Chicago Public Schools



MENU

Mental Health

CPS recognizes and values the importance of mental health support and services for the well-being of our students, staff, and school communities.

ON THIS PAGE

Supporting Student Wellness

Frequently Used Resources

Our Framework for Supporting Mental Health

Find Mental Health Services in Your Community

Additional Mental Health Resources

Chicago Public Schools

School Policy

Supporting Student Wellness

We are committed to promoting, providing, and developing a robust continuum of care through the convergence of policy creation, behavioral health services, multi-tiered systems of social and emotional support, restorative practices, and community partnerships to advance an equitable culture of mental health and wellness across the district.

Update on the Telemental Health Pilot: Beginning in March 2025, Chicago Public Schools participated in a telemental health pilot program with Hazel Health, providing over 450 CPS high school students access to more than 2,600 high-quality teletherapy visits at no cost. The pilot concluded on June 30, 2026. While the pilot has ended, our long-standing mental health services continue to be available.

Frequently Used Resources

Chicago Services Resource Guide

Find mental health services in the Chicago area with our community resource guide. While many listed providers offer free or sliding-scale options, please contact them directly to confirm payment details.

VIEW GUIDE

School-Based Health Centers Map

Located in or near schools, school-based health centers provide primary care to students at no out-of-pocket cost. Most services require parent or caregiver consent. Call ahead to make an appointment.

VIEW MAP

Chicago Public Schools

Clinics Map

The Chicago Department of Public Health (CDPH) operates 7 Mental Health Clinics and offers mental health services at three City of Chicago libraries.

FIND A CLINIC

Our Framework for Supporting Mental Health

Our school-baed mental health services are framed within the District's Multi-Tiered Systems of Support (MTSS) approach to meet students where they are.

Tier 1: Prevention & Awareness

This programming focuses on building a safe, informed, and proactive school culture for all students across the district. Our universal approach includes the integration of district-wide social and emotional learning (SEL) frameworks alongside classroom-based health education modules dedicated to mental health and substance use awareness. Additionally, the District provides mental health awareness workshops/trainings for students, families, and staff, which cover critical topics such as Mental Health First Aid, healthy relationships, suicide prevention, and overdose awareness.

Tier 2: Targeted Interventions

These services focus on mental health monitoring and targeted interventions for students requiring additional care. Services are primarily delivered in small group settings by qualified professionals within the school.

Tier 3: Individualized Supports

These services provide one-on-one support and crisis intervention for students who need individualized support. These services are delivered by qualified professionals.

CHICAGO SERVICES RESOURCE GUIDE

The resource guide helps the CPS community in accessing mental health services across the Chicagoland area. Many listed providers offer free or sliding-scale services; however, families should contact providers directly to confirm payment details.

SCHOOL-BASED HEALTH CENTERS

Located in or near schools, these sites provide primary care to students at no out-of-pocket cost. Most services require parent or caregiver consent. Call ahead to make an appointment.

CITY OF CHICAGO MENTAL HEALTH CLINICS

The Chicago Department of Public Health (CDPH) operates 7 Mental Health Clinics and offers mental health services at three City of Chicago libraries.

2-1-1 METRO CHICAGO

Free, 24-hour health and social service support for non-emergency crises and everyday needs. Call 2-1-1 or text your ZIP code to 898-211.

ILLINOIS MENTAL HEALTH COLLABORATIVE (WARM LINE)

Call 866-359-7953 for confidential, free support from professionals with lived experience in mental health or substance use recovery, and for referrals to mental health services.

Additional Mental Health Resources

- Crisis & Suicide Prevention Resources +
- Mental Health Resources for Everyone +
- Student Wellness Resources +
- Resources for Caregivers +

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CPS Staff Resources

New Administration Wellbeing Guidance

View a list of resources and guidelines on supporting the mental well-being of staff, students, and families amid policy changes from the new presidential administration.

LEARN MORE

Medicaid Enrollment Assistance

Medicaid health insurance in Illinois provides eligible children greater access to licensed mental health providers. The CPS Office of Student Health and Wellness can help families enroll in and renew public health benefits. Call 773-553-KIDS (5437) or submit a Healthy CPS Assistance Request Form.

Learn more about how we can help your family apply for and renew other public benefits.

Supporting Priority Student Groups

Our commitments to equity and meeting all students are reflected within the targeted supports available to high-need student groups.

our LGBTQ+ Supportive Environments page.

CPS is also committed to supporting the mental health of our students in temporary living situations (STLS). CPS schools and networks provide assistance in removing barriers to qualified students, including the provisions of services such as transportation, school uniforms, school supplies, fee waivers, and referrals to community resources. For more information, please review our STLS page, call 773-553-2242, or email STLSInformation@cps.edu.

School Policy

CPS adopted the Comprehensive Mental Health and Suicide Prevention Policy in March 2022. This policy establishes a comprehensive approach to mental health, suicide awareness, and prevention that is applied consistently throughout the district.

Our students' well-being and mental health are our top priority at CPS. That is why, since 2022, every student has been allowed **five mental health days** for each school year. Mental health days are **excused absences**. Parents and guardians can enter their student's mental health days into the Aspen Parent Portal via E-Absence, just like any other excused absence.

CPS adopted the Comprehensive Student Substance Use Prevention and Intervention (K-12) Policy in July 2024. This policy ensures schools are in compliance with Illinois laws, ISBE standards, and best practice strategies for prevention education, student substance use intervention, and school opioid intervention procedures.

Student Health and Wellness

MENTALHEALTH@CPS.EDU

Was this page helpful?

YES NO

CHICAGO

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