



Mental Health and Community Wellness Resources 2020

Stress and Mental Health

National Suicide Prevention Lifeline

24/7, 365-day-a-year hotline for people experiencing suicidal crisis or emotional distress.

Contact: 1-800-273-TALK (8255)

[Crisis Counseling Line](#)

This multilingual hotline for crisis counseling is for those dealing with natural or human-caused disaster.

Contact: 800-985-5990 (press 2 for Spanish)

[Crisis Text Line](#)

Serves anyone, in any type of crisis, 24-hours a day. CPS students also have access to counselors through this text line in addition to school counselors via email.

Contact: Text "HOME" to 741741

[Teen Line](#)

This helpline allows teens in crisis to connect with other teens who understand what they're going through.

Contact: Text "TEEN" to 839863 or call 1-310-855-HOPE (4673) or 1-800-TLC-TEEN (1-800-852-8336)

The Warm Line

The Warm Line is not a crisis hotline, but is a source of support as you recover or help a family member to recover.

Hours: Monday-Friday, 8am-5pm except holidays

Contact: 1-866-359-7953

[CDC: Helping Children Cope with Emergencies](#)

Regardless of your child's age, he or she may feel upset or have other strong emotions after an emergency. Try these tips to help them.

[CDC: Stress and Coping](#)

Coping with stress will make you, the people you care about, and your community stronger.

[Anxiety and Depression Association of America: Coping Strategies](#)

Try these tips when you feel anxious or stressed.

[VeryWellMind: The 7 Best Online Anxiety Support Groups of 2020](#)

Getting help and advice is just a few clicks away. VeryWellMind's editors independently research, test, and recommend the best services.



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Health and Wellness

[Chicago Department of Public Health \(CDPH\): Finding Care When Uninsured](#)

If you do not have a medical provider, are uninsured, or have limited or no income and believe you need non-emergency medical services, you can contact your nearest community health center (CHC) by phone and inform them of your need. They will work with you to coordinate appropriate care. In cases of emergency, please call 911.

There are approximately 165 CHCs throughout the city of Chicago, so find one that is close to you. You can find your nearest CHC at [findahealthcenter.hrsa.gov](https://www.hrsa.gov/findingahealthcenter)

[You Have Rights - Going to the Doctor](#)

Doctors and nurses care about your health, not your immigration status. Patients can seek care with confidence that their personal information is private. Immigration agencies also have a policy of avoiding enforcement actions in health care facilities like hospitals, health clinics, urgent care and doctors' offices.

[Virtual Recovery Resources](#)

This tip sheet describes resources that can be used to virtually support recovery from mental/substance use disorders.

National Domestic Violence Hotline

If you or someone you know is quarantined with an abuser, you can call or text this line for support.

Contact: 1-800-799-7233 or text LOVEIS to 22522

Therapy Options

[Anxiety and Depression Association of America Peer Support Groups](#)

ADAA's anonymous peer-to-peer online anxiety and depression support group (now with more than 40,000 subscribers from around the world) is a friendly, safe and supportive place for individuals and their families to share information and experiences.

[Coalition for Immigrant Mental Health — Mental Health Services Directory](#)

The Coalition for Immigrant Mental Health (CIMH) has individually contacted each of the organizations listed in this directory to confirm the services listed and their costs and requirements. You do not have to disclose any immigration information to anyone while seeking mental health services.



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Selfcare

[Planet Fitness Free Exercise Livestreams](#)

Planet Fitness is hosting live "work-ins" on Facebook Live every day at 6pm CT.

[Core Power Yoga Free Online Classes](#)

Core Power is giving everyone free access to a new collection of online classes every week so you can keep your practice moving - wherever you are.

Lessons from the Playroom episode #68: The Vagus Nerve - Why It's a Key to Regulation

The vagus nerve is one of the most important nerves in your body. Not only is it vital to regulation, but it plays a role in immunity and helps the body recover faster from damage. Fortunately, there are several simple ways to stimulate this nerve and help keep it (and your body) working as optimally as possible.

[Nervous System Symptoms of Regulation and Dys-regulation](#)

All symptoms of dys-regulation arise out of mis-perceptions of the events in our lives. When we change our perceptions, we change the symptoms in our nervous system. It is wise to master the art of how to change our perceptions and how to manage the symptoms that arise in our bodies to help return us to a more regulated/ventral state.

[What Regulation Really means](#)

Regulation in the nervous system occurs when we become consciously aware of ourselves. In those moments, we're aware that we're separate from whatever is happening. We know that we're not the anger or sadness. We're larger than that experience, if only for a brief moment. That moment of awareness empowers us to attach and connect to ourselves. We can therefore be regulated in our anger. We can be regulated in our sadness. We can be regulated in our anxiety.

Apps for guided meditation, animations, articles, videos, and music:

- [Headspace](#)
- [Calm](#)