



## APNA GHAR, INC. RESOURCES IN RESPONSE TO COVID-19 (NOVEL CORONAVIRUS DISEASE 2019)

### HOTLINES

**Smart 911:** <https://www.smart911.com/>

**The Illinois Department of Public Health (IDPH)** has a statewide COVID-19 hotline and website to answer any questions from the public or to report a suspected case: call 1 (800) 889-3931 or visit [www.DPH.illinois.gov](http://www.DPH.illinois.gov)

**Cook County Department of Health Hotline:** (708) 633-3319 or email [ccdph.COVID19@cookcountyhhs.org](mailto:ccdph.COVID19@cookcountyhhs.org)

**City of Chicago Coronavirus Response Hotline:** (312) 746-7425 (SICK): Mon-Fri 8am-4pm  
Call them for instructions especially for those who are uninsured  
[www.chicago.gov/coronavirus](http://www.chicago.gov/coronavirus)

**Swedish Hospital:** COVID-19 Hotline staffed with trained clinicians available to answer questions and offer assistance and the latest guidance. The number is (773) 907-7700.

**Rogers Park Community Response Hotline:** (773) 831-7668  
<https://rpcrt.org/>

### LEGAL ASSISTANCE

**From the Cook County States Attorney's Office**  
<https://www.cookcountystatesattorney.org/news/cook-county-state-s-attorneys-office-city-officials-bring-awareness-resources-survivors>

**Cook County Circuit Court**  
<http://www.cookcountycourt.org/>

### HEALTHCARE

**List of all Federally Qualified Health Clinics (FQHCs) in Chicago**  
[https://npidb.org/organizations/ambulatory\\_health\\_care/federally-qualified-health-center-fqhc\\_261qf0400x/il/?location=chicago&page=2](https://npidb.org/organizations/ambulatory_health_care/federally-qualified-health-center-fqhc_261qf0400x/il/?location=chicago&page=2)

**Heartland Health Center Wilson:** (773) 751-7800  
<https://www.heartlandhealthcenters.org/locations/hhc-wilson/>



**All Heartland Health Center Locations**

<https://www.heartlandhealthcenters.org/locations/>

**Chicago Women's Health Center:**

Mon-Fri 9-4pm; 773 935 6126 by appointment only  
1025 W. Sunnyside, Suite 201, Chicago, IL 60640  
<http://www.chicagowomenshealthcenter.org/>

**Sunnyside Health Center:**

Mon-Fri 8am-5pm; (773) 878-8098 appointments encouraged  
4501 N. Sheridan Rd, Chicago, IL 60640  
<https://www.nearnorthhealth.org/sunnyside-health-center>

**Planned Parenthood of Illinois (PPIL):**

<https://www.plannedparenthood.org/planned-parenthood-illinois>

**PPIL Rogers Park:** (773) 942-7193

5725 N. Broadway, Chicago, IL 60660  
Online Appointments and All locations  
<https://www.plannedparenthood.org/planned-parenthood-illinois/locations>

**Illinois Association of Free and Charitable Clinics**

<https://www.illinoisfreeclinics.org/clinic-search/clinic-directory>

**COPING AND MENTAL HEALTHCARE**

**Hotline:** Call 311 to be connected to a counselor from NAMI (National Association for Mental Illness) or call (833) 624-4244

**Crisis / Emergency Mental Health Providers:**

<https://www.dhs.state.il.us/page.aspx?item=30893>

**Supporting your Mental Health During COVID-19:**

<https://www.psychologytoday.com/us/blog/anxiety-zen/202003/19-ways-support-your-mental-health-during-covid-19>

**Managing Stress:** <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?emci=c7a639b4-9368-ea11-a94c-00155d03b5dd&emdi=e49e36df-a168-ea11-a94c-00155d03b5dd&ceid=2639458>



## FOR PARENTS AND CAREGIVERS

**Chicago Public Schools:** [www.CPS.edu/coronavirus](http://www.CPS.edu/coronavirus)

**Childcare for Essential Workers:** <http://www.dhs.state.il.us/page.aspx?item=68333>

**Childcare Information:** <https://www2.illinois.gov/sites/OECD/Pages/For-Communities.aspx>

**Homeschooling Guide and Resources:** <https://thenorthstar.com/a-crash-course-on-homeschooling-for-parents-affected-by-covid-19-school-closings/>

**Parent / Caregiver Guide to Coping:** <https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019?emci=c7a639b4-9368-ea11-a94c-00155d03b5dd&emdi=e49e36df-a168-ea11-a94c-00155d03b5dd&ceid=2639458>

## FOOD ASSISTANCE

**Food Banks:** <https://www.chicagosfoodbank.org/find-food/>

**Chicago Public Schools Food Distribution Things to Know:** [www.CPS.edu/coronavirus](http://www.CPS.edu/coronavirus)  
<https://chicago.suntimes.com/coronavirus/2020/3/16/21181751/coronavirus-chicago-public-schools-food-meals-how-get-everything-know>

**Chicago Public Schools Meal Sites:** <https://www.cps.edu/school-reopening-2020/cps-meal-sites/>

## FINANCIAL ASSISTANCE

**Illinois Department of Employment Security (IDES) for unemployment benefits:**  
<https://www2.illinois.gov/ides/Pages/default.aspx>

**Mutual Aid Effort: Request and Provide Assistance**  
<https://docs.google.com/document/d/1BrTcX0r5NXpeOzXtSlpf4WsvrQitU0lnE8qQEKZYQGM/mobilebasic?emci=c7a639b4-9368-ea11-a94c-00155d03b5dd&emdi=e49e36df-a168-ea11-a94c-00155d03b5dd&ceid=2639458>

