

# Hotline & Helpline Resources

## **Illinois Warm Line: 866-359-7953**

If you or one of your family members has mental health and/or substance use challenges and would like 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 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): 1 (800) 273-TALK (8255)**

If you or a loved one are experiencing a mental health crisis, you may call and talk to caring staff who will connect you with the closest possible crisis center in your area.

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## **Crisis Text Line:** 741741 TEXT HELLO

The Crisis Text Line serves anyone, in any type of crisis, 24-hours a day. Trained crisis counselors will respond and help you.

## **CARES Line (24 hour)** 1 (800) 345-9049 TTY: 1 (773) 523-4504:

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:

## **Illinois Helpline for Opioids & Other Substances:** 1-833-2FINDHELP

If you or someone you know is suffering from an opioid use disorder or other substance use disorders, call to speak with a trained professional for support and advice or to be directed to customized resources or visit [HelplineIL.org](http://HelplineIL.org).

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**National Helpline | SAMHSA - Substance Abuse and Mental Health Services Administration:** 1-800-622-4357 (HELP)

Free and confidential treatment referral and information service available 24 hours a day 7 days a week.

**National Runaway Safeline:** 1-800-Runaway (786-2929) or text: 66008

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.

**Veteran's Crisis Line:** 1-800-273-8255 or Text: 838255 TTY 1-800-799-4889

Reach caring, qualified responders within the Department of Veterans Affairs - 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. Online Chat is available:

<https://www.veteranscrisisline.net/>

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## **National Domestic Violence Hotline(24/7): 1-800-799-7233 or TTY 1-800-787-3224**

Anyone who is experiencing domestic violence and/or abuse, plus anyone concerned about a friend, family member or loved one can call. They offer support in more than 200 languages, and offer a confidential, secure online chat. <https://www.thehotline.org/>. Text LOVEIS to 22522

## **Friendship Line: 1-800-971-0016**

Institute on Aging's 24-hour toll-free is the only accredited crisis line in the country for people aged 60 years and older, and adults living with disabilities. The Friendship Line is both a crisis intervention hotline and a warmline for non-emergency emotional support calls.

## **Trevor Project Hotline (LGBTQ+): 1-866-488-7386 or**

Text line: Text "START" to 678678

Online chat available: <https://www.thetrevorproject.org/>