

Get Immediate Help in a Crisis

Call 911 if you or someone you know is in immediate danger.

National Suicide Prevention Lifeline

Call 1-800-273-TALK (8255);

En Español 1-888-628-9454

The Lifeline is a free, confidential crisis hotline that is available to everyone 24 hours a day, seven days a week. The Lifeline connects callers to the nearest crisis center in the Lifeline national network. These centers provide crisis counseling and mental health referrals. People who are deaf, hard of hearing, or have hearing loss can contact the Lifeline via TTY at 1-800-799-4889.

Crisis Text Line

Text “HELLO” to 741741

The Crisis Text hotline is available 24 hours a day, seven days a week throughout the U.S. The Crisis Text Line serves anyone, in any type of crisis, connecting them with a crisis counselor who can provide support and information.

Veterans Crisis Line

Call 1-800-273-TALK (8255) and press 1 or text to 838255

The Veterans Crisis Line is a free, confidential resource that connects veterans 24 hours a day, seven days a week with a trained responder. The service is available to all veterans, even if they are not registered with the VA or enrolled in VA healthcare. People who are deaf, hard of hearing, or have hearing loss can call 1-800-799-4889.



For Participation in COVID Groups

Call Center for Human Services

309-827-5351

Identify yourself as a LIUNA member,
or immediate family member,
and which of the three groups you would
like to attend.

For Participation in Individual Therapy

Call Professional Associates of Illinois (PAI)

309-827-2184

Identify yourself as a LIUNA member or
immediate family member.



Cares About Your Mental Health



LIUNA CARES

The National Institute of Mental Health states that mental illnesses are common in the United States. Nearly one in five U.S. adults live with a mental illness (51.5 million in 2019). Then along came COVID.

The COVID-19 Pandemic has only added to the daily stresses and has had a huge impact on mental health.

If you or your immediate family member has a mental illness, is struggling emotionally, or have mental health concerns, there are ways to get help.

LIUNA Midwest Region has formed a partnership with McLean County Center for Human Services (MCCHS) to address the mental health needs of our members. MCCHS is offering an opportunity for LIUNA Midwest Region members and their immediate family to receive individual therapy services, and COVID-19 grief group support services at no cost.

INDIVIDUAL THERAPY

Individual therapy can be an excellent way to deal with the stresses of life. Therapy can help people in many ways.

- Improve Communication skills
- Insight into thinking patterns
- A sense of empowerment
- Increase coping skills

You will work one on one with a therapist to identify your own specific needs.

Individual therapy will be provided through telehealth and is available to LIUNA Midwest Region members and their immediate family (all ages).

Call 309-827-2184 to schedule an appointment. Be sure to identify yourself as a LIUNA member or immediate family member.

COVID-19 GRIEF GROUPS

Three types of COVID-19 grief groups will be offered. Groups will be individualized and focus on one of the following areas:

Group 1: Individuals that have lost a loved one to COVID-19

Group 2: Individuals that have recovered from COVID-19 and caregivers

Group 3: Individuals that have been impacted by the stresses of COVID-19

The group size will be no larger than 8 people. The groups will meet for up to 10 weeks depending on the group size.

Groups will be offered virtually and are available to LIUNA Midwest Region member and their immediate adult (18 years of age or older) family members.

Call 309-827-5351 to sign up for a group. Group schedules will be determined by interest in each group. Be sure to identify yourself as a LIUNA member or immediate family member.

