



# DOWNSTATE ILLINOIS LABORERS' MENTAL HEALTH RESOURCE PAGE

## NATIONAL RESOURCES

### 988 Suicide & Crisis Lifeline

The 24-hour toll-free crisis hotline that puts callers in contact with their local crisis center for immediate assistance.

Call **988**

Text "MHA" to **741741**

### Treatment and Referral Line

SAMHSA's 24/7 treatment and referral line provides referrals to alcohol, substance abuse, and dual diagnosis treatment facilities. SAMHSA also offers an online Substance Abuse Treatment Facility Locator.

Call **800-662-4357**

Visit **findtreatment.gov**

### Disaster Distress Helpline

The Multilingual crisis support service is available 24/7 to all residents in the U.S. and its territories who are experiencing emotional distress related to natural or human-caused disasters.

Call **800-985-5990**

### National Alliance on Mental Illness (NAMI)

The NAMI HelpLine is available Monday-Friday, 10 a.m. - 10 p.m. Eastern, for people struggling with their mental health.

Call **800-950-6264**

Email **helpline@nami.org**

Text "friend" to **62640**

## HEALTH & WELFARE FUND RESOURCES

### Central Laborers' Welfare Fund

217-243-8521

[central-laborers.com](http://central-laborers.com)

### Family Assistance Program

800-252-6571

### Southern Illinois Laborers' Health and Welfare Fund

618-998-1300

[silehw.org](http://silehw.org)

### Member Assistance Program

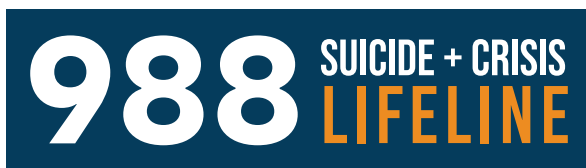
800-456-6327

## LOCAL RESOURCES

### Illinois Recovery Center

(Medical Detox Services)

877-472-0785



**24/7 CALL,TEXT,CHAT**



**LABORERS ESCAPING ADVERSITY NOW**