

## Resource Listing - Post-Election Mental Health Support for Youth

### Support for Youth

- Crisis Text Line  
<http://www.crisistextline.org>
- The Trevor Project  
<http://www.thetrevorproject.org>
- National Suicide Prevention Lifeline  
1-800-273-TALK (8255) and [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)
- To Write With Love On Their Arms  
<https://twloha.com>
- CARES Crisis Line, SASS Services – Illinois crisis mental health services program for children and adolescents  
1-800-345-9049 (voice), 773-523-4504 (TTY) and <http://www.dhs.state.il.us/page.aspx?item=64971>
- Crisis/Emergency Mental Health Providers across Illinois  
<http://www.dhs.state.il.us/page.aspx?item=30893>
- Center on Halsted  
<http://centeronhalsted.org>
- American Academy of Pediatrics “[Talking to Children About the Election](#)”

### Support for Family/Parents/Caregivers

- Look Through Their Eyes  
[www.lookthroughtheireyes.org](http://www.lookthroughtheireyes.org)
- Child Mind Institute  
<http://childmind.org/article/youre-worried-suicide>
- Parents.com  
[www.parents.com/toddlers-preschoolers/everything-kids/tips-for-talking-about-the-outcome-of-the-election-with-kids](http://www.parents.com/toddlers-preschoolers/everything-kids/tips-for-talking-about-the-outcome-of-the-election-with-kids)
- Today Show Segment:  
<http://www.today.com/parents/how-talk-your-kids-about-election-results-t104827>
- Huffington Post: What do we tell the children?  
[http://www.huffingtonpost.com/entry/what-should-we-tell-the-children\\_us\\_5822aa90e4b0334571e0a30b](http://www.huffingtonpost.com/entry/what-should-we-tell-the-children_us_5822aa90e4b0334571e0a30b)
- City of Chicago – Office of New Americans and 311 City Services  
[https://www.cityofchicago.org/city/en/depts/mayor/provdrs/office\\_of\\_new\\_americans.html](https://www.cityofchicago.org/city/en/depts/mayor/provdrs/office_of_new_americans.html) and 311
- Ann & Robert H. Lurie Children’s Hospital of Chicago  
KIDS DOC at 1-800-543-7362 and [www.luriechildrens.org](http://www.luriechildrens.org)
- Mount Sinai Hospital - Sinai BrightPath’s Under the Rainbow and St. Casimir Center  
Under the Rainbow: 1500 S. California, 773-257-4750 & St. Casimir Center: 2601 W. Marquette, 773-565-2550
- American Psychological Association: [How to Talk to Children About Difficult News](#)
- American Academy of Child & Adolescent Psychiatry:
  - [News and Children](#)
  - [When to Seek Help for Your Child](#)
  - [Stress Management and Teens](#)
  - [Role Models and Children](#)
  - [Anxiety and Children](#)
- National Institute of Mental Health  
[Suicide Prevention](#)
- [American Foundation of Suicide Prevention](#)

## Support for Professionals working with Youth

- Teaching Tolerance (resources for teachers)  
<http://www.tolerance.org/election2016>
- Human Rights Campaign (help for LGBTQ youth)  
<http://www.hrc.org/blog/after-election-lgbtq-youth-are-panicked-heres-what-we-can-do-to-help-them>
- Youth Suicide Prevention Program (information on youth suicide)  
[http://yspp.org/about\\_suicide/statistics.htm](http://yspp.org/about_suicide/statistics.htm)
- Illinois Safe Schools (resources for creating gender inclusive schools)  
<http://illinoissafeschools.org>

## Support for Media

- Recommendations for Reporting on Suicide  
<http://reportingonsuicide.org/>
- American Foundation for Suicide Prevention – Safe Reporting on Suicide  
<https://afsp.org/wp-content/uploads/2016/01/recommendations.pdf>
- Samaritans advice to journalists  
<http://www.samaritans.org/media-centre/media-guidelines-reporting-suicide/advice-journalists-suicide-reporting-dos-and-donts>

