

Community and Counseling Resources as of 9/1/2020
During Remote Learning

- ★ 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. Individuals who would like to speak with a mental health professional can text "TALK" to 5-5-2-0-2-0, or for Spanish, "HABLAR" to the same number: 5-5-2-0-2-0.
 - 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 and Utilities**

- **Bloom Township Center** 708-754-9400
- <https://www.chicagosfoodbank.org/find-food/>
 - Search for food pantries in surrounding areas by zip code
- **Food bank**, open Mon., Wed., Fri. Call: 708-755-4357 *curbside pickup available upon request
 - 1439 Emerald Ave. Chicago Heights
 - 21701 Torrence Ave. Sauk Village

- St. Christopher Catholic Church/St. Vincent de Paul
 - 14611 S. Keeler Ave Midlothian
 - Contact: Sr. Laurinda (708) 371-4621
 - Hours: Monday and Thursday: 10:00 am - 12:00 pm
 - Service Area: Crestwood, Midlothian, and Posen
- **Together We Cope**
 - 17010 Oak Park Ave. Tinley Park
 - Contact: Tony Roman (708) 633-5040
 - Hours: Monday, Wednesday and Friday 9:00 am - 12:00 pm
 - Service Area: Townships: Bremen, Orland, Palos and Worth or S: 183rd - N: 87th - E: Western Ave. - W: Will Cook Road
- **Tinley Park Pantry**
 - 6875 173rd Place Tinley Park, IL 60477
 - Contact: Chuck O'Kresik
 - (708) 614-7739

- Hours: Wednesday 8:00 am - 1:30 pm
- Service Area: Tinley Park and Orland Hills
- Redeemers Little Free Pantry
 - 4955 W. 158th Street Oak Forest, IL 60452
 - Contact: Marilyn Fischer (marilynsheer@aol.com)
 - Hours: This is a small free standing pantry located on the grounds of the Lutheran Church that can be accessed at any time.
- VKMI Hattie B. Williams Food Pantry
 - 5217 149th Street Oak Forest, IL 60452
 - Contact: Annie R. Hill (708) 331-3511
 - Hours: Every Friday 9:15 am - 12:15 pm
 - Service Area: South Suburbs
- Cornerstone Christian Food Pantry
 - 4101 Flossmoor Road Country Club Hills, IL 60478
 - Hours: 10:00 am - 12:00 pm
 - Dates: 4/29/20, 5/29/20, and 6/29/20
 - Service Area: Cook County
- Grace M. B.C Pantry
 - 16650 Crawford Ave Markham, IL 60428
 - Contact: Clara Johnson (708) 339-2060
 - Hours: Saturday 10:00 am - 12:00 pm
 - Service Area: Markham, Robbins, Hazel Crest, Country Club Hills, Midlothian and Oak Forest.
- Hazel Crest Community Church
 - 17050 California Ave Hazel Crest, IL 60429
 - Contact: Karen F. Persons (708) 335-4500
 - Hours: Wednesday: 10:00 am - 12:00 pm
 - Service Area: Markham, Country Club Hills, Homewood, Flossmoor, Hazel Crest, Harvey and Robbins
- Palos United Methodists Church
 - 12101 S. Harlem Ave. Palos Heights, IL 60463
 - Contact: Susan Greer (708) 878-9995
 - Hours: Tuesday: 9:00 am - 11:00 am and 4:00 pm - 6:00 pm
 - Service Area: N: 79th St.- S: 135th St. - E: Cicero - W: LaGrange Ave.
- St. Paul Lutheran Church Food Pantry
 - 6201 Vollmer Road Matteson, IL 60443
 - Contact: Ruth Treichel (708) 720-0880
 - Hours: Saturday: 10:00 am - 12:00 pm
 - Service Area: Matteson, Olympia Fields, Park Forest, Country Club Hills and Richton Park
- Lemont Open Pantries-Bethany Lutheran Church
 - 500 Lemont Street Lemont, IL 60439
 - (630)257-7953

- Hours: Tuesday - Thursday 8:30 am - 12:30 pm
- Orland Township Food Pantry
 - 14807 S. Ravinia Ave. Orland Park, IL 60462
 - Contact: Robin Kassis (708) 403-422
 - Hours: Monday - Friday 9:00 am - 4:00 pm
 - Service Area: N: 135th St - S: 183rd St. - E: HARlem - W: Will-Cook Rd.

