



Social Services Referral

Housing and Resource Insecurity

If you or someone you know is experiencing insecurity in housing and other areas, these resources are available by clicking on the links.

Topics

- [Covid-19: Mental Health Resources](#)
- [Healthcare](#)
- [Homeless Assistance](#)
- [Law and Legal Aid](#)
- [Local Food and Housing Resources](#)
- [Mental Health](#)
- [Village Social Worker Services](#)

For more information or additional assistance by staff, contact us:

- Website: itpld.org
- Live chat: itpld.org during open hours
- Call: 847.459.4100, ext. 3 for Adult Services
- Email: adult@itpld.org



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Covid-19: Mental Health Resources

Illinois

- Call4Calm: Text "Talk" or "Hablar" (for Spanish-speakers) to 552020 and get connected with a counselor within 24 hours.

National Organizations

- Anxiety and Depression Association of America (ADAA):
<https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/covid-19-lockdown-guide-how-manage-anxiety-and>
- Centers for Disease Control (CDC):
<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>
- Mental Health America: <https://mhanational.org/covid19>
- National Alliance on Mental Illness (NAMI):
<https://www.nami.org/covid-19-guide>
- Mayo Clinic:
<https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/mental-health-covid-19/art-20482731>
- Suicide Prevention Resource Center :<http://www.sprc.org/covid19>

Mindfulness Resources

- Child Mind Institute:
<https://childmind.org/article/how-mindfulness-can-help-during-covid-19/>
- Headspace: <https://www.headspace.com/covid-19>
- Care for Your Coronavirus Anxiety (A Project by Shine):
<https://www.virusanxiety.com/>
- Mayo Clinic Tips for Mindfulness:
<https://newsnetwork.mayoclinic.org/discussion/covid-19-tips-for-mindfulness-coping-with-anxiety/>



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- Ten Percent Happier: Coronavirus Sanity Guide
<https://www.tenpercent.com/coronavirussanityguide>

Parenting Tips and Childrens' Mental Health

- CDC:
<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html>
- World Health Organization:
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/healthy-parenting>
- UNICEF: <https://www.unicef.org/coronavirus/covid-19-parenting-tips>
- Child Mind Institute:
<https://childmind.org/coping-during-covid-19-resources-for-parents/>
- National Association of School Psychologists (NASP):
<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19>
- NAMI:
<https://www.nami.org/Blogs/NAMI-Blog/March-2020/How-to-Ease-Children-s-Anxiety-About-COVID-19>
- The Village: <https://thevillage.org/covid-19-resources/>

Healthcare

Relevant Topics and Call Numbers

- Healthcare, Health Insurance, Medical Policy: 368.382, 362.1042, 362.1, 344.7302



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Local and State Resources/Support Groups for Low-Income Families

- Access to Care
<http://www.accesstocare.org/>
708-531-0680
Westchester - 2225 Enterprise Drive, Suite 2507
- CJE SeniorLife (for individuals ages 60 and older)
773-508-1000
<https://www.cje.net/>
Chicago - 3003 West Touhy Avenue
- Community Health
<http://www.communityhealth.org/>
773-395-9900
Chicago - 2611 West Chicago Avenue
- Concentra Urgent Care
847-419-6974
Wheeling - 544 West Dundee Road
- Access Genesis Center
847-298-3150
Des Plaines - 1 North Broadway Street
- Harper College Dental Clinic
<https://www.harpercollege.edu/academics/health/dental/dentalclinic.php>
847-925-6534
Palatine - 1200 West Algonquin Road
- Journeys from Pads to Hope
<https://www.journeystheroadhome.org/>
847-963-9163
Palatine - 1140 East Northwest Highway
- NCH Easy Access
<https://business.arlingtonhcc.com/list/member/northwest-community-hospital-30>
847-725-8620



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Palatine - 423 East Dundee Road

- NCH Mobile Dental Clinic
<https://www.nch.org/about-nch/community-services/community-outreach/access-to-oral-care>
Wheeling Township
847-259-7730
- New Life Free Health Clinic
<http://www.nlvs.org/clinic/>
773-275-8630
Chicago - 2645 West Peterson Avenue
- North Shore Health Center
General: 847-377-8800
Appointments: 219-763-8112
Highland Park - 1840 Green Bay Road
- Omni Youth Services
<https://www.omniyouth.org/>
847-353-1500
Buffalo Grove - 1111 West Lake Cook Road
Wheeling - 210 North Wolf Road
- Partners for Our Communities
<https://www.poc.news/>
847-776-9500
Palatine - 1585 North Rand Road

National Resources/Hotlines

- Healthcare.gov
www.healthcare.gov
- The Health Insurance Marketplace
<https://www.healthcare.gov/get-coverage/>
- Illinois.gov - Health & Safety



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<https://www2.illinois.gov/residents/health-safety>

