

FREE Resources for Mental Health Support and Connection

National Suicide Prevention Hotline

If you or a loved one are experiencing a mental health crisis, you may call the 24-hour National Suicide Prevention Lifeline at:

Call: 1 (800) 273-TALK (8255)

Caring staff will connect you with the closest possible crisis center in your area.

For more information and resources, visit: <https://suicidepreventionlifeline.org>

The Trevor Lifeline

The Trevor Project is a national organization that provides crisis intervention and suicide prevention services to LGBTQ+ people 13 to 24 years old. The Trevor Lifeline offers immediate help to those in crisis.

Call: 866-488-7386

Hours: 24/7

Text: Trevor to 202-304-1200

Hours: M – F, 2 p.m. to 9 p.m. CT

For more information and resources, visit: <https://www.thetrevorproject.org>

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.

For more information and resources, visit: <https://www.crisistextline.org>

Boys Town National Hotline

Boys Town National Hotline is a 24-hour crisis, resource and referral line staffed by highly-trained counselors who can respond to your questions about family and school problems, pregnancy, suicide, chemical dependency, sexual and physical abuse. They also have a chat room staffed with trained counselors.

Call 1-800-448-3000

24 hours a day/7 days a week.

For more information and resources, visit: <https://www.boystown.org/hotline/Pages/default.aspx>

Covenant House “NineLine” Hotline

This is a general hotline for teens with any kind of problem – from substance abuse to family and school problems to relationships, The Covenant House’s expertise is in dealing with homeless and runaway youth.

Call: 1-800-999-9999
24 hours a day/7 days a week.

For more information and resources, visit: <https://www.covenanthouse.org/homeless-shelters>

CARES Line

You may use the 24 hour Crisis and Referral Entry Services (CARES) line to talk to a mental health professional 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: 1 (800) 345-9049
TTY: 1 (773) 523-4504

The Illinois Warm Line

The Illinois Mental Health Collaborative for Access and Choice is pleased to announce the Warm Line!

*Sometimes what is needed most in difficult times is someone to talk to:
Someone who listens and understands.*

The Warm Line is an opportunity in Illinois for persons with mental health and/or substance use challenges and their families to receive support by phone. Wellness Support Specialists are professionals who have experienced mental health and/or substance use recovery in their own lives. They have been 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.

- **Call: 1 (866) 359-7953**
- Hours of Operation: Monday through Friday, 8am-8pm except holidays
 - From the main menu, select option #2

For more information, visit: <https://ipha.com/content/uploads/Warm%20Line%20Flyer%205.25.16.pdf>

Teen Line: Teens Helping Teens

Teen Line offers peer support to adolescents experiencing a wide range of problems, including substance abuse, pregnancy, bullying, depression and suicide. Teen Line responders are teenagers with

specialized training who will listen to your problems, explain the options available to you and refer you to helpful community resources.

Call: 800-852-8336

During Covid, being answered by Didi Hirsch's Suicide Prevention Center. To talk to a teen, text or email the help line

Text: Teen to 839863

More contact information and resources can be found at: <https://teenlineonline.org/talk-now/>

Hours: Every night from 6 p.m. to 10 p.m. PST

LGBT National Hotline

The Lesbian, Gay, Bisexual and Transgender National Hotline offers one-on-one support, information and local resources to members of the LGBTQ+ community. The free and confidential hotline helps callers of all ages with mental health problems, coming-out concerns, relationship problems, bullying and more. You can also call to find LGBT-friendly support groups, religious organizations and sports leagues.

Call: 888-843-4564

Hours: Monday through Friday, 4 p.m. to 12 a.m. EST, Saturday, 12 p.m. to 5 p.m. EST

For more information and resources, visit: <https://www.glbthotline.org>

Illinois Call 4 Calm

Free emotional support text line where you can speak with a mental health professional.

Text "TALK" to 552020

"HABLAR" for service in Spanish to the same number 552020.

SAMHSA Disaster Distress Helpline

The Substance Abuse and Mental Health Services Administration (SAMHSA) Disaster Distress Helpline provides crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories. Stress, anxiety, and other depression-like symptoms are common reactions after a disaster.

Call: 1-800-985-5990

Text: TalkWithUs to 66746

Hours: 24/7, 365 days a year

Illinois Department of Public Health Covid-19 Hotline

For general questions about Covid-19 response and guidance, call the IDPH Covid hotline at:

Call: 1 (800) 889-3931

Email DPH.SICK@Illinois.gov

COVID-19 Public Communication

To receive daily updates about COVID-19 from the Illinois Department of Public Health, all Illinoisans with a mobile phone can opt-in.

To opt-in:

Text the word COVID to 312-500-3836

Para recibir mensajes en español con consejos de prevención, envíe el texto COVID ESP al 312-500-3836

You will receive a welcome message from IDPH and a second text letting you know you will receive updates about COVID-19 in Illinois from the code 36363 you will also receive a link to the IDPH Frequently Ask Questions page. You will receive COVID-19 texting twice a day, once in the morning, and once in the evening.

You can opt-out of receiving messages at any time by texting STOP to reply.

Terms: <https://riproad.com/idph/terms/>

Mental Health America of Illinois

Many kids and adolescents suffer from depression, anxiety, and eating disorders. Some inflict harm upon themselves. These problems change the way you think, feel, and act. They can even change your physical health. If you think you are experiencing any of these symptoms and would like more information or help, contact Mental Health America of Illinois.

