

Community Resources For Families

The office of Illinois State Senator Ram Villivalam has compiled a wonderful resource list organized by need. [Click here](#) to access that resources page. As we are notified of other resources or programs, we will add their information in the table below. In addition, specific social-emotional resources can be found [here](#). (Last updated: 4/17/20)

Resource Name	CEDA COVID-19 Crisis Program
Helps With:	<p>Programs to help those in suburban Cook County with:</p> <ul style="list-style-type: none"> • Water Bill Payments • Telephone Bill Payment • Childcare for Essential Workers • Basic Essentials Assistance • Medical Supply and Prescription Costs • Emotional Counseling Services
Additional Materials or Contact Information	Flyer link - click here
Resource Name	Call4Calm- Illinois Department of Human Services Free and Anonymous Support Line
Helps With	<p>Individuals who want to speak with a mental health professional can text the word "TALK" or "HABLAR" (for Spanish speakers) to 552-020. Within 24 hours, that individual will receive a call from a mental health professional employed by a local community health center. People can also text other terms, like "unemployment" or "food" or "shelter" to the same number to receive information on how to navigate and access supports and services.</p>
Additional Materials or Contact Information	Text "TALK" or other words to 552-020
Resource Name	Niles Township Food Pantry
Helps With	<p>For the time being, the Pantry will distribute pre-packaged food in boxes rather than have people inside shopping for food.</p> <p>Food Pantry Hours change at times so it's best to call before you go.</p> <p>This week's groceries will be distributed from 11 a.m. to 1:30 p.m. Wednesday (May 13) at the Township's new Pop-Up Food Pantry, 8300 N. Lehigh Ave., MG and from 5:30 p.m. to 7 p.m. at the Township Food Pantry behind the main building, 5255 N. Lincoln Ave., SK.</p>

	Staff will come out of the Food Pantry building and put food boxes on a nearby bench so clients can pick them up. This process will limit physical contact and adheres to guidelines developed by state and national health officials.
Additional Materials or Contact Information	http://nilestownshipgov.com/convid-19/ Food Pantry Address: 8341 Lockwood Avenue Skokie, Illinois 60077 Phone: (847) 983-0073
Resource Name	UIC Guidance on Dealing with an Unsafe Home
Helps With	Domestic Violence
Additional Materials or Contact Information	Interpersonal Violence and COVID-19: What you should know. Domestic Violence Hotline Advocates are available 24/7 at (800) 799-SAFE (7233) in more than 200 languages. All calls are free and confidential.
Resource Name	SNAP (Food stamps) and Medicaid:
Helps With	Food and Health Insurance
Additional Materials or Contact Information	If you have seen a decrease in income or are facing food insecurity, I would strongly recommend that you fill out an application for the Supplemental Nutrition Assistance Program (SNAP) and Medicaid. Click here to apply online for Medicaid, SNAP, and cash benefits and to learn more about resources available through the Illinois Department of Human Services. If you would prefer to apply using a paper application, please fill out and print this form .