

# COVID-19 Mental Health Support

## *Need immediate talk support?*

**NAMI Chicago**

**Call (833) 626-4244**

Available Monday-Friday, 9am-8pm  
Saturday & Sunday, 9am-5pm in English & Spanish

**IL Mental Health Helpline  
(Call4Calm)**

**Text "TALK" to 55-2020**

**En Español, envíe "HABLAR"**

Text "food" or "shelter" for resources and additional supports.

## *Have COVID-related medical questions?*



**Call your doctor or**

**Call the City of Chicago Dept. of Health**

**(312) 746-4835**

For a self-checklist, please visit <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>.

## *Specific supports:*

**SAMHSA 24/7 Helpline**

**Call (800) 985-5990**

**For substance abuse support**

Text "TALK WITH US" (Envíe "HABLANOS") to 667-46

**Suicide Prevention 24/7 Helpline**

**Call (800) 273-8255**

**En Español, llame (888) 628-9454**



Prepared by The Kedzie Center

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