

# Support Resources

**National Suicide Hotline: 1-800-273-8255**

**National Youth Suicide Hotline: 1-800-621-4000**

**Warm Line: 1-866-359-7953** Source of Support for Individuals and families.

Monday-Friday 8:00am-5:00pm, except on holidays

Trained Wellness Recovery Specialists offer support and assist with action planning.

**Crisis Text Line: Text CONNECT to 741741**

Available 24/7 in the USA. A live, trained crisis counselor receives the text and responds quickly. Crisis Text Line is free support for those in crisis.

**Veteran's Crisis Line: 1-800-273-8255**      **Text: 838255**

Online Chat Available: <https://www.veteranscrisisline.net/>

Support for deaf and hard of hearing: 1-800-799-4889

Connect with the Veterans Crisis Line to reach **caring, qualified responders** with the Department of Veterans Affairs. Many of them are Veterans themselves. This free support is confidential, available 24/7, and serves all veterans, service members, National Guard and Reserve, and their families and friends.

**YouthLine --1-877-968-8491**      **Text teen2teen to 839863**

Chat online: <https://oregonyouthline.org/get-help/>

A free 24-hour crisis, support, and helpline for youth.

YouthLine is a peer-to-peer youth crisis and support service provided by [Lines for Life](#)—a non-profit dedicated to preventing substance abuse and suicide. YouthLine operates a national [helpline](#) that provides crisis support and referrals via phone, text, chat, and email. The helpline is answered by youth daily from 4pm-10pm and by adults at all other times. YouthLine provides a safe space for children and adults ages 11 to 21, to talk through any issues they may be facing, including eating disorders, relationship or family concerns, bullying, sexual identity, depression, self-harm, anxiety and thoughts of suicide. It is confidential, anonymous, they will follow-up with callers with their permission.

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## **Teen Line: Text: TEEN to 839863**

Teens Helping Teens - Connect, talk, get help!

<https://www.teenlineonline.org/> They also have an app

Our Teen Listeners have a special ability to understand and empathize with callers because they are teens themselves. Resource Associates, our volunteer mental health professionals, provide on-site supervision and support to the Teen Line Listeners, particularly important after a difficult call. Teen Line is a confidential hotline for teenagers which operates every evening from 8:00pm to 12:00pm CST. If you have a problem or just want to talk with another teen who understands, then this is the right place for you! The Teen Line volunteers who answer the calls, emails and texts are Southern California teenagers who have received specialized training. They won't judge you or give advice – their job is to listen to your feelings and help you to clarify your concerns, define the options available to you, and help you make positive decisions.

## **Trevor Project Hotline (LGBTQ+): 1-866-488-7386 Text “START” to 678678**

Online chat available: <https://www.thetrevorproject.org/>

## **Trans Lifeline’s Peer Support Hotline: 1-877-565-8860**

<https://www.imalive.org/>

IMAlive is a free, confidential and secure online chat service. All chats are answered by trained volunteers. Our focus is suicide intervention, prevention, awareness and education. We provide help and hope through online crisis chat, college campus and high school events and other educational programs.

<https://www.depression-chat-rooms.org/>

This website is dedicated to depression and anxiety peer support. The main forms of communication we offer are via our supportive Depression Chat Rooms, Depression Forums and our Depression Blog section.

<https://www.7cups.com/bored-lonely-chat-room/>

Looking for what to do when you're lonely and sad, or looking for a bored and lonely (or depressed) chat room? You're not alone! There are so many others out there feeling the same way. 7 Cups has compassionate people like yourself who are available 24/7 to chat and support you. Regardless of where you're at or what you're feeling, we have a home for you here.

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## **SAMHSA: 1-800-662-4357**

Substance Abuse and Mental Health Services Administration

National Helpline for Substance use issues and treatment referrals

## **Illinois Helpline for Opioids & Other Substances: 1-833-2FINDHELP**

Website: <http://HelplineIL.org>

For information, support, and a connection to services

## **SMART Recovery Online <http://www.smartrecovery.org/srol-2/>**

SMART Recovery Online (SROL) is an online community where individuals with addiction, their Family & Friends, and other specialized audiences can interact with SMART Recovery volunteers and each other to aid in overcoming addiction.

SROL can be a meaningful resource for individuals who might not have access to local face-to-face meetings for a variety of reasons. All participation on SROL is anonymous and optional (encouraged, but not required). Our online community provides 24/7 access to recovery related resources so that you are able to find support when you need it.

## **National Domestic Violence Hotline: 1-800-799-7233**

**TTY 1-800-787-3224**

**Text LOVEIS to 22522**

<https://www.thehotline.org/>

Anyone who is experiencing domestic violence and/or abuse, plus anyone concerned about a friend, family member or loved one can call the National Domestic Violence Hotline (NDVH) 24 hours a day, seven days a week.

They offer support in more than 200 languages, and offer a confidential, secure online chat.

## **Mental illness/Spanish speaking community:**

[https://www.facebook.com/NAMINorthShoreEsperanza/?modal=admin\\_todo\\_tour](https://www.facebook.com/NAMINorthShoreEsperanza/?modal=admin_todo_tour)

This page is designed to provide resources and support to our Spanish speaking community who suffers mental illness.

