

Illinois Warm Line

Call: 1 (866) 359-7953, Select “The Warm Line” • TTY: 1 (866) 880-4459

The Warm Line is a non-crisis helpline staffed by peers who have experienced mental health recovery in their own lives. It provides: Emotional Support, Recovery Education, Self-Advocacy Support



Hours of Operation: Monday through Friday, 8am-5pm, except holidays

LOCAL RESOURCE HELPLINE AVAILABLE FROM NAMI CCNS — (847) 716-2252

Notes:

July

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 Independence Day (US)	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	Health Tip: Reduce Sunburn Risks Use Sunscreen with SPF 30 or higher. Apply Liberally! Reapply every 2 hours.				