

Family Advocacy Committee of IFN

Resource handout

Crisis

- If you feel like hurting yourself or others please call 911 or the national suicide hotline (1-800-273-8255) or go to your nearest emergency room
- Domestic violence Help-Line: 877-776-0755. ilcadv.org
- National Domestic Violence Hotline: 800-799-7233. thehotline.org
- A Safe Place located in Zion provides services to victims of domestic violence ranging from emergency shelter, transitional housing, legal aid and counseling among other services. 800-600-7233. asafeplaceforhelp.org
- Prairie State Legal Services is a non-profit civil pro bono legal support for those in need.
- Order of Protection Assistance: 847-360-6471

- IL Senior Helpline: 800-252-8966
- IL Elder Abuse & neglect Hotline: 866-800-1409
- Child Abuse Hotline and IL Department of Child and Family Services: 800-252-2873. state.il.us/dcfs
- Lake County State Attorney's Office: 847-377-3000



**you
are not
alone.**

**text SALAM
to 741741**

free. 24/7. confidential.

Sound Vision

SoundVision.com/CrisisLine

Khalil Center Crisis Hotline

- 855-543-5752 on scheduled days and hours.
- Monday : 10 pm to 12 am
- Tuesday: 5-7pm, 9 pm to 12 am.
- Wednesday: closed
- Thursday: 12-4 pm, 5-10 pm
- Friday: 9 am to 7 pm
- Saturday: 9 am to 11 am
- Sunday: closed

NASEEHA – Peer-to-Peer Support

- Helpline: 1 (866) 627-3342, available 7 days a week (3PM – 9PM EST).
- Naseeha provides an anonymous, non-judgmental, confidential and toll-free peer support helpline to listen to and be there for youth experiencing personal challenges and to support them in working through those challenges.
- Peer support cover topics such as Drugs and Alcohol, Bullying, Religion, Marriage and Divorce, Domestic Issues, Pornography, Mental Health, Bullying, Career or Work related issues.

ICNA Relief

- Crisis hotline:888-471-4262
- They offer muslim family services, disaster relief services and transitional housing to women, refugee services and others.

FAC Non-Crisis Helpline

If you, a family member or friend is in need of a non-urgent social/emotional help and support:

CALL FAC NON-CRISIS HELPLINE: 224-292-9619

This a confidential help-line that is available 24 hours per day, 365 days per year. We will help you connect with appropriate available resources.

Resources

- If you are an American Muslim and feel like you have been a victim of bigotry or hate please inform your local authorities (police) or contact the Council of American-Islamic Relations (www.CAIR.com) or Muslim Advocates (www.MuslimAdvocates.com).
- If you are overwhelmed emotionally and you are willing to see a professional and/or counselor you may go to www.PsychologyToday.com
- If you would like to see a Muslim health provider, The Institute of Muslim Mental Health's website has a directory of mental health providers. This directory is a very useful tool to help people find a counselor, therapist, psychologist, and/or psychiatrist throughout North America. www.MuslimMentalHealth.com
- Khalil center is a local social and spiritual community wellness center that utilized faith-based approaches. www.KhalilCenter.com
- ICNA Relief provides social services across the U.S to the underprivileged and those affected by natural disasters. They offer muslim family services including counseling, community education, free health clinics and women transitional homes.

2-1-1

- United way 2-1-1 is a free and confidential helpline that can be easily accessed, 24 hours per days, 365 days per year.
- Individuals reaching out to 2-1-1 are connected to highly-trained multilingual specialists, trained to resolve problems of all magnitudes.
- It provides information and referrals to connect individuals to eligible health and human services
- It provides access to essential services such as stable housing assistance, legal-consumer and public safety, utility assistance, food assistance, addiction/gambling assistance, employment assistance, healthcare/insurance, crisis/emergency counseling and more.