

April 2020



Dear Partners,

The Illinois Department of Human Services' Mental Health Division has launched a free-of-charge emotional support text line, Call4Calm, for Illinois residents experiencing stress and mental health issues related to COVID-19. Individuals who would like to speak with a mental health professional can **text "TALK" to 5-5-2-0-2-0, or for Spanish, "HABLAR" to the same number: 5-5-2-0-2-0.**

Call4Calm is free to use, and individuals will remain anonymous. Once a resident sends a text to the hotline, within 24 hours they will receive a call from a counselor employed by a local community mental health center to provide support.

Individuals can also text 5-5-2-0-2-0, with key words such as "unemployment" or "food" or "shelter" and will receive information on how navigate and access supports and services.

Click [here](#) to find the Governor's press release about Call4Calm, telehealth programs, and the Governor's Youth Town Hall.

Sincerely,
Grace B. Hou

Secretary, IDHS

Illinois Department of Human Services | dhs.illinois.gov

