

**Ben Gordon Center/NM 24-hour Crisis Line 1-866-242-0111** - a first contact for immediate assistance in mental health emergencies.

**Safe Passage 24-hour Crisis Line 1-815-756-5228** – for victims and survivors of domestic violence or sexual assault

**United Way 211 Line** - is available 24/7 to make referrals to health and human service agencies. Simply call: **211**

**Addiction & Recovery Resources** - <https://www.samhsa.gov/sites/default/files/virtual-recovery-resources.pdf>

The Illinois Department of Human Services, Mental Health Division has launched a free-of-charge emotional support text line, Call4Calm, for IL residents experiencing stress and mental health issues related to COVID-19. Individuals who would like to speak with a mental health professional can text “TALK” to 5-5-2-0-2-0, or for Spanish, “HABLAR” to the same number: 5-5-2-0-2-0. Call4Calm is free to and anonymous. Once a resident sends a text, within 24 hours they will receive a call from a counselor employed by a local community mental health center. Individuals can also text 5-5-2-0-2-0, with keywords such as “unemployment” or “food” or “shelter” and will receive information on how to navigate and to access supports and services.

**NAMI Family Support Groups and NAMI Connection Support Groups:**  
<https://www.namikdk.org/programs>

**"For the general public, the mental health effects of COVID-19 are as important to address as are the physical health effects. And for the one in five who already have mental health conditions – or the one in two who are at risk of developing them – we need to take personal, professional, and policy measures now to address them. ... "** (Source: Mental Health America) for current information and resources from Mental Health America ([www.mhanational.org/covid19](http://www.mhanational.org/covid19)).

**Coronavirus Anxiety: Coping with Stress, Fear, and Worry.**  
<https://www.helpguide.org/articles/anxiety/coronavirus-anxiety.htm>

**Centers for Disease Control and Prevention Stress and Coping:**  
<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

## **From helpguide.org “Dealing with Uncertainty During the Coronavirus Pandemic:**

Stay informed but don't obsessively check the news.

Stick to trustworthy sources (CDC, WHO, DeKalb County Health Department)

Limit how often you check for updates

Step away from the media when overwhelmed

Focus on the things you can control

Personal health decisions

Plan for what you can – It is difficult to plan when in unknown times and it's okay to acknowledge that!

Don't get hung up on perfect, but think of possible solutions to worries that will help you get by.

Focus on concrete things you can problem solve

When you start spiraling into negativity or panic, ground yourself – bring attention to breath and body, focus on the here and now – notice sights, sounds, smells and what your body is feeling. Continue to breath slowly in and out until you feel calmer. It sounds simple, but it works!

Stay connect, event when physically distant

Stay in touch with friends and family – however you can while maintaining safety, phone calls, texts, video chats, social media, handwritten letters. If you don't have someone to turn to, reach out to a crisis line or local mental health provider to build social contact.

It sounds simplistic, but take care of yourself

Be kind to yourself

Maintain a routine, as best as you can

Do activities you enjoy, and don't compare those activities to others

Get out in nature, if possible

Find ways to exercise

Help others – Check in, safely with those you can, donate, volunteer, send notes, put up signs, cheer on others, little acts have big results.