



INSURANCE

# Mental Health Tools & Resources

*R&R has accumulated a number of tools and resources around Mental Health support that employers can provide to their employees to assist them in navigating their challenges, from mental health, depression and anxiety as well as caregiver stress and financial hardship.*

*Hover your phone over the QR Code in the bottom right to access the digital resources.*



## STATEWIDE

### Content & Courses

- ✓ [Illinois Family Resources](#)
- ✓ [Centerstone Resource Center](#)
- ✓ [Application for Benefits Eligibility \(ABE\)](#)
- ✓ [Illinois Family Caregiver Support Program](#)
- ✓ [Illinois 211](#)
- ✓ [Illinois Help for Homeowners](#)
- ✓ [Coping with Stress - CDC](#)
- ✓ [Lifesaver Wellbeing Series](#)

## RESOURCES TO CONTACT

- ✓ [National Mental Health Hotline \(Free & Confidential\)](#)  
866.903.3787  
or text NAMI to 741741  
  
Local IL NAMI Chapter  
217.522.1403  
[www.namiillinois.org](http://www.namiillinois.org)
- ✓ [Illinois 211 \(Free Referral Helpline\)](#)  
Dial 211 from any phone
- ✓ [Mental Health America of Illinois](#)
- ✓ [National Suicide Prevention](#)  
Hours: Available 24hrs.  
Languages: English/Spanish  
800.273.8255
- ✓ [Mental Health-Related Distress](#)  
Call or Text: 988  
Chat [988lifeline.org](https://988lifeline.org)  
[988 Suicide & Crisis Lifeline](#)
- ✓ [HOPELINE](#)  
text HOPELINE to 741741
- ✓ [Illinois Department on Aging](#)

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