## Human and Civil Rights Organizations

### LOCAL

- Illinois Refugee Mental Health Task Force: volunteer task force committed to ensuring access and promoting awareness around mental health needs and services for refugees and immigrants in Illinois  
<http://www.ilmh.org/>
- Illinois Coalition for Immigrant and Refugee Rights  
<http://www.icirr.org/>
- Illinois Childhood Trauma Coalition (ICTC) Ad-hoc Committee for Refugee/Immigrant Children & Trauma: voluntary collaboration of organizations that tracks emerging trends, promotes education among professionals and the public, and offers support to a broad network of agencies that work with and for children and families who experience trauma [www.lookthroughtheireyes.org](http://www.lookthroughtheireyes.org)
- Illinois Business Immigration Coalition: provides a voice for Illinois businesses in support of common sense immigration reform that supports Illinois' economic recovery, provides Illinois companies with both the high-skilled and low-skilled talent they need, and promotes the integration of immigrants into our economy  
<http://www.illinoisbic.biz/>
- Illinois DREAM Fund: scholarships for undocumented students in Illinois  
[www.illinoisdreamfund.org](http://www.illinoisdreamfund.org)

### NATIONAL

- Young Center for Immigrant Children's Rights: works to protect the best interests of children who come to the U.S. on their own  
<http://theyoungcenter.org/>
- National Immigrant Justice Center: dedicated to ensuring human rights protections and access to justice for all immigrants, refugees and asylum seekers  
<http://www.immigrantjustice.org/>
- American Civil Liberties Union: works to defend individual rights and liberties guaranteed by the Constitution  
<https://www.aclu.org/action>
- National Immigration Law Center: dedicated to fighting for the rights of low-income immigrants through litigation, policy analysis and advocacy, and various other methods  
<https://www.nilc.org/get-involved/>
- National Immigration Forum: another leading immigrant advocacy group that offers various programs to integrate immigrants into the workforce and obtain citizenship  
<http://immigrationforum.org/about/>

- Lambda Legal: mission is to achieve full recognition of the civil rights of lesbians, gay men, bisexuals, transgender people, and those with HIV through impact litigation, education, and public policy work  
<http://www.lambdalegal.org/issues/transgender-rights>
- Anti-defamation League: fights against anti-Semitism and bigotry as one of the largest civil rights organizations in the country  
<http://www.adl.org/combating-hate/>
- Mexican American Legal Defense and Educational Fund (MALDEF) “[Immigrants’ Rights FAQs](#)” (English and Spanish)
- Border Angels: all-volunteer non-profit that advocates for immigration reform and social justice focusing on the U.S.-Mexico border  
<http://www.borderangels.org/>
- National Association for the Advancement of Colored People: works to promote the civil rights of people of color and to eliminate race-based discrimination  
<http://www.naacp.org/about-us/>
- NAACP Legal Defense Fund: fights for racial justice through litigation, advocacy and education  
<http://www.naacpldf.org/ways-get-involved>
- National Alliance on Mental Health (NAMI)  
[www.nami.org](http://www.nami.org) and NAMI Information Helpline 1-800-950-6264, In Chicago: 312-563-0445
- Immigrant Legal Resource Center
  - [Post-Election Talking Points](#)
  - [Instructions for Responding to Hate Crimes](#)
  - [Raids Document](#)
- National Immigrant Justice Center
  - [What to Do Next to Protect Immigrant Communities](#)
  - [Know Your Rights](#)

## Articles

- New York Times: [Breathe. Exhale. Repeat: The Benefits of Controlled Breathing](#)
- Huffington Post: [Talking to Your Kids About the Election](#)
- CNN: [How Do You Talk to Your Kids About the Election?](#)
- Today.com [How to Talk to Your Kids About the Election Results](#)
- Washington Post: [How to Explain the Election Without Panicking the Kids](#)
- New York Times: [Parents Navigate Tears and Cheers as Kids React to Election](#)
- New York Magazine: [An Overlooked Consequence of Trump’s Rhetoric: Kids With Autism Are Taking It Literally](#)