

Mental Health Resources

University of Illinois at Urbana-Champaign

- [Resources Provided by Disability Resources and Educational Services](#)
- [Counseling Center at UIUC](#)
- [Emergency Resources](#)

COVID-19

- American Hospital Association (AHA) COVID-19: Stress and Coping Resources
- CDC COVID-19 Resource: Alcohol and Substance Abuse
- CDC COVID-19 Resource: Coping with Stress
- NAMI COVID-19 Resource and Information Guide [🔗](#)
- National Institute of Mental Health (NIMH) Supporting Mental Health During COVID-19
- SAMHSA Report on Behavioral Health Disparities in Black and Latino Communities during COVID-19

BIPOC Community

- HHS Office of Minority Health Trauma Resources
- National Institute of Minority Health and Health Disparities (NIMHD): Brother, You're on My Mind
- SAMHSA Report on Behavioral Health Disparities in Black and Latino Communities during COVID-19
- Therapy for Latinx
- Latinx Therapy
- [Massachusetts General Hospital](#)

LGBTQIA+ Community

- [Crisis Text Line](#): Text MHA to 741741
- [The Trevor Project](#): Call 1-866-488-7386 or text START to 678678.
- [Trans Lifeline](#): Dial 877-565-8860 for US and 877-330-6366 for Canada.

Mental Health Resources for Immediate Response:

- [National Suicide Prevention Lifeline](#): Call 1-800-273-8255.
- [Disaster Distress Helpline](#): Call 1-800-985-5990 or text TalkWithUs to 66746.
- [National Domestic Violence Hotline](#): For any victims and survivors who need support, call 1-800-799-7233 or 1-800-799-7233 for TTY, or if you're unable to speak safely, you can log onto thehotline.org or text LOVEIS to 22522.

- [StrongHearts Native Helpline](#): Call 1-844-762-8483.
- [The National Sexual Assault Telephone Hotline](#): Call 800.656.HOPE (4673)
- [Caregiver Help Desk](#): Contact Caregiver Action Network's Care Support Team by dialing 855-227-3640.
- [The Partnership for Drug-free Kids Helpline](#): Call 1-855-378-4373 Support is available in English and Spanish, from 9:00am-midnight ET weekdays and noon-5:00pm ET on weekends.