

## Help is Here: Talk to Someone

### 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.

### 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.

## **National Hotlines**

- National Helpline | [SAMHSA - Substance Abuse and Mental Health Services Administration](#)
- Free and confidential treatment referral and information service available 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 of them are Veterans themselves. This free support is 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 is Available: <https://www.veteranscrisisline.net/>