

Counseling and Support Resources for Families

1. Illinois Call4Calm- texting service for **free emotional support**, you will receive a call from a local licensed counselor within 24 hours; you can also text "unemployment," "food," or "shelter" for more information: **Text "TALK" to 552020**
2. National Suicide Lifeline- 24-hour, toll-free, confidential **suicide prevention hotline** available to anyone in suicidal crisis or emotional distress: **1-800-273-8255 or text CARE to 839863**
3. Crisis Text Line - "from anywhere in the United States, anytime, about **any type of crisis**. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment": **Text "Hello" or "Home" to 741741**
4. IL Child Abuse Hotline (DCFS)- if you suspect that a **child has been harmed or is at risk of being harmed by abuse or neglect**. If you believe a child is in immediate danger of harm, call 911 first. Your confidential call will not only make sure the child is safe, but also help provide the child's family the services they need to provide a safe, loving and nurturing home: **1-800-25-ABUSE (2873)**
5. Center for Prevention of Abuse- **child abuse prevention, domestic violence services, and sexual assault services: 1-800-559-SAFE (7233)**
6. Substance Abuse and Mental Health Services Administration- this Helpline provides 24-hour free and confidential treatment referral and information about **mental and/or substance use disorders, prevention, and recovery** in English and Spanish: **1-800-662-HELP (4357)**
7. 2-1-1 Illinois- 2-1-1 is for times of **non-emergency crisis as well as for everyday needs**. The 2-1-1 call specialists are available to help individuals locate assistance in areas such as: **Basic Human Needs** (food, shelter, rent or utility assistance), physical and mental health resources (health insurance programs, crisis intervention, counseling), **Employment Supports** (job training, transportation assistance, education programs), **Support for Older Americans and Persons with Disabilities** (adult day care, respite care, home health, independent living programs), **Support for Children, Youth, and Families** (after school programs, family resource centers, mentoring, tutoring, protective services): **Dial 211 or search online at: <http://211.org/>**
8. Wide Open School- Wide Open School is a **free and open collection of the best online learning experiences and activities** for kids curated by the editors at Common Sense and organized by grade band and subject. Wide Open School **includes activities related to "emotional well-being:"**
<https://wideopenschool.org/>

9. Woodford County Special Education (WCSEA)- The **resources** listed have been collected by WCSEA social workers and were shared to address E-Learning needs during school closure due to COVID-19. Most content is related to **social/emotional learning or healthy activities** for times of stress:
<http://www.wcsea.us/covid--19-social-emotional-e-learning.html>
10. Second Step- This page contains a list of resources to help children **early childhood through 5th grade** learn the **social-emotional skills** they need to get through these challenging events. Free video lessons and content are included: <https://www.secondstep.org/covid19support>
11. Social Thinking- This page contains **free social/emotional supports** for elementary and middle school students to use during school closure:
<https://www.socialthinking.com/free-stuff>
12. Yoga Learning Adventures- **Free kids' yoga classes, storytimes**, etc. during the COVID-19 school closure:
<https://www.youtube.com/c/YogaLearningAdventures>