



STATE OF ILLINOIS REGIONAL AREA SUPPORT

Warm Line

Phone: 866.359.7953

Monday-Friday, 8am-5pm

From the main menu, select option #2, then #5 (Interpreters available)

The IL Warm Line is a support line for persons with mental health and/or substance use challenges, their families, friends and community members. Trained Wellness Support Specialists who personally live out recovery will give support to you while also helping families better understand the recovery process. The Warm Line provides:

- Emotional Support
- Recovery Education
- Self-Advocacy Support
- Referrals

Sometimes what is needed most in difficult times is someone to talk with who listens and understands.

WRAP Education Class

WRAP – Wellness Recovery Action Plan (WRAP) is a self-guided plan for staying well and for help you to feel better when you are not feeling well, to increase personal responsibility, and to improve your quality of life.

<http://www.illinoismentalhealthcollaborative.com/wrap/search.action>

DHS/Dept. of Mental Health Regional Adult Recovery Support Specialists:

Kathryn Dittmore – 312.793.1008 Region 1-Cook County
Kathryn.Dittmore@illinois.gov

Pat Lindquist - 847.742.1040, x2985 Region 2-East/Elgin
Patricia.Lindquist@illinois.gov

Tom Troe - 309.346.2094 Region 3-Peoria
Thomas.Troe@illinois.gov Region 4-Springfield

Rhonda Keck – 618-833-5161, x251 Region 5/Southern
Rhonda.Keck@illinois.gov

To schedule a customized mental health awareness training or find out more information visit our website at visionforchange.net or call 630.234.7477