



Mental Health Resources for Students with Disabilities in Illinois

Family Matters Parent Training and Information Center (FMPTIC)

Crisis & Urgent Help (Available 24/7)

988 Suicide & Crisis Lifeline

Call or text **988** for immediate, confidential support from trained Illinois-based counselors.

CARES Crisis Line (Youth Mobile Response): 1-800-345-9049 — connects to youth mobile crisis response teams.

Illinois Warm Line: 1-866-359-7953 (Mon–Sat 8am–8pm) — peer support for emotional wellness.

211 Illinois: Dial 211 or visit 211Illinois.org to find mental health and family resources.

Statewide Programs and How to Access Care

Pathways to Success: Medicaid-funded behavioral health care for youth with complex needs.

Community Mental Health Centers: Provide counseling, crisis, and case management (see DHS Office Locator).

Resilience-Supportive Schools Illinois (RSSI): ISBE program for trauma-informed practices in schools.

Family Education, Advocacy & Support

NAMI Illinois: Free classes (Basics, Family-to-Family) and support groups statewide.

Mental Health America of Illinois (MHA): Screenings, webinars, and mental health resources.

Illinois Children's Mental Health Partnership (ICMHP): Policy and coordination body for children's mental health.

The Arc of Illinois Life Span Program: Navigation help for families of individuals with developmental and mental health needs.

Support Groups for Families

Virtual: NAMI Illinois online caregiver groups and DBSA Illinois (Depression & Bipolar Support Alliance).

In-Person: NAMI local affiliates and regional DBSA chapters. Search by ZIP on 211Illinois.org or PsychologyToday.com.

Key Illinois Laws and Student Rights

Behavioral Interventions (105 ILCS 5/14-8.05): Schools must use positive behavioral supports.

Restraint & Time-Out (23 Ill. Admin. Code §1.285): Permitted only in imminent danger situations.

Children's Mental Health Act (405 ILCS 49/15): Requires SEL policies and staff training.

Mental Health Days (Public Act 102-0321): Up to five excused days per school year.

IDEA & Section 504: Require schools to provide counseling, psychological, and social work services when needed for FAPE.

Contact FMPTIC for Help

Family Matters Parent Training and Information Center (FMPTIC)

Serving families across Illinois (outside the City of Chicago).

■ 1-866-436-7842 | ✉ ■ info@fmptic.org

■ www.fmptic.org

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