# MENTAL HEALTH RESOURCES

If you or a loved one is experiencing a mental health crisis or need assistance outside school hours, please reference the list of contacts below.

## NATIONAL CRISIS HOTLINES

Suicide Prevention Lifeline
1-800-273-TALK (8255)

CARES Line
1-800-345-9049

National Hopeline Network
1-800-SUICIDE (784-2433)

National Suicide Hotline
1-800-442-HOPE (4673)

LGBTQ National Help Center
1-888-THE-GLNH (843-4564)

Child Abuse & Neglect
1-800-25ABUSE (252-2873)

Substance Abuse Helpline
1-800-662-HELP (4357)

National Domestic Violence
1-800-799-7233

## IN AN EMERGENCY… CALL 911

### CRISIS TEXT LINES

Text HELLO to 741741 or message facebook.com/CrisisTextLine to chat with a Crisis Counselor 24/7

Text ANSWER to 839863

### ONLINE HELP

suicidepreventionlifeline.org
crisiscallcenter.org
nimh.nih.org
hopeline.com
teenhelp.com

### COVID-19 SPECIFIC SUPPORT

SIH 24/7 COVID-19 Exposure Hotline
844-988-7800

IL Dept. of Health COVID-19 Hotline
1-800-889-3931

## LOCAL POLICE & HOSPITALS

Carbondale Police
618-457-3200

Jackson County Sheriff
618-684-2177

SIH: Memorial Hospital of Carbondale
618-549-0721

SIH: St. Joseph Memorial Hospital
618-684-3156

Heartland Regional Hospital
618-998-7000

Jackson County Health Department
618-684-3143

Carbondale Women's Center
618-529-2324 | Crisis: 800-334-2094

**Carbondale Community High School Counseling Support Team:**
Mrs. Krista Antrim, Class of 2021 School Counselor
Mrs. Brenda Krutsinger, Class of 2022 School Counselor
Ms. Lori Koester, Class of 2023 School Counselor
Mrs. Caitlin Klaybor, Class of 2024 School Counselor
Mrs. Erinn Murphy, College and Career Counselor
Mrs. Amy Prudencio, CCHS Social Worker

CARBONDALE COMMUNITY HIGH SCHOOL
CCHS
TERRIERS