- MedlinePlus
<https://medlineplus.gov/>
- U.S. Department of Health and Human Services
www.hhs.gov/healthcare

Homeless Assistance

Local Resources

- CEDA
<https://www.cedaorg.net/>
312-782-CEDA (2332)
Chicago - 567 W. Lake Street, Suite 1200
- Community Crisis Center, Inc.
<http://www.crisiscenter.org/>
24-Hour Hotline: 847-697-2380
En español: 847-697-9740
Provides 24-hour, caring and professional services to individuals and families affected by domestic violence, sexual assault, and other crisis situations. P.O.
Elgin - Box 1390 Elgin, Illinois 60121-1390
- Fellowship Housing
<https://www.fhcmoms.org/>
847-882-2511
Hoffman Estates - 2200 W Higgins Rd., Suite 130
- WINGS - Women in Need Growing Stronger
<http://wingsprogram.com/>
(847) 519-7820
- Hotline: 847-221-5680
Housing program dedicated to ending homelessness for women & children in the Northwest Chicago suburbs
Arlington Heights - 415 East Golf Road, Suite 108, 60005



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Housing and Resource Insecurity

- Journeys From PADS to HOPE
<https://www.journeystheroadhome.org/>
847-963-9163 ext.117
Assists men, women & families in Cook County who are homeless or at risk of becoming homeless
Palatine - 1140 East Northwest Highway, 60074
- Home of the Sparrow, Inc.
<https://www.hosparrow.org/>
815-271-5444
McHenry County hotline: 800-892-8900
Providing Transitional Shelter for Homeless Women and Their Children in the Northwest Suburbs, with Shelters in Crystal Lake, McHenry, and Palatine.
McHenry - PO Box 343, 60051
- Shelter, Inc.
<http://shelter-inc.org/>
847-255-8060
Providing community-based, emergency and temporary housing for thousands of children and adolescents from birth through age 17 in the Northwest Suburbs of Chicago, Illinois, who are abused, neglected, dependent or in need of supervision
Arlington Heights - 1616 N. Arlington Heights Road, 60004
- Wheeling Helping Hands
<https://wheelinghelpinghands.org/>
224.532.9280
Dave@wheelinghelpinghands.org
Wheeling - 181 Dundee Road (Bonner Hall in St. Joseph the Worker Church)

Pickup - Accepted on Sunday from 9-11 am or by special appointment. Just have to call (224 900-0399) for an appointment. Give name and number of family members. Open trunk and staff will put the pre-bagged items inside.

Law and Legal Aid

Relevant Topics and Call Numbers

- General: 340, REF 340
- Self-Help (Forms and Guides): 346.76
- Codes (Building, Fire, etc.): REF 343.078
- Illinois Lawyer Directory: 349.773, REF 349.773



Social Services Referral

Housing and Resource Insecurity

Local Resources

- Illinois State Bar Association (ISBA)
Education resources, judicial evaluations, etc.
<http://www.isba.org/public>
312-726-8775 | 800-678-4009
Chicago - 20 South Clark Street, Suite 900
- American Bar Association (ABA) Consumers' Guide to Legal Help, Illinois
Legal information, self-help, and *pro bono* / legal aid directories
https://www.americanbar.org/groups/legal_services/flh-home.html?id=IL
- 800-285-2221
Chicago - 321 North Clark Street
- Illinois Lawyer Finder
Illinois legal information and lawyer finder
<http://www.illinoislawyerfinder.com/>
800-252-8908 (Springfield office)
800-678-4009 (Chicago office)
Chicago - 20 South Clark Street #900
- Illinois Attorney General
Pro bono / legal aid directories
<http://www.ag.state.il.us/about/probono.html>
312-814-3000 (Chicago office)
217-782-1090 (Springfield office)
Chicago - 100 West Randolph Street
- Illinois Legal Aid
Legal guides and *pro bono* / legal aid directories
<http://www.illinoislegalaid.org/>
- LAF
Provides free legal services in non-criminal matters to people living in poverty in metropolitan Chicago
<https://www.lafchicago.org/>
312-341-1070



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- National Lawyers Guild Chicago (NLG Chicago)
Legal help for activists and protesters, legal observers, teach-ins, lawyer referrals
"If you are arrested as a result of your political activity, call the NLG Criminal Defense Coordinator at 773-309-1198 and leave a message with your name, phone number, charge(s), and date of next court appearance."
<http://nlgchicago.org/>
312-913-0039
Chicago - 637 South Dearborn Street, Third Floor
- North Suburban Legal Aid Clinic
Specialize in immigration, domestic violence, and housing
<https://nslegalaid.org/>
847-737-4042
Highland Park - 491 Laurel Avenue
- Between Friends
*This organization offers court advocacy, civil orders of protection, and court accompaniment, among other services.
<http://www.betweenfriendschicago.org/>
773-274-5232 (business line)
800-603-4357 (toll-free 24-hour helpline)
773-274-5232 ext. 12 (Spanish)
Chicago - P.O. Box 608548
- Life Span
*These legal services focus on justice for victims of domestic violence and/or sexual assault.
<http://life-span.org/>
312-408-1210
Chicago - 70 East Lake Street Suite 600
Des Plaines - 701 Lee Street #700
- Mano a Mano
*This organization offers immigration legal services in English and Spanish. They also hold DACA workshops. They primarily serve families living in Lake and McHenry counties.
<https://mamfrc.org/Engaged-Citizens>



