



## **Feel like life is upside down?**

The NAMI Chicago Helpline trained specialists are ready to listen and help you make a plan to get through what you're going through.

Our local team will listen without judgment, help you make an action plan,  
provide emotional support and connect you to mental health resources.

We serve all of Chicago and Suburban Cook County.



LOCAL



FREE



CONFIDENTIAL



HABLAMOS  
ESPAÑOL



Call or text "HELPLINE" to  
**833-626-4244.**

Or chat with us at  
[namichicago.org/helpline.](https://namichicago.org/helpline)

**NAMI Chicago**  
**Helpline**  
MORE THAN A  
SERVING CHICAGO & SUBURBAN COOK

BROUGHT TO YOU BY



COOK COUNTY  
HEALTH

