



Are you caring for a loved one during the Stay at Home Order? If you're helping them navigate through feelings of frustration, loneliness, fear, hopelessness, or other emotions, the Illinois Department on Aging offers the following tips and resources to help you during this time.

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.***

Be Aware of Changes

Take note in any changes in your loved one's energy, mood, sleep, substance use, isolation, concentration, ability to experience pleasure, and acceptance of help.

Look for Warning Signs

- Talking about wanting to die or to kill themselves
- Looking for a way to kill themselves, like searching online, buying a gun, stockpiling medications
- Talking about feeling hopeless or worthless
- Talking about being a burden to others
- Increasing use of alcohol or drugs or failing to take prescribed medications
- Acting anxious or agitated
- Withdrawing or isolating

How You Can Help

- Express empathy
- Help them develop a written daily routine
- Offer time with them via phone calls, visits outside of a home that meet social distancing requirements
- Share memories of good times
- Provide activities to help pass the time
- Model good self-care
- Connect them with opportunities to help others such as writing cards, baking, making phone calls, etc.

*Credible resources to learn about COVID-19: Cdc.gov and Coronavirus.illinois.gov

**Mayo Clinic: 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

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. The Warm Line is not a crisis hotline, but 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 for people aged 60 years and older and adults with disabilities. Call **1-800-971-0016** toll-free 24/7.

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 click on **HELP IS HERE**

Find a Mental Health Provider Near You:

Mental Health America-Illinois: 312-814-5050

Illinois Department on Aging: 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

Other Valuable Resources:

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

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