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847-201-1521

National Resources

- Justia
Legal information, primary sources, lawyer directory
<https://www.justia.com/>
Illinois *pro bono* / legal aid directory:
<https://www.justia.com/lawyers/illinois/legal-aid-and-pro-bono-services>
 - Legal Information Institute (LII)
Primary sources (constitutions, statutes, regulations, court decisions)
<https://www.law.cornell.edu/>
 - Oyez
Supreme Court information and multimedia (including audio recordings with transcripts)
<http://www.oyez.org/>
 - SCOTUSblog
Supreme Court news, including "In Plain English" explanations of major cases
<http://www.scotusblog.com/>
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Local Food and Housing Resources

Churches (May Have Shelters Available)

- Kingswood United Methodist Church
847-398-0770
<http://www.kingswoodumc.com/>
Buffalo Grove - 401 West Dundee Road
- Our Saviors Evangelical Free Church
847-459-4440
<http://osefc.org/>
Wheeling - 300 Schoenbeck Road



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- St. Alphonsus Church
847-255-7452
<http://www.saintalphonsusph.org/>
Prospect Heights - 411 North Wheeling Road
- St. Mary's Catholic Church
847-541-1450
<http://www.stmarybg.org/>
Buffalo Grove - 10 North Buffalo Grove Road

Clothing

- Salvation Army
800-728-7825
<http://www.salvationarmyusa.org/>
Arlington Heights - 1035 East Rand Road

Food Pantry Services

- Northwest Compass, Inc
847-392-2344
<http://northwestcompass.org/how-we-help/food-connection/>
Mount Prospect - 1300 West Northwest Highway
- Wheeling Food Pantry
847-259-7730
<http://www.wheelingtownship.com/Food-Pantry>
Wheeling - 101 North Wolf Road
- Wheeling Helping Hands
<https://wheelinghelpinghands.org/>
224.532.9280
Dave@wheelinghelpinghands.org
Wheeling - 181 Dundee Road (Bonner Hall in St. Joseph the Worker Church)

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- Willow Creek Care Center
224-512-2600
<http://www.willowcreekcarecenter.org/>
South Barrington - 67 Algonquin Road

Government Agencies

- Cook County Housing Authority
312-542-4698
<http://thehacc.org/>
Chicago - 175 Jackson Boulevard #350
- Housing Authority of Cook County: Wheeling Tower
847-520-4384
<http://thehacc.org/property/wheeling-towers/>
Wheeling - 200 North Milwaukee Avenue
- Public Aid
800-843-6154
<http://www.dhs.state.il.us/page.aspx>
Chicago - 401 South Clinton Street

Housing/Shelters

- Catholic Charities
312-655-7700
<https://www.catholiccharities.net/AboutUs/ServiceAreas/HousingServices.aspx>
Chicago - 721 North LaSalle
- CEDA
<https://www.cedaorg.net/>
312-782-CEDA (2332)
Chicago - 567 W. Lake Street, Suite 1200
- Center of Concern
847-823-0453
<http://www.centerofconcern.org/>
Des Plaines - 1665 Elk Boulevard



Social Services Referral

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- CJE SeniorLife (for individuals ages 60 and older)
773-508-1100
<https://www.cje.net/>
Chicago - 3003 West Touhy Avenue
- DuPage Pads Emergency Shelter
630-682-3846
<http://dupagepads.org/>
Wheaton - 601 West Liberty
- Journeys / PADS Shelter
847-963-9163
<https://www.journeystheroadhome.org/>
*See the PADS Brochure document in the Social Services Resources Folder for a listing of available shelters.
Palatine - 1140 East Northwest Highway
- Open Communities
847-501-5760
<http://open-communities.org/>
Evanston - 990 Grove Street Suite 500
- Northwest Compass
847-392-2344
<http://www.northwestcompass.org/>
Mount Prospect - 1300 West Northwest Highway
- Willow Creek Care Center
224-512-2600
<http://www.willowcreekcarecenter.org/>
South Barrington - 67 Algonquin Road
- W.I.N.G.S.
847-519-7820
847-221-5680 (24/7 hotline)
<http://wingsprogram.com/>
Chicago - P.O. Box 29309, 60629
Palatine - P.O. Box 95615, 60095



