

Do you need someone to talk to? Most people do at some time in their life. Below are some important contact numbers that can help you or someone you know ease the way on life's journey. Help is just a phone call away. (These contact numbers will be here, in every e-blast, when you need them.)

### **Mental Health Resource Contacts**

#### **DuPage 24 Hour Crisis Line**

630-627-1700

#### **FCCGE Stephen Ministry**

Pastor Kendra

630-469-3096 x 11

#### **Glen Ellyn Youth & Family Counseling**

630-469-3040

#### **Central DuPage Pastoral Counseling Center**

630-630-752-9750

#### **National Suicide Prevention Lifeline**

For free and confidential support and prevention resources for you or your loved ones in distress, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255). The Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress, 24 hours a day, 7 days a week.

### **DuPage County Crisis Phone Support**

Crisis Phone Support The DuPage County Crisis Hotline 630-627-1700 is available 24/7, 365 days per year. Callers can expect staff to provide support and guidance to manage the crisis, explore options and provide other resources that may further assist them in resolving the crisis.

### **DuPage County Crisis Text Line For Teens**

If teens find themselves in a crisis, they can text the word "reach" to 741741 to talk to a volunteer trained to help field high-risk situations and emotional struggles. Volunteers are available 24 hours, 7 days a week to respond and they encourage teens to reach out no matter where they are or what time it is.

This service affords a level of privacy to teens who may be reluctant to talk to parents, teachers, friends, and counselors about personal issues. It may be a helpful tool to prevent cases of teen suicide, substance abuse, and other issues.

### **Glen Ellyn Youth and Family Counseling Service**

**Tel: (630) 469-3040**

Glen Ellyn Youth and Family Counseling Service provides mental health services to Glen Ellyn residents and those who have children that attend a Glen Ellyn-based school (surrounding communities). Individual, family and couple's counseling, crisis intervention, small group work as well as referral and linkage support to critical community-based resources are the primary services at

GEYFCS. The mission of GEYFCS is to eliminate access barriers to receiving mental health care for those individuals, youth and families that are referred to us or independently seek our services. No one is ever denied services because of an inability to pay. At any given time, 70-90% of counseling services are devoted to individuals, youth and families that require substantial assistance to successfully access recommended health services. Seventy- eight percent of professional counseling services from the 2019/20 fiscal year were delivered to children, adolescents and youth age 18 and younger and their families, which is a testament to the strong partnership between GEYFCS and our local GE school districts.