.    **Call4Calm**

**STATE of ILLINOIS** Governor Pritzker announced that Illinois has launched the **“Call4Calm” Program** to provide mental health care. Illinois residents can talk to a mental health professional, free of charge, during the COVID-19 crisis. Residents can text the word **“TALK” to 552020** and they will receive a follow-up text message asking for their first name and for their zip code. The information will be used to connect the caller with a health care professional in their area and those who call the hotline will remain anonymous.

The service is also available in Spanish by texting **“HABLAR” to 552020**.

In addition, the phone number can be used to seek help and guidance on other critical issues during the pandemic. Residents can text keywords like **“unemployment” “food” or “shelter”** and they will receive additional information in response.