**Consumer Protection at the Office of the Illinois Attorney General:** To report price gouging and other financial exploitation by businesses during this time, call (217) 782-1090

**Emergency Rental Assistance:**  
[https://www.chicago.gov/city/en/depts/fss/provdrs/serv/svcs/how\\_to\\_find\\_rentalassistanceinchicago.html](https://www.chicago.gov/city/en/depts/fss/provdrs/serv/svcs/how_to_find_rentalassistanceinchicago.html)



**United Way COVID-19 Economic Relief Fund:** (866) 211-9966 for support for bills, rent and food

## **PUBLIC BENEFITS**

**Immigrant Family Resource Program (IFRP):** For information on whether or not you may qualify for public benefits please call (855) 437-7669 Monday through Friday from 9:30am to 4:30pm. Assistance is available in 8 different languages

**Services are still available.** However, the Illinois Department of Human Services (IDHS) has temporarily closed its on-site local Rehabilitation Services' (DRS) offices and scaled down staffing levels at its on-site Family and Community Resource Center (FCRCs) local offices to align with the health and safety guidance by public health officials.

- DRS' customers can reach local offices through [regular office phone numbers](#) or online at [www.DRS.illinois.gov](http://www.DRS.illinois.gov)
- For benefits like Medicaid, SNAP, and TANF – customers can go to [ABE.illinois.gov](http://ABE.illinois.gov) or call the ABE Call Center at 1-800-843-6154. Online or phone options encouraged.

## **HOUSING ASSISTANCE AND ADVOCACY**

**Wi-Fi:** <https://corporate.comcast.com/covid-19?emci=c7a639b4-9368-ea11-a94c-00155d03b5dd&emdi=e49e36df-a168-ea11-a94c-00155d03b5dd&ceid=2639458>

**Women's Shelters Cook County:** <https://www.womenshelters.org/co/il-cook>

**Cook County Homeless Shelter Directory** <https://www.homelessshelterdirectory.org/cgi-bin/id/county.cgi?county=Cook-County&state=IL>

**Suburban Cook County Rental Assistance**

[https://www.cookcountyil.gov/recovery?utm\\_medium=email&utm\\_source=govdelivery](https://www.cookcountyil.gov/recovery?utm_medium=email&utm_source=govdelivery)

**State of Illinois Rental and Mortgage Relief**

<https://blockclubchicago.org/2020/08/10/rent-mortgage-help-now-available-for-illinois-residents-who-lost-money-from-coronavirus/>

<https://era.ihda.org/>

## **PUBLIC TRANSPORTATION**

**Chicago Transit Authority:** <https://www.transitchicago.com/coronavirus/>



## INFORMATION FOR SURVIVORS OF GENDER VIOLENCE:

**IL Statewide Help Line:** (877) 863-6338

**Futures Without Violence:** <https://www.futureswithoutviolence.org/get-updates-information-covid-19/>

**VAWnet:** <https://vawnet.org/news/preventing-managing-spread-covid-19-within-domestic-violence-programs>

**National Network to End Domestic Violence:** [https://nnedv.org/latest\\_update/resources-response-coronavirus-covid-19/](https://nnedv.org/latest_update/resources-response-coronavirus-covid-19/)

**Risk Assessment:** <http://www.ncdsv.org/images/DANGERASSESSMENT.pdf>

## IMMIGRATION AND TRAVEL

**All people living in Illinois have the same access to healthcare and testing**

**Comprehensive Resources for Immigrants and Refugees Compiled by ICIRR:**  
[https://docs.google.com/document/d/1\\_FkBIQh4AluGm3\\_rQAVBIHmDM-j5cxatvnloxElbmCc/edit](https://docs.google.com/document/d/1_FkBIQh4AluGm3_rQAVBIHmDM-j5cxatvnloxElbmCc/edit)

**City of Chicago Information for Immigrants:**  
[https://www.chicago.gov/content/dam/city/depts/mayor/Office%20of%20New%20Americans/PDFs/Resources\\_Flyers/Resources\\_Flyer\\_English\\_Color.pdf](https://www.chicago.gov/content/dam/city/depts/mayor/Office%20of%20New%20Americans/PDFs/Resources_Flyers/Resources_Flyer_English_Color.pdf)

**CLINIC (Catholic Legal Immigration Network):** <https://cliniclegal.org/covid-19>

**U.S. Department of State travel advisory map:** <https://travelmaps.state.gov/TSGMap>

**USCIS Things to Know:** <https://www.uscis.gov/about-us/uscis-response-coronavirus-disease-2019-covid-19>

**State of Illinois support for immigrants:** <https://www.dhs.state.il.us/page.aspx?item=124289>

## GENERAL INFORMATION

**COVID-19 information In 35 languages:** <https://covid19healthliteracyproject.com/#languages>

**State of Illinois:** <https://coronavirus.illinois.gov/s/>



**Cook County:** <https://www.cookcountypublichealth.org/communicable-diseases/covid-19/>

**City of Chicago:** <https://www.chicago.gov/city/en/sites/covid-19/home.html>

**Frequently Asked Questions:**

<http://www.dph.illinois.gov/topics-services/diseases-and-conditions/diseases-a-z-list/coronavirus/faq>

**Centers for Disease Control (CDC)**

*Updates and Summaries:* <https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/summary.html>

*Prevention Information:* <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

*Cleaning and Disinfecting Information:* <https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html>

*Print Resources:* <https://www.cdc.gov/coronavirus/2019-ncov/communication/factsheets.html>

**Compiled Resources from Block Club Chicago**

<https://blockclubchicago.org/2020/03/25/feel-sick-need-help-want-to-donate-heres-a-massive-list-of-coronavirus-resources-in-chicago/>