

Free phone support for ANYONE in Illinois
Staffed by Wellness Support Specialists who live out WELLNESS

CALL

866-359-7953

for support

In Crisis?

Text HELLO to 741741

CRISIS TEXT LINE |

Free, 24/7, Confidential



ILLINOIS
Warm Line

Monday - Friday
8:00a.m. - 5:00p.m.

www.illinoismentalhealthcollaborative.com