Are you having difficulty coping with the emotional impact of COVID-19?

LifeLinks wants you to know we are here for you!

Click here for more information!

**Ongoing Counseling Services:** Although LifeLinks main office in Mattoon remains closed through May 30th for the safety of their consumers and staff, telephonic support and counseling services to new and current consumers continued without interruption. Call our Access Center at 217-238-5700 for information!

**Mental Health Crisis Services:** Our 24 hour mental health crisis line (1-866-567-2400) is available to all residents in Coles, Edgar, Clark and Cumberland counties.

**Call 4 Calm Text:** LifeLinks is a provider within the state-wide Call 4 Calm network. Community members who text “TALK” to 552020 are contacted by a mental health counselor within 24 hours. Although not a crisis line, Call 4 Calm gives people someone to talk to for support through this difficult time. Counselors are also helping to link community members with other services they need, including ongoing mental health counseling.

**Services for Children, Adolescents and Families who are experiencing new or worsening mental health issues as a result of the COVID-19 pandemic:** LifeLinks is one of two mental health providers in the State of Illinois participating in a State of Illinois SAMHSA (Substance Abuse and Mental Health Services Administration) sponsored program aimed at the mental health needs of children, adolescents and their families who are struggling with the emotional impact of COVID-19, but do not have insurance to pay for needed services. Children, adolescents and their families who are uninsured or underinsured and living in Coles, Clark, Edgar, Shelby, Moultrie, Cumberland and Douglas counties can call the Access Center at LifeLinks at 217-238-5700 for more information.

**IL Warm Line:** Staffed by Recovery Support Specialists the IL Warm Line (866) 359-7953 is available Monday through Friday, 8am-5pm. It is a progressive, recovery-oriented telephone service that provides alternative support to empower people and promote wellness.