



RESOURCES

NATIONAL HOTLINES

National Suicide Prevention Lifeline

1-800-273-8255

The Trevor Hotline

1-866-488-7386 or text START to 678678

The Gay and Lesbian National Hotline 1-888-843-4564

True Colors United

<https://truecolorsunited.org/coronavirus-action-resource-center/>

National Diaper Bank Network

203-821-7348

Disaster Distress Helpline

1-800-985-5990 or text TalkWithUs to 66746
crisis counseling and support

Crisis Text Line

text MHA to 741741 to be connected to counselor

National Domestic Violence Hotline

1-800-799-7233 or text LOVEIS to 22522

Love is Louder

text START to 741741 for support

TrustandWill.com

online resource to create a living will and basic estate planning resources

Office of Mental Health Emotional Support Line

1-844-863-9314

USDA National Hunger Line

1-866-348-6479

SUPPORT FOR PARENTS OF YOUNG CHILDREN

Hello, I'm a Virus, Cousins with the Flu and the Common Cold by Manuela Molina at MindHeartKids.

Comic exploring COVID-19

https://drive.google.com/file/d/1PYrKYfO-Ba4p-azl5z_46KJMbi1FSmL_Y/view

The Story of the Oyster and the Butterfly: The Corona Virus and Me by Ana Gomez.

Circle Time; kids classes from home for ages 0-6

<https://circletimefun.com/>

PBS At Home Learning

<https://www.pbssocal.org/education/at-home-learning/how-to-watch/>

All Kids;

worksheets and crafts for children of all ages

<https://www.allkidsnetwork.com/>

Why Can't I Go To School by Abbi Kruse

Coronavirus Is A Big Word

My Mommy/Daddy Is A Safe Keeper

Illinois RESOURCES

Illinois Social Services
1-800-843-6154

Illinois' United Way
dial 211 for 24/7 help

Suicide Prevention
Transitions of Western Illinois
Crisis Line 217-222-1166

NAMI HelpLine
800-950-6264

SIUC It Takes A Village Program

**Interpersonal Violence/
Domestic Abuse**
Domestic Violence HelpLine
1-877-863-6338

Sojourn Shelter and Services
Hotline
217-726-5200 Springfield, IL

Crisis Center Foundation
217-243-4357

Illinois Coalition Against
Domestic Violence
877-863-6338

The Womens Center Domestic
Violence and Rape Crisis Services
24/7 hotline 1-800-334-2094

Good Samaritan Ministries,
Carbondale, IL
618-457-5794

Substance Abuse
Substance Abuse and Mental
Health Services Helpline
1-800-662-4357

Centerstone
855-608-3560

Comprehensive Connections
618-242-1546 x 3

Southern Illinois Substance
Abuse Alliance
618-282-6233

**Food (Including Meals for Kids/WIC)
SNAP**
1-800-843-6154

WIC (Women, Infants and
Children food assistance)

Boys and Girls Club of Southern
Illinois, Carbondale
618-457-8877

Offering breakfast, lunch and
dinner for pick up at local schools

Central Illinois Foodbank
217-522-4022

Diapers
The Parent Place Diaper Pantry
Springfield, IL 217-753-8730

Diaper Bank of Southern Illinois
Carbondale, IL
618-549-2148 x110

Childcare
Illinois Child Care Assistance
Program
866-697-8278

*During Covid-19 licensed child
care homes may serve up to six
children at a time, whose
parents/guardians are essential
workers.*

*During Covid-19 any child care
facilities marked as "Emergency
Child Care Centers" may remain
open for essential workers
children.*

Emergency COVID-19 childcare
888-228-1146

Essential Workers Child Care
Resource and Referral at John
A. Logan College
618-985-5980 for assistance

Mini O'Beirne Crisis Nursery
24 hour childcare for high crisis
situations 217-525-6800

Mortgage Assistance
HUD
(Housing and Urban Develop-
ment)
312-353-6236

Homeowners Emergency
Loan Program
312-836-5200

*Mortgage forbearance is offered
by numerous home loan lenders,
for a temporary suspension of
their mortgage payments.*

ComEd, Peoples Gas,
Comcast, AT&T
won't terminate services due to late
payments in the COVID-19 crisis

Fifth Third, BMO Harris, Bank of
America, Wells Fargo and
several other banking/mortgage
companies have deferred current
payments — some may need to
apply for said program assistance.

**Mental Health (free/low cost
therapy and psychiatry)**
Mental Health Center of Central
Illinois 217-525-1064

Family Guidance Center
217-544-9858

Illinois WarmLine
1-866-359-7953

Call 4 Calm
free emotional support line text
TALK to 552020 or HABLAR (for
service in Spanish) to 552020

Temporary Housing while Facing
COVID-19 Exposure
*The state of Illinois is providing
over 2,000 beds for first
responders/medical staff during
COVID-19 in hotels that will be
named next week. As well for
beds for those who have
COVID-19 but do not need
hospital level care, but need to
be socially distant from family.*

Mount Vernon, Illinois
*local Drury Inn hotels are
providing temporary COVID-19
housing*

LGBTQIA
Rainbow Cafe, Carbondale
Illinois
815-408-6963

Southern Illinois LGBTQ
Resource Center 618-453-3740

Trans Lifeline
877-565-8860 available 24/7

Boys and Girls Club of Southern
Illinois Carbondale, IL
618-457-8877

Wills
Lawler Brown Law Firm
providing virtual consultations
for wills

Burton and Vick Attorneys at Law
call in consultations
618-998-1138

*The state of Illinois requires that
all wills be signed by the
testator in front of two witnesses
who also sign the will — it can
be created with or without an
estate planning attorney but it is
encouraged you have the aid of
an attorney*