



**Thousand Waves**  
 Martial Arts & Self-Defense Center, NFP

1220 W. Belmont, Chicago, IL 60657  
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 www.thousandwaves.org

**Referral numbers:**

*Note: TTY is for people who have a hearing disability*

If someone needs help immediately.....**911**  
 City of Chicago general help line.....**311**

<b>Domestic Violence</b>	
Illinois DV Hotline (24/7, multilingual) TTY	1-877-TO-END-DV (863-6338) 1-877-863-6339
Between Friends Hotline for Chicago/Illinois	1-800-603-HELP (4357)
National DV Hotline TTY	1-800-799-SAFE (7233) 1-800-787-3224
<b>Sexual Assault</b>	
Chicago Rape Crisis Hotline	1-888-293-2080
Rape Victim Advocates (9-5 M-F)	312-443-9603
<b>Rape/Abuse/Incest</b>	
RAINN hotline (national 24/7 hotline)	1-800-656-HOPE (4673)
<b>Child Abuse</b>	
National Child Abuse Hotline	1-800-4-A-Child (422-4453)
<b>Runaways</b>	
National Runaway Switchboard TDD	1-800-621-4000 1-800-621-0394
<b>Suicide</b>	
National Crisis Help Line	1-800-SUICIDE (784-2433)
<b>LGBTQ</b>	
Gay, Lesbian, Bisexual, and Transgender National Hotline	1-888-843-4564
Gay, Lesbian, Bisexual, and Transgender Helpline	1-888-340-4528
Chicago area 24-Hour Crisis Hotline <i>(Operated by Center on Halsted; live support 9-5 M-F; otherwise leave a voicemail and get a response within 1 business day)</i>	1-773-871-CARE (2273)
<b>Elder Abuse</b>	
Adult Protective Services of Illinois	1-800-252-8966
<b>Homelessness</b>	
Chicago Health & Human Services/Homeless Outreach <i>(Monday – Thursday 8:30 – 4:30)</i>	311
Teen Hotline <i>(operated by Teen Living)</i>	1-866-803-8336 ext 10
<b>Substance Abuse</b>	
National Center for Substance Abuse Treatment	1-800-662-HELP (4357)

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