

Crisis Support Resources – Central Illinois

Oak Therapy & Wellness PLLC does not provide crisis or emergency services.

If you or someone you care about is experiencing a mental health emergency or is in immediate danger, please use the resources below.

Immediate Emergency Support

Call 911

If there is immediate danger, risk of harm, or a medical emergency.

24/7 Crisis Hotlines (Free & Confidential)

988 Suicide & Crisis Lifeline

Call or text **988**

24/7 support for emotional distress, mental health crises, and substance use concerns.

Crisis Text Line

Text **HOME** to **741741**

24/7 text-based crisis support with a trained counselor.

Illinois CARES Hotline

Call **1-800-345-9049**

Connects callers to crisis services and local mobile crisis response teams throughout Illinois.

Local Mobile Crisis Response (Central Illinois)

Mobile Crisis Response – Sangamon & Surrounding Counties

Counties served include Sangamon, Logan, Menard, Morgan, Mason, Christian, and Scott.

Phone: 217-788-7070

Available 24/7 for in-person crisis assessment and support.

Additional Support Resources

Illinois Warm Line

Call **1-866-359-7953**

Non-crisis emotional support for adults seeking someone to talk with.

United Way 211

Call **211**

Connects individuals with local community resources including housing, food, and mental health referrals.

National Domestic Violence Hotline

Call **1-800-799-SAFE (7233)**

24/7 confidential support for individuals experiencing domestic violence.

Important Notes

- These resources are intended for **urgent or crisis situations**.
 - They do not replace ongoing therapy or scheduled outpatient services.
 - If you are unsure whether a situation is an emergency, it is okay to call **988 or 911** for guidance.
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