

COMMUNITY MENTAL HEALTH

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 enables the service to link 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. The Warm Line is not a crisis hotline, but is a source of support as you recover or help a family member to recover.

Hours of Operation: Monday through Friday, 8am-5pm except holidays

National Suicide Prevention Hotline (24 hour)

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

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.

Screening, Assessment, and Support Service (SASS)

SASS provides intensive mental health services for children and youth who may need hospitalization for mental health care. SASS will also provide crisis intervention, linkage, and coordination of services to other community-based mental health agencies for aftercare and outpatient treatment. SASS services are available by calling the Crisis and Referral Entry Services (CARES) line. (800) 345-9049

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](https://www.helplineil.org).

ISBE- Where to Get Help (Meals, Unemployment, Childcare, Immigration, Health Care, etc)

English <https://www.isbe.net/Documents/COVID-19-Flyer.pdf>

Spanish <https://www.isbe.net/Documents/COVID-19-Flyer-SP.pdf>

Arabic https://www.isbe.net/Documents/COVID-19-Flyer-ISBE-LOGO-5.21.20_AR.pdf

Urdu https://www.isbe.net/Documents/COVID-19-Flyer-ISBE-LOGO-5.21.20_UR.pdf

Polish https://www.isbe.net/Documents/COVID-19-Flyer-ISBE-LOGO-5.21.20_PL%20Final.pdf

Add: 157-C Wellness Newsletters

Add_ 157-C Community Resource Guide

For additional resources, please reach out to building social workers or psychologist.