



Need Someone to Talk To? Let us help!

*Brought to you by the St. Clair County Youth Coalition
Numbers are 24 hours unless otherwise noted

Do you want someone to talk with during this time?

Call 4 Calm: Text "TALK" or "HABLAR" to 552020 for a call back
Illinois Warm Line: 1-866-359-7953
East St. Louis School District 189 Student Text Helpline: 618-249-4443

Do you need emotional support or counseling?

Children's Home & Aid: 618-874-0216 (Youth 11-24 and their Families, 8:30am-5:00pm)
Hoyleton Youth & Family Services: 618-688-4744 (All Ages. Your call will be returned.)

Are you feeling suicidal or having a crisis?

National Suicide Prevention Lifeline: 1-800-273-8255
Chestnut Health Systems: 618-877-0316
Comprehensive Behavioral Health Center: 618-482-7330
CARES Crisis Number: 1-800-345-9049 Text "TALK" 741741

Do you need substance abuse referral?

Illinois Helpline: 1-833-234-6343
SAMHSA'S National Helpline: 1-800-662-4357

Are you feeling unsafe with your partner?

Domestic Violence Hotline: 1-800-799-SAFE (7233)
Violence Prevention Center: 618-235-0892

Are you a youth who has run away from home?

National Runaway Safe Line: 1-800-RUNAWAY (786-2929)
Children's Home & Aid: 618-463-6880 (5:00pm-8:30am Answering Service)

Do you think a child or adult is being abused or neglected?

Illinois Child Abuse Hotline: 1-800-25-ABUSE (Youth)
Adult Protective Services: 1-866-800-1409

Do you need childcare assistance?

Children's Home & Aid: 1-800-847-6770, ext. 360
(for Essential Workers)

Have you or someone you know been sexually assaulted?

Call for Help Sexual Assault Victims Services: 618-397-0975
National Sexual Assault Hotline: 1-800-656-4673

Need support with a disability?

LINC: 618-235-9988 (Limited hours. Your call will be returned.)

Feeling stressed? Deep breathing can help!

Deep breathing is an easy, common, and private way of managing stress and emotions. Here is the 5-3-7 method! Just breathe in for 5 seconds, hold your breath for 3 seconds, and breathe out for 7 seconds. This gentle repetition sends a message to the brain that everything is or will be okay soon. Before long, your heart will slow and you will begin to relax!

