, Drugs, Gambling* | *Alcohol, Drogas, Juegos de Azar*
www.nicasa.org
ANAD support groups *Highland Park, Wilmette, Northbrook* 630-577-1333
*Association of Anorexia Nervosa and Associated Disorders*
*Asociación de Anorexia Nerviosa y Trastornos Asociados*
www.anad.org
Bridge House *residential program* *Waukegan* 847-662-4124
www.nicasa.org/services/residential-services
Judy H. Fried Center *North Chicago* www.nicasa.org 847-785-8660
*formerly Women's Services* | *anteriormente Servicios de la Mujer*
Gateway Foundation *Lake Villa* www.recovergateway.org 847-505-HOPE
Lake County Health Department 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*

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

Consumer Credit Counseling Service www.illinoisccccs.org 800-815-2227
Free Advice on Foreclosure www.foreclosurehelpandhope.org 888-995-HOPE
*from federal officials/HUD experts*
*de los funcionarios federales/expertos HUD*
Community Action Partnership 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 847-382-HOPE
*Barrington* www.sccnw.org

Trauma Treatment Program for Adolescents and Children 847-377-8110
*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://sraclc.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