

Illinois Youth Survey 2026

Student Health Resources

Thank You for Participating in the Illinois Youth Survey!

While your responses are completely anonymous, the information you provide helps us better support young people across Chicago. **If you or your classmates are looking for resources related to topics covered on the survey, see below.**

Always remember that your principal, school social worker, school counselors, or nurse are a great place to start. They can help you learn more, connect you to help, and let you know more about programs at your school or in your local community.

Health Clinics

Chicago Healthy Adolescents & Teens

www.chataboutit.org

Broadway Youth Center

howardbrown.org/byc

Planned Parenthood (Sexual Health)

www.plannedparenthood.org

Find a **Free CPS School-Based Health Center** at
Schoolinfo.cps.edu/HealthCenters

Food Assistance and Nutrition

Chicago Food Bank

www.chicagosfoodbank.org/find-food **Northwest**

Food Partners

<https://northwestfoodpartnersnetwork.wordpress.com/need-food/>

MYPLATE | www.choosemyplate.gov

Alcohol and Substance Use

Substance Abuse and Mental Health Services

1-800-662-4357 | <https://www.samhsa.gov/find-help>

Quit smoking

1-800-QUIT-NOW | www.smokefree.gov

Overcome Opioids

1-833-2FINDHELP | overcomeopioids.org/

Services for LGBTQ+ Youth

LGBTQ+ Health Center on Halsted

1-773-472-6469 | www.centeronhalsted.org

Brave Space Alliance

1-872-333-5199 | www.bravespacealliance.org

The Trevor Project | Text START to 678-678

Trans Lifeline | 1-877-565-8860

Mental Health

If you have thoughts of depression, anxiety, loneliness, or suicide, know that you're not alone. Help is available. Talk with a trusted adult or call a hotline below.

National Youth Crisis Hotline

English: 1-800-448-4663

Español: 1-888-628-9454

National Suicide Prevention Lifeline

Call or text **988** | Llamada o mensaje de texto **988**

Español: 1-800-628-9454

Crisis Text Line | Text "START" to 741-741

NAMI Chicago | 833-626-4244

Please Stay | www.pleasestay.us

Healthy Relationships

One Love | www.joinonelove.org

Love Is Respect | www.loveisrespect.org

That's not Cool | www.thatstnotcool.com

Stop Bullying | www.stopbullying.gov

STOMP Out Bullying | www.stompoutbullying.org

Crisis Hotlines

National Domestic Violence Hotline | 1-800-799-7233

Chicago Rape Crisis Hotline | 1-888-293-2080

Between Friends | 1-800-603-4357

Chicago Domestic Violence Helpline | 1-877-863-6338

Resilience | 1-312-443-9603

Housing

A Safe Haven | 773-435-8300

La Casa Norte | 773-276-4900

Casa Corazon-Back of the Yards | 773-276-4900 ext. 251

Broadway Youth Center | 773.388.1600 ext. 9

Casa Corazón-Logan Square | 773-276-4900

The Night Ministry | thenightministry.org

Can't find a resource you're looking for?

Email us at OSHW@cps.edu