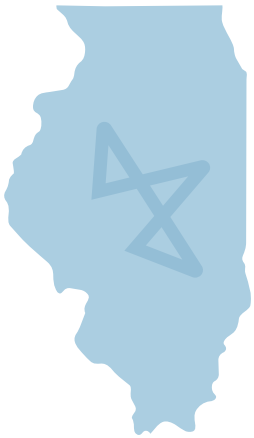
PREVENTION FIRST
Mental Health Training & Technical Assistance

ILLINOIS CRISIS HOTLINES

Statewide Support



988 Suicide & Crisis Lifeline (Illinois Centers)

Call or Text 988
Routes directly to the closest in-state crisis center based on your phone area code.

Language/Translation:

- English and Spanish are directly available for calls and texts. For automated **Spanish access, press 2 for calls** or **text 'SPANISH' to 988**.
- Tele-interpreters support 240+ additional languages for voice calls instantly.

CARES Line (Crisis and Referral Entry Services)

Call 1-800-345-9049 | TTY: 1-773-523-4504
Operational 24/7 specifically for youth, Medicaid-enrolled families, and statewide emergency crisis response.

Language/Translation:

- English. Telephone translation services for common secondary languages can be requested through the operator upon initial connection.

Illinois Warm Line

Call 1-866-359-7953
Peer-staffed mental health recovery support operating Monday through Saturday, 8:00 AM to 8:00 PM.

Language/Translation:

- Primarily English. Limited language assistance tools are available depending on on-duty peer staff availability.

Illinois Call4Calm Text Line

Text 'TALK' or 'HABLAR' to 552020
Free emotional support text line operated by the Illinois Department of Human Services.

Language/Translation:

- English and Spanish. Texting 'TALK' routes to an English operator; texting 'HABLAR' instantly routes to a Spanish-fluent counselor.

Funding by the Illinois Department of Public Health.