DOWNSTATE ILLNOIS LABORERS' MENTAL HEALTH RESOURCE PAGE

NATIONAL RESOURCES

988 Suicide & Crisis Lifeline

The 24-hour toll-free crisis hotline that puts callers in contact with their local crisis center for immediate assistance.

Call **988**

Text "MHA" to **741741**

Treatment and Referral Line

SAMHSA's 24/7 treatment and referral line provides referrals to alcohol, substance abuse, and dual diagnosis treatment facilities. SAMHSA also offers an online Substance Abuse Treatment Facility Locator.

Call **800-662-4357**

Visit **findtreatment.gov**

Disaster Distress Helpline

The Multilingual crisis support service is available 24/7 to all residents in the U.S. and its territories who are experiencing emotional distress related to natural or human-caused disasters.

Call **800-985-5990**

National Alliance on Mental Illness (NAMI)

The NAMI HelpLine is available Monday-Friday, 10 a.m. - 10 p.m. Eastern, for people struggling with their mental health.

Call **800-950-6264**

Email **helpline@nami.org**

Text "friend" to **62640**

LOCAL RESOURCES

Gateway Foundation
(Medical Detox Services)
877-381-6538

Sana Lake Recovery Center
(Medical Detox Services)
855-413-8252

HEALTH & WELFARE FUND RESOURCES

Central Laborers' Welfare Fund
217-479-3600
central-laborers.com

Family Assistance Program
800-252-6571 (during office hours)

Laborers' 100 and 397 Health and Welfare Fund
314-367-6555
ekonbenefits.com

Member Assistance Program
888-238-6232 (available 24/7)

Southern Illinois Laborers' Health and Welfare Fund
618-998-1300
silehw.org

Member Assistance Program
800-456-6327 (available 24/7)

PEER RESOURCES

Josh Zgonina
618-225-7216

Brandon Royer
618-210-8904

Jon Grubb
217-433-9776

Rodney Masterson
618-534-2140

Jason Johnson
618-660-5083

Greg Kipping
618-719-9489