Call: (312) 368-9070

For more information and resources, visit: www.mhai.org

SAMHSA's National helpline

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

Call: 1 (800) 662 – HELP (4357)

For more information and additional resources, visit: <https://www.samhsa.gov/find-help/national-helpline>

The National Runaway Safe line:

24-hour 7 day a week national Safeline is for youth at risk of running away or already have and are looking for help.

Call: 1-800-Runaway (786-2929)

Text: 66008

For more information, visit: <https://www.1800runaway.org>

Human Trafficking:

Free and confidential support for individuals who are a victim of human trafficking available 24 hours a day 7 days a week.

Call: 1-800-559-SAFE (7233)

For more information, visit: <https://www.centerforpreventionofabuse.org/lets-start-the-conversation/human-trafficking-services/>

Cyber Bullying

The E-Info Hotline provides assistance to kids, teens, parents and teachers coping with cyberbullying and Internet safety Issues.

Call: 1 (888) 414 – 7678

E-mail: e-info@atg.state.il.us

For more information or resources, visit: <https://illinoisattorneygeneral.gov/cyberbullying/index.html>

Basic Needs

If your family is in need of clothing, shelter, food, or economic assistance, you can contact the Illinois Department of Human Services

Call: (312) 368- 9070

Or: 1 (833) 234 – 6343

For more information or resources, visit: <http://www.dhs.state.il.us/page.aspx>

Drugs & Alcohol

Al-Anon Family Groups (Alcohol)

Al-Anon Family Groups offers a supportive community for teens and adults affected by another person's alcoholism. People attend Al-Anon and Alateen meetings to share support, coping strategies and stories of hope with others who are suffering because of a friend or family member's addiction. Call the Al-Anon hotline to find meetings in your area.

Call: 888-425-2666

Hours: 24/7

Nar-Anon Family Group (Drug Addiction)

Nar-Anon Family Groups is a fellowship for people affected by a loved one's drug addiction. Nar-Anon hosts weekly meetings where members discuss the challenges of addiction and share support. Members learn the Twelve Steps of Nar-Anon, which can help them cope with personal problems related to a friend or family member's addiction. Call the Nar-Anon hotline to locate meetings in your community.

Call: 800-477-6291

Hours: Monday through Thursday, 9 a.m. to 5 p.m. PST, Friday, 9 a.m. to 3 p.m. PST

The National Domestic Violence Hotline

The National Domestic Violence Hotline provides vital support to people experiencing relationship abuse or domestic partner violence. Trained staff members offer education, emotional support, helpful resources and referral services. The hotline is open to victims of abuse and friends or family members who have questions about domestic violence.

Call: 800-799-7233

Hours: 24/7

For more information and resources, visit: <https://www.thehotline.org/contact/>

The Childhelp National Child Abuse Hotline

The Childhelp National Child Abuse Hotline is dedicated to preventing child abuse. Professional crisis counselors provide crisis intervention, information and referrals to emergency, social and support services. The hotline, which serves the United States and Canada, offers help in more than 170 languages. All calls are free and confidential.

Call: 800-422-4453

Hours: 24/7

For more information and resources, visit: <https://www.childhelp.org/hotline/>

National Eating Disorders Association

The National Eating Disorders Association provides a toll-free helpline to connect people with resources, information, or referrals to national and local treatment providers.

Call: 1-800-931-2237

Available Monday through Friday, 10:30 a.m. to 6:30 p.m. Central Standard Time

For more information and resources, visit: <https://www.nationaleatingdisorders.org/help-support>

S.A.F.E. Alternatives

Self-injury is known by many names, including self-abuse, cutting, self-mutilation, or deliberate self-harm. S.A.F.E. Alternatives is a nationally recognized group that provides counseling, treatment referrals, and resources if you need help. This toll-free 800 number is an information line, but hotline information is available on the S.A.F.E. website.

Call: 1-800-DONTCUT (366-8288)

Available Monday through Friday, 8:00 a.m. to 4:00 p.m. Central Standard Time

For more information and resources, visit: <https://selfinjury.com/resources/faqs/>

Illinois Poison Center

4/7/365 IL Poison Center Expert Helpline: call with questions and/or treatment recommendations re: exposure to a potentially harmful substance...no question/issue is too big or too small, just call!

Call: 800-222-1222

Other Resources provided by the Illinois Poison Center:

- “My Child Ate...” online resource for most common substances for pediatric exposures (to potentially harmful substances): <https://www.illinoispoisoncenter.org/my-child-ate>
- Videos, Activity Sheets and Games for kids of all ages: https://www.illinoispoisoncenter.org/Multimedia_Center
- Free online Poison Prevention Education Course: https://www.illinoispoisoncenter.org/Poison_Prevention_Education
- Text-To-Save: <https://www.illinoispoisoncenter.org/text-to-save-18002221222>
- Hand Sanitizer Safety: <https://www.foxnews.com/health/coronavirus-panic-buying-diy-hand-sanitizer-avoid-mixing-ingredients>
- Free online Poison Prevention Education Course and materials: https://www.illinoispoisoncenter.org/Poison_Prevention_Education
- Cannabis and Vaping:
 - [Cannabis 101: Unintended consequences of unintentional exposures in youngsters](#)
 - [Cannabis 101: Vaping](#)

For more information and resources, visit: <https://www.illinoispoisoncenter.org/my-child-ate>