Cook County Sheriff's Office
Firearms Restraining Order (FRO) Program

Mental Health Support

Finding the right mental health support can feel overwhelming. Whether you need support for yourself or a loved one, we're here to help you find the right resources and take the next steps.

The Mental Health Liaison is available to connect individuals to the mental health support they need, provide a trauma informed approach and encourage the importance of mental health care by providing consistent follow-up to ensure individuals are connected to services.

Overview of Services

- Connect with mental health and wellness resources.
- Provide information on available community services.
- Assistance with mental health referrals.
- Provide guidance and follow-up throughout the referral process.

Mental Health Support & Resources

Need Immediate Help in an Emergency? Call 911

- Crisis Text Line: Text HOME to 741741
- 988 Suicide and Crisis Hotline (24/7): Call or Text 988
- NAMI Illinois Helpline: Call 1-800-950-6264 or text HELPLINE to 62640
- Illinois CARES Hotline: Call 1-800-345-9049
- Veterans Crisis Line: Call 988, then press 1 or text 838255
- SAMHSA National Helpline: Call 1-800-662-4357
- National Domestic Violence Hotline: 1-800-799-SAFE (7233)
- National Sexual Assault Hotline: 1-800-656-HOPE (4673)
- Trevor Project LGBTQ+: 1-866-488-7386

If you have any questions or would like to be connected to the Mental Health Liaison, please contact:

Jessica Ocegueda, MSW, LSW
Mental Health Liaison
Cell: 312-859-3408
Jessica.ocegueda@ccsheriff.org

Visit Us!

For all general inquiries please email us at CCSO.FROs@ccsheriff.org