

THERE ARE TEXTABLE HOTLINES AVAILABLE TO IL RESIDENTS THAT COULD PROVIDE MENTAL HEALTH CARE. IT IS A PROGRAM CALLED "CALL4CALM".

*THIS SERVICE IS FREE OF CHARGE.*

**TEXT 'TALK' TO 522-020**

**TEXT 'HABLAR' TO 522-020**



USE KEY WORDS TO SEEK HELP AND GUIDANCE ON CRITICAL TOPICS:

- "UNEMPLOYMENT"
- "FOOD"
- "SHELTER"

### EXPERIENCING SYMPTOMS?

CENTRAL AND SOUTHERN IL NOW HAVE A REMOTE PATIENT MONITORING PROGRAM. THE PROGRAM WILL ASSIST IN SCHEDULING DIGITAL HEALTH VISITS USING TELEHEALTH SERVICES AND PANDEMIC HEALTH WORKER PROGRAMS.

- OFFERS DAILY VIRTUAL VISITS
- WELLNESS KITS
- FOLLOW UP VIRTUAL VISITS

### ELIGIBILITY

IF YOU ARE SHOWING COVID-19 SYMPTOMS OR SOMEONE IS AT HIGH RISK OF CONTRACTING THE VIRUS BUT DOES NOT REQUIRE EMERGENCY OR INPATIENT CARE, CALL  
833-673-5669 (EAST CENTRAL AND NORTH CENTRAL IL)  
217-545-5100 (WEST CENTRAL AND SOUTHERN IL)

**EMERGENCY? CALL 911**

