

How Can I Take Care of Me?

Navigating a Domestic Relations case, and the changes in your household that goes along with it, is not easy. For most litigants, this process is stressful; and that stress can take a toll on your emotional, mental, or even physical health. It is therefore important to remember to take care of yourself during this process.

Day-to-Day Health and Wellness Practices

- Exercising, eating healthy, and getting plenty of sleep
- Stress-management techniques (i.e. yoga, deep breathing exercises, or meditation)
- Using free or low cost online resources to help you kick-start these healthy habits (i.e. Happify, Headspace, Insight Timer, etc.)

Finding a Mental Health Professional

The National Alliance on Mental Illness (NAMI) operates a helpline in Chicago to direct you to local mental health professionals who are best equipped to serve your needs.

Call: 1 (312) 563-0445 (English & Spanish)

Email: info@namichicago.org (English) or espanol@namichicago.org (Spanish)

Hours: Monday-Friday from 9:00am-5:00pm

24/7 Crisis Intervention

There are trained professionals you can reach out to in a crisis who do not provide on-going clinical support, but who can talk you through a tricky moment and get you the help you need.

Call: National Suicide Prevention Hotline

1 (800) 273-8255 (English)

1 (800) 628-9454 (Spanish)

1 (800) 799-4889 (Deaf & Hard of Hearing)

Text: Text HOME to 741741 (English)

Online: Go to www.contact-usa.org/chat.html and click on “Chat Now” to start a conversation with a crisis counselor.

National Hope Helpline

1 (800) 784-2433 (English & Spanish)

Resources Available for Your Children

- Children and Teens Speak – a free four-hour session designed to help your children cope with the stress of a Domestic Relations Case. This program is available for kids ages 5-17. Ask your judge for more information and a referral to the program.
- You can also contact the counselors, social workers, or psychologists at your child’s school to identify local resources (i.e. Rainbows for all Children) available to help your children understand the transition occurring in your household.