



# Stay Apart / Pull Together

## Help is a Phone Call Away

Riverside's first responders are reporting an increasing number of calls to address mental health and substance use-related issues. As we remain inside to protect ourselves and others from the spread of COVID-19, fear, uncertainty, and other stressors can take their toll. Compiled below are a list of government resources to assist those who are struggling. As always, call Riverside Police and Fire departments in case of emergency.

### *Crisis Text Line*

Popular with teens and young adults, 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.

### *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, 8 a.m. to 5 p.m. (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.

### *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.

### ***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 (1-833-234-6343) to speak with a trained professional for support and advice or to be directed to customized resources or visit [HelplineIL.org](http://HelplineIL.org).

### ***National Helpline***

The SAMHSA - Substance Abuse and Mental Health Services Administration offers this free and confidential treatment referral and information service available 24 hours a day 7 days a week. Call 1-800-622-4357 (HELP)

### ***Veteran's Crisis Line***

Reach caring, qualified responders within the Illinois 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.

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

### ***Riverside Township Mental Health Resources & Services***

The Mental Health Board has recently launched an information and referral service, based at Township Hall. Call the Community Resource Center at 708-853-9578. Read more at:

<https://riversidetownship.org/mental-health-services/>.