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Mental Health

Relevant Topics and Call Numbers

- Mental Health: 616.89
- Depression: 616.8527; 616.0472; 616.895
- Anxiety: 152.46; 158.128; 158.2; 616.8522; 616.8527
- Eating Disorders: 616.8526
- Mental and Substance Abuse: 616.86
- Mood: 616.8527; 616.895

Local and State Resources/Support Groups

- Afg Guidance Center
<https://afgfamily.com/>
101 Schelter Road, Suite A103
Lincolnshire IL 60069
847-853-0234
- Anxiety Treatment Center of Chicago
(877) 559-0001
<https://anxietytreatmentcenter.com/>
Chicago - 656 West Randolph Street, #4w
Deerfield - 707 Lake Cook Road, Suite 310
- Barrington Youth and Family Services
847-381-0345
www.barringtonbyfs.org/
Barrington - 110 South Hager Avenue #103
- Catholic Charities, Options Counseling
847-546-5733
312-655-7700
www.catholiccharities.net/
Round Lake - 116 North Lincoln Avenue



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- Chicago Counseling Center
773-932-9597
<https://chicagocounselingcenter.com/>
Chicago - 6160 North Cicero Avenue #630
- Community Crisis Center
Crisis Line: 847-697-2380 (24-Hour)
847-697-9740 (Spanish)
Business Line: 847-742-4088
<http://www.crisiscenter.org/>
Elgin - P.O. Box 1390, 60121
- DBSA (Depression Bipolar Support Alliance) Arlington Heights
847-495-2574
<http://www.arlingtonheightsdepressionbipolarsupport.com/>
- Family Behavioral Health Clinic
847-390-3004
<http://www.familybehavioralhealthclinic.com/>
Des Plaines - 1455 East Golf Road Suite 105
- Northwest Community Hospital
847-618-4100
<http://www.nch.org/>
Services: Provide adolescents between ages of 12-18 who have lost a friend or family member to suicide
Arlington Heights - 800 West Central Road
- AMITA Alexian Brothers Health
855-692-6482
<http://www.alexianbrothershealth.org/>
Services: Post partum depression and mood disorders support and therapy; support group for pregnant women struggling with mood disorders.
Arlington Heights - 3436 North Kennicott Avenue
- NAMI (National Alliance on Mental Illness)
847-496-1415
<http://namiba.org/>



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Services: Barrington Area Affiliate offers the 12 week Family To Family Program in the Northwest Suburbs throughout the year.

Barrington - P.O. Box 474, 60011

- Mental Health America of the North Shore
847-866-5941
<http://www.mhans.org/>

Services: To educate about mental health and social emotional wellness and to advocate for individuals and families affected by mental and emotional disorders.

Evanston - 2100 Ridge Avenue, Suite G204

- The Josselyn Center
847-441-5600
<http://www.josselyn.org/>
Northfield - 405 Central Avenue

- Turning Point
847-933-0051
<http://tpoint.org/>
Skokie - 8324 Skokie Boulevard

- Jewish Child & Family Services
855-ASK-JCFS (855-275-5237)
<http://www.jcfs.org/our-services/counseling-psychological-services>
Buffalo Grove - 135 North Arlington Heights Road, Suite 104

National Resources/Hotlines

- National Suicide Prevention Lifeline
800-273-8255
- SASS (Screening, Assessment and Support Services)
CARES (Crisis And Referral Entry Service)
1-800-345-9049
<http://www.illinois.gov/hfs/MedicalProviders/behavioral/sass/Pages/sasshome.aspx>



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Used to report a mental health crisis for a student. The CARES line will take a phone assessment and determine if a SASS visit is appropriate.

- SAFE Alternatives Information Line
1-800-366-8288 (800-DONTCUT)
<http://selfinjury.com/>
- Your Life Your Voice
1-800-448-3000
- Mental Health Support
703-684-7722
<http://www.mentalhealthamerica.net/>
- National Alliance on Mental Illness
800-950-6264
<http://www.nami.org/>
- Mental Health.gov
<http://www.mentalhealth.gov/>
- 7 Cups of Tea [Compassionate Listeners]
<https://www.7cups.com/member/>



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Village Social Worker Services

- **Arlington Heights**
 - James McCalister
 - healthmail@vah.com
 - 847-368-5760

- **Buffalo Grove**
 - Brittany Wilson
 - Police Social Worker
 - bwilson@vbg.org
 - 847-459-2560

- **Wheeling**
 - Michael A. Crotty
 - Assistant Village Manager / HR Director
 - mcrotty@wheelingil.gov
 - 847-499-9091

 - Vicky Kalogris
 - Human Resources Coordinator
 - vkalogris@wheelingil.gov
 - 847-499-9093