

Mental Wellness in Stressful Times – Resources & Support

Illinois Call4Calm Text Line If you or a loved one are struggling with stress related to the COVID-19 pandemic and need emotional support, text TALK to 552020 for English or HABLAR for Spanish. This service is free and available 24 hours a day, seven days a week. People seeking assistance will remain anonymous and will provide only their first name and zip code, which links you to a counselor in your area who is knowledgeable about available local resources.

Illinois Warm Line If you or one of your family members has mental health and/or substance use challenges and would like to receive support by phone, call the Illinois Warm Line at 866-359-7953. Wellness Support Specialists are professionals who have experienced mental health and/or substance use recovery in their own lives. They are trained in recovery support, mentoring, and advocacy and are ready to listen and support you. Hours of Operation: Monday through Friday, 8am-8pm except holidays

NEW - Mental Health Support Line: Illinois launched a new [Remote Patient Monitoring Program](#) to reduce barriers to health and mental health services for Illinois residents, with a focus on underserved communities and those most at risk during the COVID-19 pandemic.

National Suicide Prevention Hotline (24 hour) If you or a loved one are experiencing a mental health crisis, call the [National Suicide Prevention Lifeline](#) at: 1 (800) 273-TALK (8255). Caring staff will connect you with a nearby crisis center.

Crisis Text Line The [Crisis Text Line](#) serves anyone, in any type of crisis, 24-hours a day. Text HELLO to: 741741. Trained crisis counselors will respond and help you.

CARES Line (24 hour) If your child is a risk to themselves or others, having a mental health crisis, or if you would like a referral to services for children, youth, and families, call the 24 hour Crisis and Referral Entry Services (CARES) line to talk to a mental health professional. Call: 1 (800) 345-9049 TTY: 1 (773) 523-4504

Illinois Helpline for Opioids & Other Substances If you or someone you know is suffering from an opioid use disorder or other substance use disorders, call the Illinois Helpline for Opioids and Other Substances at 1-833-2FINDHELP to speak with a trained professional for support and advice or to be directed to customized resources or visit [HelplineIL.org](#).

We Know The Feeling (Problem Gambling) If you or someone you know is suffering from gambling disorder, call 1.800.GAMBLER, text ILGAMB TO 53342, or visit [weknowthefeeling.org](#) to be connected to resources and treatment programs.

SAMHSA National Helpline [SAMHSA - Substance Abuse and Mental Health Services Administration](#)
Confidential treatment referral and information service, 24 hours a day 7 days a week. 1-800-622-4357 (HELP)

National Runaway Safeline This 24-hour 7 day a week national Safeline is for youth at risk of running away or already have and are looking for help. 1-800-Runaway (786-2929) or text: 66008

Veteran's Crisis Line: To reach caring, qualified responders within the Department of Veterans Affairs connect with the Veterans Crisis Line. Many are Veterans themselves. Free confidential, available 24/7, and serves all veterans, service members, National Guard and Reserve, and their families and friends. Call 1-800-273-8255 or Text: 838255, Support for deaf and hard of hearing: 1-800-799-4889. Online Chat: <https://www.veteranscrisisline.net/>

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