

Mental Health Resources

General Mental Health and Counseling

- Anxiety and Depression Association of America, <https://www.adaa.org>
- Braden Counseling Center PC, Rochelle, IL. 1-815-787-9000 <http://bradencenter.com>
- Help Guide, Trusted guide to mental, emotional and social health. <http://www.helpguide.org>
- KP Counseling, Rockford, IL. 1-779-368-0060
- Sinnissippi Centers- www.sinnissippi.org 24 Hour Crisis Line 1-800-242-7642. Outpatient counseling center
- Swedish American Hospital Center for Mental Health Services, Rockford, IL 815-968-4400
- US Department of Health and Human Services, Mental Health www.mentalhealth.gov *Information is also available in Espanol

Suicide Prevention

- Ann Marie Foundation <http://annmarie.foundation>
- National Council for Suicide Prevention <http://www.thencsp.org> 24/7 Crisis Support 1-800-273-8255
- Yellow Ribbon <http://yellowribbon.org> Phone support 1-800-273-TALK (8255) text "Help" to 741741
- Youth Suicide Warning Signs <http://www.youthsuicidewarningsigns.org>

Substance Abuse

- Al-Anon and Alateen support group for family members of problem drinkers www.al-anon.alateen.org
- Alcoholics Anonymous www.aa.org - find meetings near you
- Drug Free www.drugfree.org Helpline: 1-855-DRUGFREE helping parents talk to their kids about alcohol and other drugs.
- Rosecrance- Inpatient and outpatient treatment facility for youth and adults. <http://www.rosecrance.org> phone: 888-928-5278
- SAMHSA – Substance Abuse and Mental Health Services Administration. Find help and treatment www.samhsa.gov

Sexual Assault

- Department of Child and Family Services, 24 hour hotline: [1-800-25ABUSE](tel:1-800-25ABUSE). To report child abuse, physical, sexual, or neglect. If you are wondering if you should call, then, yes, you should.
- Erin's Law. School districts must teacher children to tell anyone who tries to touch their private parts. www.erinslaw.org
- Rockford Sexual Assault Counseling, 24 hour hotline: 815-636-9811. <http://www.rsaconline.org>