



## MENTAL HEALTH & SUBSTANCE USE RESOURCE GUIDE FOR YOUTH IN EVANSTON

Looking for mental health support for you or someone you know? Staff at these organizations are trained to support youth who have experienced trauma and provide culturally sensitive services for Black and Latinx youth.

All resources are in Evanston unless otherwise stated.

Youth are encouraged to speak with their school social workers for more mental health resources.

### Child Grief Services Program

708 Church St. Suite 703  
[chicagoanalysis.org](http://chicagoanalysis.org) 312-897-1410

Services for children, adolescents & families who have experienced extreme loss, divorce, & other types of separation

English

**Sliding Scale**

### YWCA Youth Services

1215 Church Street  
[ywca-ens.org](http://ywca-ens.org) 847-864-8445

Free domestic violence counseling for adults, youth, children, families (without the abuser) who identify as victims/survivors or loved ones

English, Spanish

**Free**

### Trilogy Behavioral Healthcare

1400 W. Greenleaf, Chicago  
[trilogyinc.org](http://trilogyinc.org) 773-382-4005

Individual psychotherapy & skill building for youth & their families; art therapy group for youth (In-person & Telehealth)

English, Spanish

**Sliding Scale**, IL Medicaid

### Rainbows for All Children

614 Dempster Suite C  
[rainbows.org](http://rainbows.org) 847-952-1770

Groups for children coping with divorce, death, deployment (military), & incarcerated parent/s

English, Spanish

**Free**

### Erie Evanston/Skokie Health Center

1285 Hartrey Ave  
[eriefamilyhealth.org](http://eriefamilyhealth.org) 847-666-3494

Individual & group therapy (adults, teens and minors), Crisis Intervention, Substance use treatment, Women's support groups

English, Spanish

**Sliding Scale**, Medicaid

### PEER Services

906 Davis Street  
[peerservices.org](http://peerservices.org) 847-492-1778

Individual & group substance use treatment for teens & adults, Medication-assisted treatment for adults with opioid dependency

English

**Sliding Scale**, Medicare, Medicaid

### Children's Advocacy Center of North & Northwest Cook County

828 Davis Street Suite 213  
[cachelps.org](http://cachelps.org) 224-999-7383

Free trauma therapy for children (birth-18) & family members who have also been affected by the trauma (Telehealth only)

English, Spanish

**Free**

### Northwest Center Against Sexual Assault

2100 Ridge Ave G-102 & G-100  
[nwcasa.org](http://nwcasa.org) 847-806-6526

24-Hour Confidential Hotline (1-888-802-8890), Individual & group therapy, Advocacy & Crisis Intervention, Play therapy for children

English, Spanish, Serbian

**Free**

### The Family Institute at Northwestern

618 Library Pl  
[family-institute.org](http://family-institute.org) 847-733-4300

Individual, child, couple & family therapy (Telehealth only)

English, Spanish, Mandarin, Italian, Farsi, Bulgarian

Medicare, **Free** therapy by graduate students

### SASS (Screening, Assessment, and Support Service) for youth on Medicaid

- Statewide crisis program for mental health crises that might require hospitalization
- Provision of crisis intervention, linkage to local services for aftercare/management

Click [here](#) for more information on SASS

If you or a youth that you know need SASS services, contact the CARES (Crisis and Referral Entry Service) line at 800-345-9049

### Additional Mental Health Resources

[evanstoncarenetwork.org](http://evanstoncarenetwork.org) - mental health program directory for evanston residents

[namiccns.org](http://namiccns.org) - support groups for adolescents living with mental illness & their family.

Free, 24/7 [Crisis Text Line](#): Text CONNECT to 741741

Call 311 or 847-448-4311 for more resources

**Experiencing a mental health crisis?** Call the AMITA St. Francis' Crisis Line 708-681-4357, National Suicide Prevention Lifeline 800-273-8255, or The Living Room at Turning Point 847-933-9202