

Your Mental Health Matters



There are many things in our lives that impact our mental health, some which may seem out of your control: anxiety, trauma, school stress, conflicts with friends or family, among others. If you have thoughts of depression, anxiety, loneliness, or suicide, know that you're not alone.

If you or someone you know has thoughts of suicide, has experienced trauma, or wants to talk with someone about overwhelming thoughts and feelings, we encourage you to talk with a trusted adult. **This may include a parent, guardian, or adult in your school. Your school's Behavioral Health Team (BHT), which may include a nurse, psychologist, or social worker, can help you get the support you need.**

As a CPS student, you can also visit a School-Based Health Center at no cost. Learn about available clinics near you [here](#).

If you'd like to talk to via call or text, see hotlines and resources available below.

National Youth Crisis Hotline	1-800-448-4663
National Suicide Prevention Lifeline	1-800-273-TALK (8255) *
Crisis Text Line	Text "START" to 741-741 ***
National Alliance on Mental Illness (NAMI) Chicago	833-626-4244
Substance Abuse and Mental Health Services Hotline	1-800-662-HELP (4357) *
National Eating Disorder Association	1-800-931-2237 *
The Trevor Project	Supporting LGBTQ Health Text or call 866-4-U-TREVOR *
Love is Respect	text "LOVEIS" to 22522 or call 1-866-331-9474 to talk with a peer advocate to prevent and end abusive relationships *
YWCA Chicago Rape Crisis Hotline	888-293-2080 *

*Confidential ***Anonymous

If you or anyone you know has faced discrimination, harassment, sexual harassment, sexual misconduct, or retaliation based on one's disability, sexual orientation, gender or sex, or gender equity you can report this at school or report [online](#). Once you report something to us, we will help to make sure that you are safe and supported.

CPS Vision

Chicago Public Schools recognizes and values the importance of mental health supports and services for the well-being of our students, staff, and school communities.

We commit to promote, provide, and develop a robust continuum of care through the convergence of policy creation, behavioral health services, multi-tiered systems of social and emotional support, restorative practices, and community partnerships to advance a culture of mental health and wellness in equitable ways across the district.

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