

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 click on **HELP IS HERE**

Other Valuable Resources:

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

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

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 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

****Rush University Medical Center: www.rush.edu/health-wellness/discover-health/stay-engaged-active-and-healthy-home

*****Volunteer opportunities: www2.illinois.gov/sites/serve