

Social/Emotional And Emergency Resources For Support During COVID-19 School Closures

- **If the situation is an emergency, call 911**

- **Mental Health Resources**
 - **Chestnut Health Systems Crisis Line (24/7)**
 - 618-877-0316
 - Chestnut.org
 - **National Suicide Prevention Lifeline (24/7)**
 - 1-800-273-TALK (8255)
 - Suicidepreventionlifeline.org
 - Text Home to 741741
 - **CARES Line (SASS - crisis assessment - 24/7)**
 - 1-800-345-9049
 - **Kids Under 21 Crisis Line**
 - 1-888-644-5886
 - **DCFS**
 - 1-800-25-ABUSE (2873)
 - **List of area counselors/therapists**
 - Psychologytoday.com
 - **Taking Care of Your Mental Health During the COVID-19**
 - <https://www.apa.org/practice/programs/dmhi/research-information/social-distancing>
 - https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf
 - https://www.nctsn.org/sites/default/files/resources/fact-sheet/parent_caregiver_guide_to_helping_families_cope_with_the_coronavirus_disease_2019-sp.pdf
 - <https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/>

- **Emergency Resources**
 - Madison County Homeless Hotline - 1-618-296-5300
 - St. Clair County Homeless Hotline - 618-825-3330
 - Collinsville Food Pantry - [\(618\) 346-1861](tel:6183461861)
 - Alpha and Omega Christian Fellowship - State Park - (618) 344-4091
 - Caseyville Emergency Food Pantry - 618-344-5792

- Maryville Outreach Center -(618) 345-9693,
<https://fbmaryville.org/maryville-outreach-center/>
- United Way 211
- Internet Access
 - Charter will offer free Spectrum broadband and Wi-Fi access for 60 days to households with K-12 and/or college students who do not already have a Spectrum broadband subscription at any service level up to 100 Mbps. To enroll call 1-844-488-8395. Installation fees will be waived for new student households.