

Illinois Department of Human Services launched a free emotional support text line for Illinoisans experiencing stress related to COVID-19: Call4Calm. This isn't a crisis hotline, but a source of support.

**If you want to speak to a counselor, text TALK to 552020, or HABLAR for Spanish speakers.**

You can also access a wider array of supports using the same number on your mobile phone. **Text 552020 with keywords such as “unemployment” or “food” or “shelter”** to receive information to help you navigate getting assistance.