



National and Local Hot/Helplines

Everyone deserves to be in safe, healthy relationships. If you or someone you know may be in an abusive relationship, a path to safety exists. Get help.

If you are in immediate danger, call 9-1-1

National Domestic Violence Hotline.....	800-799-SAFE [7233]
National Domestic Violence Hotline.....	800-787-3224 [TTY]
National (Teen) Dating Abuse Helpline.....	866-331-9474
City of Chicago/ IL Domestic Violence Helpline.....	877-863-6338 [TTY – 6339]
Between Friends Crisis Hotline.....	800-603-HELP [4357]
Life Span Hotline.....	312-375-8400
WINGS Emergency Shelter & Crisis Line.....	847-221-5680

Other Sources of Help

Life Span [Counseling].....	847-824-0382
Life Span [Legal Services].....	312-408-1210
WINGS [Emergency Shelter & Crisis Line].....	847-221-5680
WINGS [Housing and Counseling].....	847-519-7828
WINGS [Hospital Team Member].....	847-651-9092/6934