

(Versión en español atrás)

COVID-19 resources for Chicago and Illinois families

Please understand that this is a fluid and evolving situation and information may change.

Call4Calm - text "TALK" to 552020 or for Spanish text "HABLAR" to 552020

The Illinois Department of Human Services' Mental Health Division has launched a free-of-charge emotional support text line, Call4Calm, for Illinois residents experiencing stress and mental health issues related to COVID-19.

Call4Calm is free to use, and individuals will remain anonymous. Once a resident sends a text to the hotline, within 24 hours they will receive a call from a counselor employed by a local community mental health center to provide support.

Individuals can also text 5-5-2-0-2-0, with key words such as "unemployment" or "food" or "shelter" and will receive information on how to navigate and access supports and services.

FOOD:



Citywide:

- **CPS will provide meals to families in need.** All CPS families will be able to pick up meals outside of their nearest CPS school beginning March 17, between 9AM to 1PM Monday to Friday throughout the closure. No ID is needed. Please call Healthy CPS Hotline: 773-553-KIDS

- **Find a Book Bank near you:** <https://www.chicagosfoodbank.org/>

Southside:

- **Brave Space Alliance** is operating a crisis food pantry for queer and trans folks on the South Side. If you would like food or other supplies dropped off at your front door, please use this form: <https://forms.gle/VWSXSCpZq2B5rHNd6>

Northside:

- **Lakeside Area Neighbors Association** (Uptown) has set up a number to receive requests for meals or over the counter cold medicine be left at your door, to ask for a ride to an urgent care facility or physician's office if you are feeling unwell, or simply ask that someone call you at a specific time to check in, and LANA will do our best to coordinate. You can also text the hotline if you have resources (like to cook, willing to give rides, etc.) to share. Call or text 312-834-3510 (leave a message) Email:

lakesideneighbors46@gmail.com. Or message them on Facebook: [Lakeside Area Neighbors Association](#)

- ***Uptown Church:***

https://uptowncov.org/corona?fbclid=IwAR1wawiYzUE7b1iyzkqjY9igwsWK70ybvrPV3tN1v_7xrP5cFYxqB56Td00

- ***Albany Park and Avondale*** (Assistance from the 33rd Ward Ald. Rossana Rodriguez-Sanchez): https://33rdward.org/covid-19-resources/?fbclid=IwAR0NADfs5qkFdQHWYqd4zMOMNgPIWsC7jvE_l8HBJzo8d_rW10cX5tCoOtc

West Side:

- ***Ukrainian Village neighbors*** are offering help to folks who are immunocompromised, older, or have kids at home. Email: UKVhelps@gmail.com

- ***Austin*** - Forty Acres Fresh Market is offering affordable grocery delivery <https://www.fortyacresfreshmarket.com/>

ECONOMIC ASSISTANCE:



- ***Text "unemployment" to 552020.*** To see if you qualify for public benefits/financial assistance: Cook 311, Suburban Cook (877) 426-6515; Lake call (847) 782-4000

- ***Steps to Take If You Can't Make Ends Meet Because of the Coronavirus*** https://www.nbcchicago.com/news/coronavirus/steps-to-take-if-you-cant-make-ends-meet-because-of-the-coronavirus/2238614/?_osource=SocialFlowFB_CHBrand&fbclid=IwAR02MZIERwF6q4552SP2_hegpoNtTIQHYKEaBGqbrCAWL4E0Rcpu7GdMbUk

- ***For bartenders, barbacks, and cocktail servers! This org is offering emergency grants:*** <https://www.usbgfoundation.org/beap>

- ***Resources for Gig workers! (From the Gig Workers Collective)*** https://www.gigworkerscollective.org/covid-19-resources?fbclid=IwAR3q-J18bc3PbcSn2lma2yl_Q21xLB4NrRfYqEzUXvIT1May6QAaUlv1Mak

- ***Good Kids, Mad City*** - providing grants of \$50 in emergency aid to people ages 18-24. Fill out the Google Doc linked through their twitter or here: https://docs.google.com/forms/d/1R3rkmnEyWSxPPGBzhvX-CRKB5kwOFw_QlGE7tXbcJQ/viewform?edit_requested=true.

- ***Chicago COVID Hardship and Help Mutual Aid Network-*** A network to help Chicagoans struggling during the Coronavirus outbreak. If you're in need of financial assistance, you can share your story and ask for financial help at the google form found through this website: <https://transformativespaces.org/2020/03/15/chicago-covid-19-hardship-and-help-page/>.

- **Rental Assistance through the City of Chicago (Application for Emergency Housing Assistance)** - apply to be entered into a lottery for housing assistance. More information and application here: <https://www.chicago.gov/city/en/sites/covid-19/home/resources.html?#housing-assistance> (under housing).

PUBLIC BENEFITS:



- **Apply for Medicaid**, Supplemental Nutrition Assistance Program (SNAP), Cash Assistance online <https://abe.illinois.gov/abe/access/> or call 1-800-843-6154.
- **Women, Infant and Children (WIC)** has phone services and curbside pick up for formula. Find your local WIC office: <http://www.dhs.state.il.us/page.aspx?module=12&officetype&county=Cook>
- **Apply for Unemployment Insurance** Call IDES at 1-800-244-5631 or <https://www2.illinois.gov/ides/individuals/UnemploymentInsurance/Pages/default.aspx> Assistance here on how to fill out forms: <https://www.illinoislegalaid.org/informacion-legal/desempleo>

UTILITY RELIEF:



There is a moratorium on shutoffs for all utility companies – **including energy, telecom and water.**

HOUSING:



Text "housing" to 552020

Cook County is suspending court-ordered evictions.

FREE INTERNET FOR STUDENTS:



- **Spectrum** 1-844-488-8398 - offering free internet for students
- **Comcast Xfinity Internet Essentials**. New customers will receive two free

months of internet service if they apply by April 30, 2020

(<https://www.internetessentials.com/>)

- **Access from AT&T:** Offering 2 months of free service to customers who order by April 30 (<https://m.att.com/shopmobile/internet/access/>)



- **Resources for the Immigrant, Refugee and DACA population:**

https://docs.google.com/document/d/1_FkBlQh4AluGm3_rQAVBIHmDM-j5cxatvnl0xEIbmCc/edit

- **For additional and comprehensive resources, see:**

https://docs.google.com/document/d/18qQq7kzbl1OCbQTfPidZB1lgjbevN_W2dJbTJqeL_rwk/mobilebasic?urp=gmail_link

Please feel free to reach out to a social worker for further assistance.
Family Services (312) 227-1200