

Has staying home every day made you feel lonely, afraid, angry, hopeless or some other emotion? These are normal responses to a very abnormal situation. To further assist in you during this time, the Illinois Department on Aging offers the following tips and resources.



## Practicing Good Self Care

- Follow Center for Disease (CDC) guidelines\* (wearing face masks, interacting with anyone from outside your home, washing your hands frequently, etc.) while limiting exposure to negative news.
- Average of 6-8 hours of sleep per night.
- Establish or keep a record of a daily routine.
- Get a daily amount of moderate exercise.
- Practice regular self-care (showering/grooming).
- Eat healthy without overindulging or skipping meals.
- Get indirect sun; open windows and blinds.
- Practice deep breathing or meditation.\*\*

For more on self-care visit the University Illinois at Chicago website.\*\*\*

## Take Time for Entertainment

- Reach out to others via phone, social media, or video chat.
- Enjoy music or other art forms. Rush University Medical Center has compiled a listing of various online virtual tours and experiences.\*\*\*\*
- Rekindle a hobby or refine a skill.
- Journal the positive aspects of each day.

## Give Back

- Write/send thank you notes to “essential” workers, health care workers, law enforcement, fire protection staff, etc.; write cards/letters to family, friends, neighbors, etc; bake treats
- Consider volunteering.\*\*\*\*\*

## Just to Need to Talk?

**Warm Line** is a team of Wellness Support Specialists who have experienced mental health and/or substance use recovery in their own lives. They are trained in recovery support, mentoring, and advocacy and are ready to listen and support you. The Warm Line is not a crisis hotline, but is a source of support as you recover or help a family member to recover. Call: 1-866-359-7593 M-F 8am-5pm except holidays. Main menu, select option 2.

**Friendship Line** is both a crisis intervention hotline and a warmline for non-emergency emotional support calls. Call **1-800-971-0016** toll-free 24/7. Developed by The Institute on Aging, it is the only accredited crisis line in the country for people aged 60 years and older, and adults living with disabilities.

### For Texting

**Illinois Call4Calm Text Line** is a free, 24/7 service for people seeking emotional support due to the stress related to COVID-19. Text **TALK** to 552020 for English or **HABLAR** for Spanish.

**Crisis Text Line** serves anyone, in any type of crisis, 24-hours a day. Text **HELLO** to: 741741.

### Suicide Prevention Hotline

**National Suicide Prevention Hotline** (24/7): Call **1-800-273-TALK (8255)** and caring staff will connect you with the nearest crisis center.

## Available Resources

For Questions about resources such as food, shelter, counseling, etc. visit the Illinois Department of Human Services at: [www.dhs.state.il.us](http://www.dhs.state.il.us) click on **HELP IS HERE**

### Other Valuable Resources:

**Self-assessments:** <https://screening.mhanational.org/screening-tools>

**Illinois Department on Aging:** [www.illinois.gov/aging](http://www.illinois.gov/aging)

**Illinois Department on Aging Senior Helpline:**

**1-800-252-8966, 1-888-206-1327** (TTY), or via email, [aging.ilsenior@illinois.gov](mailto:aging.ilsenior@illinois.gov)

**Mental Health Information and Support Groups:**

- <https://namiillinois.org/>
- Veteran’s Crisis Line: **1-800-273-8255** Press 1
- National Domestic Violence Hotline: **1-800-799-7233** or Text **LOVEIS** to 22522

**Illinois Helpline for Opioids & Other Substances:**  
**1-833-2FINDHELP**

## Important Websites to Know:

\*Credible resources to learn about COVID-19: [Cdc.gov](http://Cdc.gov) and [Coronavirus.illinois.gov](http://Coronavirus.illinois.gov)

\*\*Mayo Clinic: [www.mayoclinic.org/healthy-lifestyle/consumer-health/in-depth/mindfulness-exercises/art-20046356](http://www.mayoclinic.org/healthy-lifestyle/consumer-health/in-depth/mindfulness-exercises/art-20046356)

\*\*\*University Illinois at Chicago: [www.center4healthandsdc.org/covid-19-wellness-resources.html](http://www.center4healthandsdc.org/covid-19-wellness-resources.html)

\*\*\*\*Rush University Medical Center: [www.rush.edu/health-wellness/discover-health/stay-engaged-active-and-healthy-home](http://www.rush.edu/health-wellness/discover-health/stay-engaged-active-and-healthy-home)

\*\*\*\*\*Volunteer opportunities: [www2.illinois.gov/sites/serve](http://www2.illinois.gov/sites/serve)