

Crisis & Help Lines



1. Call the Crisis Team at **708-PILLARS** (708-745-5277) and follow the prompts to speak to a crisis worker.
2. Suicide Hotline: 1-800-273-TALK (8255)
3. Suicide Hotline Spanish: 1-800-273-TALK (8255) PRESS 2
4. Call 1-800 – 345-9049 (CARES line)
You may use the 24 hour Crisis and Referral Entry Services (CARES) line to talk to a mental health professional if your child is a risk to themselves or others, having a mental health crisis, or if you would like a referral to services for children, youth, and families.
5. **The Warm Line** - Call: **1 (866) 359-7953** –
From main menu, select option #2
Hours of Operation: Monday - Friday, 8am-5pm except holidays

*Sometimes what is needed most in difficult times is someone to talk to:
Someone who listens and understands.*

The Warm Line is not a crisis hotline, but is a source of support.

The Warm Line is an opportunity in Illinois for persons with mental health and/or substance use challenges and their families to receive support by phone. Wellness Support Specialists are professionals who have experienced mental health and/or substance use recovery in their own lives. They have been trained in recovery support, mentoring, and advocacy and are ready to listen and support you.