COVID-19 Mental Health Support

Need immediate talk support?

NAMI Chicago Call (833) 626-4244

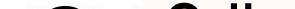
Available Monday-Friday, 9am-8pm Saturday & Sunday, 9am-5pm in English & Spanish



IL Mental Health Helpline (Call4Calm) Text "TALK" to 55-2020 En Español, envíe "HABLAR" Text "food" or "shelter" for resources and additional

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Have COVID-related medical questions?





Call your doctor or Call the City of Chicago Dept. of Health (312) 746-4835

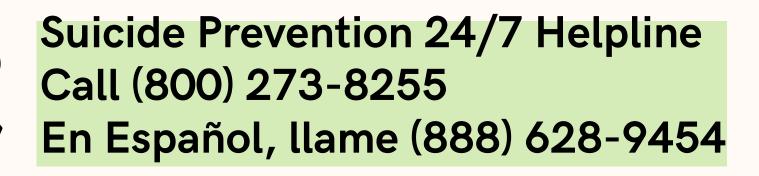
For a self-checklist, please visit https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html.





SAMHSA 24/7 Helpline Call (800) 985-5990 For substance abuse support

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





Prepared by The Kedzie Center May 2020

