



MENTAL HEALTH AND COVID-19 RESOURCES

MENTAL HEALTH AND WELLNESS DURING A PANDEMIC

General/Telehealth Resources

NAMI Chicago Helpline

(833) 626-4244

National Alliance for the Mentally Ill (NAMI) can connect callers with professional help and navigate insurance coverage issues.

Governor Pritzker's "Call for Calm" Program

State of Illinois Mental Health Hotline - text the word "Talk" or "Hablar" to 552020 to connect with a community mental health counselor.

Chicago Department of Public Health Mental Health Center

Connect to free telehealth services by calling: (312) 747-1020

Domestic Violence and Suicide Prevention

Domestic Violence Hotline

Advocates are available 24/7 at (800) 799-SAFE (7233) in more than 200 languages. All calls are free and confidential.

UIC Guidance on **Dealing with an Unsafe Home:** [Link](#)

Suicide Prevention Hotline

(800) 273-8255

Helping Children Through the Crisis

How to Talk to Children about Coronavirus

Handout broken down by age: [Link](#)

Facebook Family Support Group

Jewish Child and Family Services' site to support families, moderated by a team of social workers, psychologists, early childhood specialists, and speech-language pathologists: [Link](#)

Supporting Teenagers and Young Adults during COVID-19

Article from the Publication "Child Mind": [Link](#)

Other Resources

Regroup Telehealth

Follow the "Contact Us" Section For Specific Questions: [Link](#)

Illinois Psychiatric Society COVID-19 Mental Health Resources: [Link](#)

Chicago Department of Public Health Guide to Dealing with Anxiety: [Link](#)

CDC COVID-19 Mental Health Guidance: [Link](#)

CDC Information on Emotional Health: [Link](#)

Gun Violence Prevention

Speak for Safety: A campaign to raise awareness of the Firearm Restraining Order (FRO), a new tool for temporarily removing guns from individuals at risk of harming themselves or others: [Link](#)

Chicago Community Organizations and Resources

The Center on Halsted

3656 N. Halsted Street - (773) 472-6469

Center on Halsted Mental Health Services staff has been meeting the psychosocial needs of Chicago's lesbian, gay, bisexual, and transgender (LGBTQ) community and allies for more than 25 years. They provide a variety of services, including support, therapy, and educational groups. These services are meant to connect and unite LGBTQ men, women, families, and allies who share similar issues and struggles.

Chicago Women's Health Center

1025 W. Sunnyside Ave, Suite 201 - (773) 935-6126

Chicago Women's Health Center (CWHC) is a collective that includes health care providers, counselors, outreach health educators, and doctors who work together to provide health education and affordable, respectful, and accessible gynecological and mental health care to women and trans people in the Chicago area.

Howard Brown Health Center

Counseling Center: 3948 N. Sheridan Road - (773) 388-1600

Howard Brown Health Center provides mental health services specifically tailored for the LGBTQ community, through counseling and psychotherapy. Individual, couples, family, and group therapies are provided by a team of experienced counselors, social workers, and psychologists.

NAMI Chicago

1801 W. Warner Ave, Suite 202 - (312) 563-0445

NAMI Chicago is one of the nation's largest, most active affiliates of the National Alliance on Mental Illness. Since 1979, NAMI Chicago has fought for families and individuals impacted by mental health conditions. Promotes community wellness, breaks down barriers to mental health care and provides support and expertise for families, professionals and individuals in Chicago and beyond.

Chicago VA and Mental Health Resources for Veterans

820 S. Damen Avenue - (312) 569-8387

Veterans Crisis Line: 1-800-273-8255

Heartland Alliance

845 W. Wilson Avenue - (312) 660-1300

Heartland Alliance advances the human rights and responds to the human needs of endangered populations—particularly the poor, the isolated, and the displaced—through the provision of comprehensive and respectful services and the promotion of permanent solutions leading to a more just global society

Kennedy Forum Illinois

1543 N. Wells Street 2nd Floor - (312) 436-1560

The Kennedy Forum in Illinois is working toward lasting change in the way mental health and addictions are considered and treated.

Advocate Illinois Masonic Medical Center Behavioral Health Services

938 W. Nelson Street - (773) 296-3012

Find the compassionate, comprehensive behavioral health care you deserve at Advocate Illinois Masonic Medical Center. Provides a wide range of outpatient services for kids, teens and adults as well as adult inpatient treatment. Services include mental health assessments, group therapy, individual, family and group counseling and psychiatric and medication services. Sensitive to all sexual orientations, gender identities and cultural values. Services are available in English, Spanish and American Sign Language.

Cathedral Counseling Center

50 E. Washington Street, Suite 301 - (312) 252-9500

Cathedral Counseling Center helps people make sense of their lives during difficult times through professional, affordable mental health care. They offer one-to-one, couple and group therapy, and psychiatric services. All counselors are licensed professionals with extensive post-graduate clinical experience. Their sliding-scale fees are based on the client's ability to pay because everyone deserves access to affordable care.

Legislator Contact Information

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Legislation Related to Mental Health:

HB 5489: Medicaid Buy-In Program

HB 4162: Insurance Code - Telehealth Services