

COVID-19 News

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FOR IMMEDIATE RELEASE

During Difficult Times, Help Is Available From Many Sources

DUPAGE COUNTY—If you or a loved one are struggling with stress, substance use or other health concerns during the coronavirus (COVID-19) pandemic, the DuPage County Health Department (DCHD) wants you to know, help is available.

During uncertain times, life can feel completely disrupted. Things seem confused and sense of time may be lost. You may feel vulnerable and helpless. Sleep patterns may be disrupted, and you may feel tired all the time. Emotional “numbness” may continue as a means of coping with what is happening.

As the impact of COVID-19 continues, you may feel overwhelmed, angry and not know where to find help. Recognizing these emotions and reactions helps you to better understand your experience and deal with them.

Your emotional response to COVID-19 is normal, but if symptoms worsen, you may need the help of a professional to assist you in the process. DCHD offers residents many services, including:

- **Crisis Services.** If you are experiencing a crisis, call (630) 627-1700, 24 hours a day, 7 days a week, or visit <https://www.dupagehealth.org/183/Crisis-Services>.
- **Behavioral Health Services.** A wide range of services are available for DuPage County residents who are experiencing symptoms related to mental health or substance use, which may be impacting your daily life. Treatment programs are offered at our public health centers in Wheaton, Addison, Westmont and Lombard. To learn more, call (630) 682-7400 or visit <https://www.dupagehealth.org/172/Behavioral-Health>.

Help is also available from other sources, including:

- **The Illinois Helpline for Opioids and Other Substances.** If someone you know is suffering from an opioid use disorder or other substance use disorders, call the Illinois Helpline for Opioids and Other Substances at 1-833-2FINDHELP to speak with a trained professional for support and advice or to be directed to customized resources or visit HelplineIL.org.
- **National Suicide Prevention Lifeline.** We can all help prevent suicide. The Lifeline is available 24/7 at 1-800-273-8255 for free and confidential support for people in distress, prevention and crisis resources for you or your loved ones.

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- **Call4Calm.** This free textline is available if you or someone you know needs emotional support. Text TALK to 552020 for English or HABLAR for Spanish, 24 hours a day, 7 days a week. Callers seeking assistance remain anonymous and will provide only their first name and zip code, which enables the service to link you to a counselor in your area who is knowledgeable about available local resources.
- **Veteran's Crisis Line.** To reach caring, qualified responders within the Department of Veterans Affairs, connect with the Veterans Crisis Line. This free support is confidential, available 24/7, and serves all veterans, service members, their families and friends. Call 1-800-273-8255 or text: 838255. Support is available for the hearing impaired, call 1-800-799-4889.

To learn more about the many services offered by DCHD, please visit www.dupagehealth.org.

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