★ National Suicide Prevention Hotline 1-800-273-8255

★ Mental Health Emergencies needing an evaluation:

- **Silver Oaks** - Intake 844-580-5000
- **Linden Oaks** - Mokena 630-305-5027
- **Ingalls Behavioral Health** -University of Chicago 708-333-2300
- **Franciscan Behavioral Health** -Dyer 1-800-STEP-ONE (800-783-7663)
- **SAMHSA** (Disaster Distress Hotline) - Call 1-800-985-5990
 - text TalkWithUs to 66746
 - *En Español 1-800-985-5990.*
- Toll free, multilingual and confidential crisis support for all US residents. Dedicated to providing immediate crisis counseling for people who are experiencing emotional distress relating to any natural or human-caused disaster. Call 1-800-985-5990 or text TalkWithUs to 66746 *En Español 1-800-985-5990.*
- **The Lifeline** 1-800-273-8255. *En Español 1-888-628-9454*
 - Provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or loved ones. Call: 1-800-273-8255. *En Español 1-888-628-9454*
- **Amita Health** is currently providing intakes via phone and providing teletherapy. They accept Medicaid and most private insurances.
 - Main # 312-491-5490
 - Intake # 312-770-2905
- **Crisis Text Line** - Serves anyone, in any type of crisis, providing access to free, 24/7 support via text. Text: 741-741
- **Metropolitan Family Services- Southwest:** 708-974-2300
 - 10537 S. Roberts Road Palos Hills, IL 60465; English: 708-974-2300 Spanish: 800-501-0864
 - Accepts Medicaid, Sliding scale for the uninsured; Provides phone/video options.
- **SASS** - 1-800-345-9049
 - If a child is currently experiencing a mental health emergency (suicidal behavior, homicidal behavior, extreme aggression) and receives Medicaid call the CARES hotline 1-800-345-9049 for a mental health evaluation. *En Español 1-800-345-9049.*

Grand Prairie Services

450 W. Lincoln Highway, Chicago Heights, 708-503-9670

Aunt Martha's

1536 Vincennes, Chicago Heights, 877-692-8686

Aperion Care Chicago

490 W. 16th Pl, Chicago Heights, 708-481-4444

★ Domestic Violence concerns:

- **Crisis Center of South Suburbia** 708-429-7233 or 708-429-7233
- **South Suburban Family Shelter** 708-335-3028
- *En Español* 708-335-3028
24 hour hotline if you are experiencing domestic violence.
- **National Domestic Violence Hotline -** 1-800-799-7233. Text: 2252
 - Available 24/7 to talk confidentially with anyone experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of their relationship. Call: 1-800-799-7233. Text: 2252. Chat Online: thehotline.org

★ Chemical Dependency & Treatment

- **Rosecrance -Frankfort** (844) 711-5106 or 815-391-1000
- **Aunt Martha's** 708-754-1044
- **South Suburban Council** 708-647-3333
- **AA-Alcoholics Anonymous** 312-346-1475
- **Al-Ateen** 800-356-9996
- www.AA.org
- www.NA.org
- www.smartrecovery.org
- National Drug Helpline-24/7 struggling with addictions 1-844-289-0879
- SAMHSA National Helpline-Local treatment facilities 1-800-662-4357
En Espanol 1-800-662-4357

★ Abuse & Neglect

- **DCFS -** 1-800-252-2873
 - If you suspect a child is experiencing abuse or neglect contact DCFS to report child abuse and neglect at 1-800-252-2873. *En Español* 1-800-252-2873

★ Internet: Free internet click [here](#) or call 1-855-8-INTERNET

★ Housing Support:

- Communicate with your landlord or mortgage company, many are providing extensions during this time.
- If you live in suburban Cook County and are at risk of becoming homeless, call the **Prevention Call Center** at 877-4-COOK-15
- **South Suburban Call Center** (877) 426-6515
- **The Housing Center** (708) 957-4674
- **US Dept. of Housing and Urban Development (HUD)** approved Housing Counselors
 - (800)569-4287 <https://www.consumerfinance.gov/find-a-housing-counselor/>

★ Financial Assistance:

- **Grand Prairie Services** 866-477-8632
- **Catholic Charities Chicago** - South Suburban Regional Services 708-333-8379
- **Illinois Department of Human Services** 1-800-843-6154
 - [Online application for SNAP, cash assistance, and/or Medicare Savings Program](#)