

MENTAL HEALTH RESOURCES

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



IN AN EMERGENCY... CALL 911

TEXT LINES

Text HELLO to 741741 or message [facebook.com/ CrisisTextLine](https://www.facebook.com/CrisisTextLine) to chat with a Crisis Counselor 24/7

Text ANSWER to 839863

ONLINE HELP

[suicidepreventionlifeline.org](https://www.suicidepreventionlifeline.org)
[crisiscenter.org](https://www.crisiscenter.org)
[erikasighthouse.org](https://www.erikasighthouse.org)
[nimh.nih.gov](https://www.nimh.nih.gov)
[hopeline.com](https://www.hopeline.com)
[teenhelp.com](https://www.teenhelp.com)
[translifeline.org](https://www.translifeline.org)

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

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)

Trans Lifeline
1-877-565-8860

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

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

National Domestic Violence
1-800-799-7233



CCHS AREA RESOURCES



M, E, N, T, A, L,

H, E, A, L, T, H,

M, A, T, T, E, R, S,

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. Brenda Krutsinger, Class of 2022 School Counselor
Mrs. Lyndsey Walls, Class of 2023 School Counselor
Mrs. Caitlin Klaybor, Class of 2024 School Counselor
Mrs. Krista Antrim, Class of 2025 School Counselor
Ms. Lori Koester, College and Career Counselor
Mrs. Amy Prudencio, CCHS Social Worker