# Support Resources

## Online meetings for Alcoholics Anonymous:

<http://aa-intergroup.org/directory.php>

This page will direct you to the Intergroup of Alcoholics Anonymous web page. Information for all formats offered, as well as days and times for AA meetings can be identified.

## 6000 AA Speakers-Recovery Audio:

<https://www.recoveryaudio.org/>

## Recovery Podcasts:

RECOVERY ROCKS <https://www.sobrieteaparty.com/podcast/>

RECOVERY HAPPY HOUR <https://www.recoveryhappyhour.com/>

RECOVERY ELEVATOR <https://www.recoveryelevator.com/podcasts/>

MOTHER RECOVERING <https://motherrecovering.com/category/podcast/>

## Zoom Instructions:



How to use  
Zoom.docx

## Guided Meditation:

<https://vimeo.com/264770840> 20 MINUTE MEDITATION

<https://vimeo.com/281721304> 10 MINUTE MEDITATION

<https://vimeo.com/267929370> 4 MINUTE MEDITATION

## Emotions Anonymous Meetings online or phone:

<https://emotionsanonymous.org/what-we-offer/find-a-meeting/phone-and-internet-meetings.html>

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## **Narcotics Anonymous Helplines:**

New Beginnings Area (Effingham, Charleston)	Phone: 800.539-0457
Greater Illinois Region	Phone: 800.539-0475
Living the Dream Area (Springfield, Jacksonville)	Phone: 800.539-0475
Only One Promise Area (Decatur)	Phone: 800.539-0475
Primary Purpose Area (Champaign, Urbana, Danville, Tilton)	Phone: 800.539-0475
Lake Borderline Area	Phone: 708.848-4884
Heart of IL Area (Peoria, Galesburg, Canton, Mapleton, Kewanee, Havana, Macomb)	Phone: 800.539-0475
Quad Cities Area (Rock Island)	Phone: 800.897-6242
Central Illinois Area	Phone: 800.539-0475
Chicagoland Region	Phone: 708.848-4884
Little Egypt Area (Carbondale, Centralia, Fairfield, Harrisburg, Mt Carmel, Mt Vernon, Salem, Sparta)	Phone: 618.322-3178
Metro East Area (Edwardsville)	Phone: 618.398-9409
Across The River Area (Olney, Harrisburg)	Phone: 877.642-5831
Chicago Service Office	Phone: 708.450-1880
Rock River Area (Rockford)	Phone: 815.964-5959

# Support Resources

## Walking with this 12-week plan:

Use this schedule to help motivate you to exercise regularly and build your fitness level.

Are you looking to ease your way into exercising regularly? This 12-week walking schedule from the [National Heart, Lung, and Blood Institute](#) provides a framework for gradually increasing your cardio time. If you've been sedentary for a long time or you have serious health issues, talk with your doctor before starting this walking plan.

Try to walk at least five times each week. Always start with a five-minute, slower-paced walk to warm up and end with a five-minute, slower-paced walk to cool down.

Start at a pace that's comfortable for you. As you become more fit, you'll be able to gradually pick up speed until you're walking briskly — the equivalent of 3.5 miles an hour. You should be breathing hard, but still able to carry on a conversation. Each week, add two minutes to your walking time.



<b>Week</b>	<b>Warm-up</b>	<b>Brisk walking</b>	<b>Cool-down</b>
1	5 minutes	5 minutes	5 minutes
2	5 minutes	7 minutes	5 minutes
3	5 minutes	9 minutes	5 minutes
4	5 minutes	11 minutes	5 minutes
5	5 minutes	13 minutes	5 minutes
6	5 minutes	15 minutes	5 minutes
7	5 minutes	18 minutes	5 minutes
8	5 minutes	20 minutes	5 minutes
9	5 minutes	23 minutes	5 minutes
10	5 minutes	26 minutes	5 minutes
11	5 minutes	28 minutes	5 minutes
12	5 minutes	30 minutes	5 minutes

# Support Resources

## Illinois 211:

Link of Illinois counties with 211: <https://www.illinois211.org/home-2/>

Illinois 211 main page: <https://www.illinois211.org/>

## Field Training Associates: <https://policefieldtraining.com/#resources>

Police mental health and wellbeing

No more broken cops!

[Badge of Life](#)

[WeNeverWalkAlone™](#)

[Suicide prevention hotline](#)

[Safe Call Now](#)

[Dr. Kevin Gilmartin: Emotional Survival](#)

[Dr. Ellen Kirschman](#)

[Blue Wall Institute](#)

[Catch a falling star](#)

[Coptline](#)

[Dr. John M. Violanti](#)

[ICISF](#)

[Shift wellness](#)

[PTSD Coach](#)

[Ellen Kirschman, author of I Love a Cop: What Police Families Need to Know](#)

[Operation S.O.S](#)

Police Peer Support Teams

Cops helping cops

[WeNeverWalkAlone™](#)

[Peer support general information](#)

[Peer support manual](#)

[Make it safe initiative](#)

[Walk the talk](#)

[Policy and procedure](#)

[Mental health paper](#)

[Mental health policy](#)

[Road to mental readiness](#)