

BROUGHT TO YOU BY



COOK COUNTY
HEALTH

NAMI
CHICAGO

Tough times?

We're here.

For emotional support.

For an action plan that's personal.

For connection to local
mental health resources.

For you or someone you love.

NAMI Chicago
Helpline
MORE
THAN A
SERVING CHICAGO & SUBURBAN COOK

No matter what you're going through,
we'll go with you.



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

Or chat with us at namichicago.org/helpline.

