

Lake County Resources

*If you have a life-threatening emergency,
please call 911 or go to the nearest emergency room.*

211 Lake County

Connections to various local resources in times of crisis. Speak with a live, highly-trained service professional in your area. ALL calls are confidential. 24/7/365 in 150 languages.

Call 211, Text Your Zip Code to 898211, or Visit

<https://211lakecounty.org/>

Illinois Housing Development Authority (IHDA)

Emergency Rental Assistance (ERA) and Mortgage Assistance Programs **(312)836-5200 or <https://www.ihda.org>**

SMART Recovery Meetings

Virtual and In-Person Local Meetings

<https://meetings.smartrecovery.org/meetings/location/>

<https://www.smartrecovery.org/espanol/> (Spanish Meetings)

COVID Testing Sites in Lake County

<https://coronavirus.illinois.gov/s/testing-sites>

COVID Hotline For general questions about COVID-19 and Illinois' response and guidance **(800) 889-3931**

The Living Room Wellness Center at Independence Center

Provides a safe, comfortable, and welcoming alternative to an emergency room for behavioral health crisis intervention and referrals for care 24/7.

Call (888)707-1614 or Visit icthelivingroom.org

1730 Washington St, Waukegan, IL 60085

12-Step or Other Support Group Meetings

Attendance is highly recommended for people in recovery.

Current meeting information for some groups in Lake County can be found at the following:

- **(847) 362-1811 – District 10 Alcoholics Anonymous (Western Lake County)**
Virtual Meetings available
<http://district10nia.org/meetings/>
- **(847) 623-9660 – District 12 Alcoholics Anonymous (Eastern Lake County)**
- **(847) 382-4455 – District 28 Alcoholics Anonymous (Lake Zurich, Barrington Area)**
- **(708) 848-4884 – Chicagoland Narcotics Anonymous**
Virtual Meetings available
<https://www.chicagona.org/?current-meeting-list=1>
- **(888) 548-2790 – Chicagoland Gamblers Anonymous**
Zoom and In-Person Meetings available
<https://www.gachicago.org/find-a-meeting> or
info@gachicago.org

Willow House

Grief and loss support (847) 236-9300 or info@willowhouse.org

<https://willowhouse.org/support-group/>

Visit website for virtual support.

Live4Lali (844) LV4-LALI (584-5254) <https://live4lali.org/>

Harm reduction, peer-to-peer support, advocacy, and education for individuals and families living with substance abuse.

PADS Lake County (847) 689-4357

Homeless shelter and service in Lake County.

A Safe Place 24 Hour Hotline (800) 600-SAFE (7233)

Domestic abuse treatment center in Zion, IL.

Zacharias Center 24 Hour Support Line (847) 872-7799

Domestic abuse treatment center in Gurnee, IL.

Lake County Health Department Crisis Care Program

Provides a variety of services to individuals facing a crisis. A mental health crisis could include overwhelming depression, thoughts of suicide, poor concentration, disturbing thoughts, or feeling out of control.

(847) 377-8088

Local Hospitals

- Lake Behavioral Hospital (855) 990-1900
- Vista Health System East (847) 360-3000
- Advocate Condell Hospital (847) 362-2900
- Highland Park Hospital (847) 480-3779
- Advocate Good Shepard Hospital (847) 381-0123
- Northwestern Lake Forest Hospital (847)234-5600

Text-A-Tip is a 24/7 way for youth to communicate with a counselor and get help for themselves or a friend. Within minutes a live mental health counselor will respond to your text.

Text LAKECO and your message to (844) 823-5323

Other Resources

*If you have a life-threatening emergency,
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(800) GAMBLER (426-2537) is a 24-hour hotline for people struggling with a gambling problem, or for loved ones of problem gamblers. Visit <https://e.helplineil.org/areyoureallywinning/> for live chat.

Gam-Anon (708) 802-0105 is support for family members of problem gamblers. A fellowship of men and women who have been affected by gambling. <https://www.gam-anon.org/>

Gamblers Anonymous (855) 222-5542 is support for problem gamblers. A fellowship of men and women who share their experience, strength and hope. <https://www.gamblersanonymous.org/ga/node/1>

Gamblers, Family, and Friends in Recovery offers hundreds of support meetings per week for both the problem gambler and affected friends and family members. <https://gamblersinrecovery.com/>

Families Anonymous (800) 736-9805 is a 12 step fellowship for the family and friends of individuals with drug, alcohol or related behavioral issues. <https://www.familiesanonymous.org/>

Illinois Helpline for Opioids and Other Substances
24/7 crisis line - Call (833) 234-6343 or Text HELP to 833234

In The Rooms

A free online recovery tool that offers 130 weekly online meetings for those recovering from addiction and related issues.
<https://www.intherooms.com/home/>

Illinois Warm Line M-F 8am-5pm (866) 359-7953

Mental health and/or substance use challenges with peer and family support and would like to receive support by phone.

988 Suicide and Crisis Lifeline

Call 988, Text 988, or Visit <https://988lifeline.org/chat>

Provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

<https://988lifeline.org/>

National Domestic Violence Hotline (800) 799-7233

24/7 hotline providing essential tools and support to help survivors of domestic violence live their free of abuse.

Illinois DCFS Hotline (800) 25-ABUSE (252-2873)

To report child abuse or neglect 24/7. *A concerned caller does not need proof to report an allegation of child abuse and can make the report anonymously.*

National Sexual Assault Hotline (800) 656-HOPE (4673)

24/7 hotline connects victims, survivors, and their support networks with local resources.

Lesbian, Gay, Bisexual, and Transgender (LGBT) National Hotline (888) 843-4564

Provides telephone and online, private one-to-one chat and email peer-support for the LGBTQIAA+ community.

<https://www.glbthotline.org/national-hotline.html>

LGBT National Youth Talkline (800) 246-PRIDE (7743)

Free and confidential peer support for the LGBTQIAA+ community ages 25 and younger.

The Trevor Lifeline 24 Hour Hotline (866) 488-7386

Providing confidential support for LGBTQIAA+ youth in crisis.

Crisis Text Line - Text HOME to 741741 to connect with a Crisis Counselor. Free mental health texting service through confidential crisis intervention via SMS message.