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Working Together for the Emotional Well-being of Central Illinois

The COVID-19 pandemic has increased stress levels for many individuals. We are facing new challenges as our daily routines and outlets for support have been impacted by social distancing practices. You may be experiencing feelings of concern, worry, or fear.

As a result, individuals and families are looking for ways to cope and stay connected. It is important for everyone, especially individuals with mental health and substance use concerns, to practice self-care and have resources for support. These tools are important to help manage stress and stay healthy.

Self-Care at Home: Adults & Families

- Stay informed of COVID-19 updates
- Maintain a daily routine including healthy meals and exercise
- Talk with your family, answer questions and concerns, support each other
- Practice healthy hand hygiene and social distancing
- Stay connected to others with use of technology through phone calls, texts, and other outlets as appropriate
- Do enjoyable activities such as reading, crafts, or other hobbies
- Limit time on social media, the internet, and television
- Take time to relax using breathing exercises or calming activities
- Keep a bedtime schedule

Regularly check-in with your feelings and the feelings of others. Ask, "How am I feeling? How are you feeling?"

- Sad
- Lonely
- Anxious
- Angry

If you or someone you know is overwhelmed by emotions or concerns, reach out for help. We are here to support our community through this difficult and uncertain time. Please view the listed local and national resources.

Local Behavioral Health Resources

If you or someone you know is having thoughts of suicide, call 911. When immediate safety is not a concern, please contact:

Peoria County Emergency Response Services (309) 671-8084
Crisis Evaluation & Counseling

Tazewell & Woodford County Emergency Response Services (309) 347-1148
Crisis Evaluation & Counseling

Children's Home Crisis Line (Children only) (309) 687-8600

Crisis and Referral Entry Service (CARES) Line (800) 345-9049
Assessment & Screening for children with Medicaid or no insurance who are experiencing a psychiatric emergency

Crisis Text Line 741741

Center for Prevention of Abuse 1-800-559-SAFE (7233)

Illinois Coalition Against Domestic Violence (877) 863-6338
Talk line is for anyone in the state of Illinois needing assistance against domestic violence. Talk line is available 24/7.

United Way's Heart of Illinois 2-1-1 Information and Referral Services
Dial 211 or (309) 999-4029 for help with basic needs and resources

OSF Behavioral Health Navigation (309) 308-8150 or visit
<https://www.osfhealthcare.org/mental-health/services/navigators/>
Behavioral health services

OSF SilverCloud - Visit www.osfhealthcare.org/silvercloud
Online support for stress, anxiety, and depression

UnityPoint Health – UnityPlace - Visit www.unityplace.org
Behavioral health services information

National Alliance on Mental Illness (NAMI) - Tri-County (309) 693-0541
or visit <https://namitri-countyillinois.org/>
Mental health resources and support groups

Peoria Area Intergroup Alcoholics Anonymous (309) 687-1329
or visit aapeoria.org/

National Behavioral Health Resources

National Suicide Prevention Lifeline 1 (800) 273-8255 or visit at:

<https://suicidepreventionlifeline.org/>

SAMHSA 24-hour Disaster Distress Hotline 1 (800)-985-5990 or visit at:

<https://www.samhsa.gov/find-help/disaster-distress-helpline>

Resources for Parents and Children

HOI United Way - Healthy Minds, Healthy Neighborhoods Initiative Resources

at: <https://www.hoiunitedway.org/hoiuh-healthy-minds-healthy-neighborhoods/>

<https://www.hoiunitedway.org/rebuilding-hope-after-a-natural-disaster/>

Parent/Caregiver Guide to Helping Families Cope with the Coronavirus

Disease - The National Child Traumatic Stress Network at:

<https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>

Talking to Children about COVID-19 – A parent resource from Nasponline.org (National Association of School Psychologists) at: [www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](http://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

Additional Resources

Taking Care of Your Behavioral Health: TIPS FOR SOCIAL DISTANCING, QUARANTINE, AND ISOLATION DURING AN INFECTIOUS DISEASE at:

OUTBREAK available at: store.samhsa.gov/system/files/sma14-4894.pdf

Centers for Disease Control and Prevention - CDC-INFO 1(800) 232-4636 or visit

<http://www.cdc.gov>

World Health Organization - Regional Office for the Americas of the World

Health Organization - visit <https://www.who.int/en>