

Family and Community Resources

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Local Food Pantries

- HERMOSA PARK
 - New Hope Church 1815 N Kostner Chicago, IL 60639
 - Distribution of Hot Meals and basic groceries every Sunday!
- LINCOLN PARK
 - [St. Teresa of Avila](#) 1950 N. Kenmore Every Saturday 9:30 a.m. - 11:00 a.m. - The pantry offers pre-packed bags with meat, eggs, milk, fresh vegetables and fruit, and a variety of canned goods. There is no shortage of food and can serve all. Pickup is quick, and social distancing is observed.
- Lakeview
 - Lakeview Pantry - Click [Here](#) to see their 5 locations
- LOGAN SQUARE
 - [Celestial Vision](#) 3023 W. Fullerton (773) 501-4064 Sat, 10am-12pm Please call ahead of time, food will be delivered to your car.
- AVONDALE + LOGAN
 - [Chicago Hope](#) 2505 N. Kedzie (773) 499-9763 Mon, 4pm-6pm Thurs, 10am-12pm
- IRVING PARK
 - [Grace Evangelical](#) 4201 N. Monticello (773) 478-0208 Sat, 10am-12pm
 - [Irving Park Pantry](#) 4256 N. Ridgeway (773) 283-6296 Wed, 9am-12pm
- North Center
 - [Common Pantry](#) 3744 N. Damen Ave. Chicago, IL. 60618 (773) 327-0553 Wednesdays, from 1 to 4 p.m. and again from 6 to 8 p.m
- Salvation Army- food pantries at our individual corps community centers remain open to ensure our communities have the food and essentials they need. For the time being, to ensure the safety of our clients, our food pantries are drive-up only and clients will be given pre-packaged food.
 - Chicago Harbor Light Corps Community Center 825 N. Christiana Ave., Chicago, IL 312.667.2200 Mondays, Wednesdays, and Fridays from 1:00 p.m. - 3:00 p.m. as well as Tuesdays and Thursdays from 9:00 a.m. - noon

- Chicago Temple Corps Community Center 1 N. Ogden Ave., Chicago, IL 312.492.6803 Mondays, Wednesdays, and Thursdays
- OTHERS
 - City Church (777 N. Green St., Chicago, IL 60642) Wednesdays from 2:30pm - 5pm or until supplies last.
 - Chicago Tabernacle (3231 N. Cicero Ave) Saturday, November 14 from 8am until supplies last.

Housing

- - LUCHA-
For questions on counseling for Mortgage, people can call LUCHAS main line at 773-489-8484 Ext. 258. They will be directed to their intake specialist. If there is a question that she can't answer then she can forward the call to one of the counselors.
- Rental Assistance - [City of Chicago](#)
- [At risk of or experiencing homelessness](#) - Chicago Coalition for the Homeless and community organizations - This resource guide includes a hotline if you're having trouble paying rent, have a housing legal need, or need shelter.
- Zam's Hope- Text (773) 719-9267 with a description of your housing needs.
- Chicago Lights- Call (312) 640-2571 to ask about housing case management..

Benefits

- Currently, some City and State resources are available for individuals with financial hardship to apply for various public benefits. Below are some links with helpful information:
 - [IDES COVID-19 Unemployment Benefits](#)
 - [DFSS Community Service Centers](#)
 - [IDHS Family Community Resource Centers](#)
- CPS Office of Student Health and Wellness - Casandra Cruz ccruz44@cps.edu
 - [Children and Family Benefits](#) Hotline -773-553-5437 Casandra's direct number 312-961-6974

Local Mental Health Providers

- North River Mental Health Clinic 5801 N. Pulaski (312) 744-1906
 - Monday to Friday, 8:30am to 4:30pm Counseling by phone. No walk-ins. Taking new patients, with and without insurance

- Guiding Behavior Counseling 2923 N. Milwaukee Avenue (773) 726-4832
 - Monday to Friday, 8am-6pm Counseling by phone. No walk-ins. Taking new patients accepts several insurances, can also accept private pay on a sliding scale.
- National Alliance for Mental Illness (NAMI Chicago): (833) 626-4244 is available Monday to Friday from 9am to 8pm and Saturday to Sunday from 9am to 5pm.
 - NAMI provides support, information, and referrals by phone (no counseling). NAMI also offers Virtual Support Groups (only offered in English at this time). To sign-up, call or visit their website. Hablan Español.
- Illinois Domestic Violence Hotline: (877) 863-6338: 24 hours, 7 days a week
 - Assistance available in various languages - Hablan Español
 - Emergency Services Available
- [Text a mental healthcare professional](#) - State of Illinois - The program, called “Call4Calm,” was launched by the state’s Human Services Mental Health Division. Illinois residents wanting to speak to a mental health care professional can text the word “TALK” to 552020, and the service is free to use, according to the governor’s office.
- [Trauma counseling](#) - Bright Star Community Outreach - Connect using their hotline at 833-TURN-123.
- [Free teletherapy](#) - Chicago Department of Public Health - Call 312-747-1020.
- [Crisis counselor](#) - For after-hours support, contact Crisis Text Line which serves anyone, in any type of crisis, 24-hours a day. Instructions: Text HOME to: 741741 to access a trained crisis counselor.

Undocumented Families

- **Healthcare access for Undocumented Folks:** List of Free Health Clinics that are available to all Illinois residents regardless of documentation status.
- **Chicago Community COVID-19 Response Fund:** The fund is still in the works but would allow nonprofits in Chicago to provide monetary support to communities regardless of status. This is in collaboration with the City of Chicago, The Community Trust Fund, and United Way.
- **CARE COALITION:** A grassroots, diverse partnership of social/civic organizations and neighbors serving as a CONNECTOR between residents who NEED CARE with those who can GIVE CARE. All races, faiths, and backgrounds are welcome! Phone Hotline: 866-422-7320

For a more comprehensive list of resources for immigrants and undocumented individuals, please visit the [Illinois Coalition for Immigrant and Refugee Rights' COVID-19 resource page](#) as well as [Chicago Community & Workers' Rights COVID -19 resource page](#).