

Illinois Mental Health Resources

Suicide Prevention Lifeline

(800) 273-TALK (800-273-8255) or (800) SUICIDE (800-784-7433)

National Alliance on Mental Health Information Line

(800) 950-NAMI (6264)

Alcohol and Drug Helpline

(800) 821-4357

CDC Coronavirus Page

www.cdc.gov/coronavirus/2019-ncov/index.html

- Symptoms
- Caring for yourself and others
- Daily life and coping
- Podcasts

World Health Organization

<https://www.who.int/>

- Statistics
- Information on scams
- Technical guidance
- Research

Illinois Department of Public Health

www.dph.illinois.gov/topics-services/...

- Statistics
- FAQs
- Community Guidance
- Executive Orders and rules

National Alliance on Mental Health

nami.org/Blogs/NAMI-Blog/March-2020/...

- Mental health guidance and ideas

COVID 19 Mental Health Resource Hub

psychhub.com/covid-19

- Resources and videos from a variety of mental health agencies

Illinois Mental Health Collaborative

www.illinoismentalhealthcollaborative.com/consumers/...

- Miscellaneous resources and information

Illinois Department of Human Services

The Illinois Department of Human Services has launched a support line called Call4Calm that is reachable via text. Individuals who want to speak with a mental health professional can text the word "TALK" or "HABLAR" (for Spanish speakers) to 552-020. Within 24 hours, that individual will receive a call from a mental health professional employed by a local community health center.

People can also text other terms, like "unemployment" or "food" or "shelter" to the same number to receive information on how to navigate and access supports and services. Call4Calm is free, and individuals who use it can remain anonymous.