

Mental Health Resources:

- NAMI: National Alliance on Mental Illness (www.namichicago.org)
- National Suicide Prevention Lifeline: 1-800-273-8255 or suicidepreventionlifeline.org
- Crisis Text Line: text HOME to 741741
- The Trevor Project: crisis intervention and suicide prevention services to LGBTQ youth- www.thetrevorproject.org or Trevor Lifeline 866-488-7386

How to find a therapist:

- www.psychologytoday.com: a website to search providers, support groups, and group therapy in every U.S. state
- Insurance: contact your insurance company and ask what services are covered. They will also be able to provide a list of in-network therapists
- Sliding scale: If you are uninsured, you can contact providers to ask if they have a sliding scale fee, a fee that is reduced based on a person's income. Thero.org can be used to find providers who provide sliding scale fees.
- Local universities/colleges: most offer training sites for unlicensed, clinicians-in-training, who are supervised by licensed professionals, and charge reduced rates. To find psychology training clinic sites, check out: www.aptc.org
- Need more resources? Feel free to contact Dr. Strang at jessica.strang@me.com for referrals in the Chicagoland area