

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/...](http://www.dph.illinois.gov/topics-services/)

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

Call4Calm is a free service for Illinois residents that allows callers to speak to a mental health care professional about disability, unemployment, rent, or anything else they may need. Text the word “TALK” to 552020 to receive a call back within 24 hours.

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