



## SINNISSIPPI CENTERS SERVICES DURING SHELTER IN PLACE RESTRICTIONS

For the safety of our clients, staff, and communities, during the COVID-19 virus outbreak, **Sinnissippi Centers is offering services by phone, video, and limited in-person appointments** until further notice. **Please call 800-242-7642 before coming to any of our locations.**

**If you are in crisis or have any urgent behavioral health needs, call our 24-hour crisis line at 800-242-7642. Staff are ready to help.**

We are offering most of the services we normally offer including group services via telephone and video technology, and with limited in-person appointments. We continue to meet the needs of our clients with the best technology available to us during this time. These measures will last likely through the month of April during the extended stay-at-home order or until we receive more guidance from health authorities.

**Coronavirus is a serious threat.** However, we also recognize the importance of mental health and substance abuse services to the welfare of those we serve. That is why we remain open, while taking all the appropriate precautions. Please know that we will continue to do everything possible to meet the needs of our clients and staff during this time. We continue to assess our policies on a daily basis and consider all measures.

## RESOURCES

Sinnissippi Centers has posted a wealth of resources to our website on our links page at [www.sinnissippi.org/links](http://www.sinnissippi.org/links) There you will find links to help you pass the time while you are home, how to take care of your mental wellness, online resources for support group meetings, and many other resources. Please check out all our links.

## MORE ABOUT CORONAVIRUS

We encourage you to take all the measures public health officials have published to insure your physical health. If you are exhibiting symptoms of cough, fever or shortness of breath, please call your medical provider, local health department, or 911 depending on severity.

If you have general questions, please call the IDPH COVID-19 Hotline at 1-800-889-3931 or email [DPH.SICK@illinois.gov](mailto:DPH.SICK@illinois.gov). Additional information is also available on the [IDPH's COVID-19](https://www.idph.state.il.us/covid-19/) and [CDC COVID-19](https://www.cdc.gov/covid-19/) websites.

**We also encourage you to take that extra step of caring for your mental wellness too**, and as an added benefit, caring for your mental wellness has been proven to boost your immune



system. Take time out of your day to reduce your stress level, get plenty of rest, and know that we are all working together to get through this.

Thank you and be well!