Mental Health Resources

University of Illinois at Urbana-Champaign

- Resources Provided by Disability Resources and Educational Services
- Counseling Center at UIUC
- Emergency Resources

COVID-19

- American Hospital Association (AHA) COVID-19: Stress and Coping Resources
- CDC COVID-19 Resource: Alcohol and Substance Abuse
- CDC COVID-19 Resource: Coping with Stress
- NAMI COVID-19 Resource and Information Guide 📌
- National Institute of Mental Health (NIMH) Supporting Mental Health During COVID-19
- SAMHSA Report on Behavioral Health Disparities in Black and Latino Communities during COVID-19

BIPOC Community

- HHS Office of Minority Health Trauma Resources
- National Institute of Minority Health and Health Disparities (NIMHD): Brother, You’re on My Mind
- SAMHSA Report on Behavioral Health Disparities in Black and Latino Communities during COVID-19
- Therapy for Latinx
- Latinx Therapy
- Massachusetts General Hospital

LGBTQIA+ Community

- Crisis Text Line: Text MHA to 741741
- The Trevor Project: Call 1-866-488-7386 or text START to 678678.

Mental Health Resources for Immediate Response:

- National Suicide Prevention Lifeline: Call 1-800-273-8255.
- Disaster Distress Helpline: Call 1-800-985-5990 or text TalkWithUs to 66746.
- National Domestic Violence Hotline: For any victims and survivors who need support, call 1-800-799-7233 or 1-800-799-7233 for TTY, or if you’re unable to speak safely, you can log onto thehotline.org or text LOVEIS to 22522.
- **StrongHearts Native Helpline**: Call 1-844-762-8483.
- **The National Sexual Assault Telephone Hotline**: Call 800.656.HOPE (4673)
- **Caregiver Help Desk**: Contact Caregiver Action Network's Care Support Team by dialing 855-227-3640.
- **The Partnership for Drug-free Kids Helpline**: Call 1-855-378-4373 Support is available in English and Spanish, from 9:00am-midnight ET weekdays and noon-5:00pm ET on weekends.