

Help is Here: Talk to Someone

- **Illinois Call4Calm Text Line**
 - Text TALK to **552020** for English or HABLAR for Spanish. This service is free and available 24 hours a day, seven days a week.
- **Illinois Warm Line**
 - If you or one of you 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**.
- **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)**.
- **Crisis Text Line**
 - The Crisis Text Line serves anyone, in any type of crisis, 24-hours a day. Text HELLO to: **741741**.
- **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: 6600**
- **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)**.