



# Alcott College Prep

Summer 2020 Student and Family Resources



## General Resources:

**United Way Service Search Tool:** Use this service finder to find resources in your community. Enter your zip code and select the category of support you are interested in (food, health care, financial assistance, etc.) to locate available resources in your community.

- Click the following link to access: <https://liveunitedchicago.org/neighborhood-services>

**Community Service Centers:** Community Service Centers help individuals and families access a wide range of resources from shelter, food and clothing to domestic violence assistance, job training/placement and services for the formerly incarcerated. Clients can also get information about rental, utility and other financial assistance programs. The centers also serve as warming and cooling centers during periods of extreme weather.

- Community Service Center hours are Monday through Friday from 9am-5pm
- To find your nearest Community Service and to learn more, click the following link: [https://www.chicago.gov/city/en/depts/fss/provdrs/serv/svcs/community\\_servicecenterlocations.html](https://www.chicago.gov/city/en/depts/fss/provdrs/serv/svcs/community_servicecenterlocations.html)

If you are in the City of Chicago and in need of housing assistance, please call 311 and ask for short term help.

**If you are experiencing a medical or safety emergency, please call 911.**

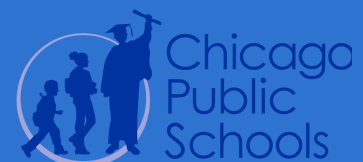
## Mental Health Resources:

**National Suicide Prevention Lifeline:** The Lifeline provides 24/7, free and confidential support for people in distress, prevention, and crisis resources for you or your loved ones.

- To connect to the Lifeline, call 1-800-273-8255 (TALK) or text the Crisis Text Line by texting "HELLO" to 741741
- Crisis Text Line: Text HOME to 741741 to connect with a crisis counselor.

Phone: (773) 534-5970 Fax: (773) 534-5789

Website: <https://www.alcottcollegeprep.net/>





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## Mental Health Resources cont.

**Screening, Assessment and Support Services (SASS)** is a crisis mental health service program for children and adolescents, who are experiencing a psychiatric emergency. SASS agencies provide intensive mental health services for eligible children and youth who may need hospitalization, or community based mental health care. SASS services are available by calling the CARES line.

- To call the SASS CARES line, dial: 1-800-345-9049
- If you have private insurance, and need an immediate mental health evaluation for your child call the number on the back of your insurance card to determine what emergency mental health services are covered by your insurance.

**The National Alliance on Mental Illness (NAMI)** is providing virtual support groups during the Covid-19 crisis. Support groups include, essential worker support group, peer support group and family and recovery support group (also offered in Spanish) Lists will be updated weekly.

- Call NAMI Chicago's free helpline at 833-626-4244  
<https://www.namichicago.org/support>

**Teen Line Call:** Teen-to-teen hotline and community outreach program that is available every night from 6-10pm to help adolescents address their problems in a confidential, anonymous, and comfortable way.

- To learn more, click here: [teenlineonline.org](http://teenlineonline.org)
- To contact the Teen-to-teen hotline, call 310-855-4673 or text "TEEN" to 839863

**DePaul University Education and Counseling Center:** Remote counseling services and virtual tele-mental health services now available.

- Call (773)325-7745 or request an appointment on-line at: <https://education.depaul.edu/about/centers-and-initiatives/education-counseling/Pages/events.aspx>



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## Mental Health Resources cont.

**Call4Calm** is a free emotional support text line where you can speak with a mental health professional. Text “TALK” to 552020 or “HABLAR” for service in Spanish to the same number 552020. **Text-A-Tip:** This is a youth-focused mental health crisis text hotline that is available 24/7. It is fully anonymous and staffed by licensed mental health counselors. To connect with this service, text “HELLO” to 1-844-5323.

## Food Resources:

### **Food Pantries:**

- Find your nearest food pantry using the **Chicago Food Depository’s** search engine: <https://www.chicagosfoodbank.org/find-food/>
  - Go to the search option on the website, resources are shown by closest location to the zip code entered.

### **Other food pantries include:**

- **St. Mary of the Lake Food Pantry** located at St. Mary’s Parish at 4200 N. Sheridan Road. This is a Pop up Pantry Emergency Food Relief that provides, non perishable food box at no cost to anyone in need.
  - Hours are Sundays at 3pm.
- **Albany Park Food Pantry** located at 3253 W. Wilson is an emergency food pantry serving areas from Lawrence-Irving Park to Western-Pulaski. Photo ID required.
  - Hours are Wednesdays from 9-11am.
- **Common Pantry** is a local food pantry located at 3744 N. Damen Avenue. Common Pantry is remaining open for distribution hours on Wednesday from 1-4pm and 6-8pm. Photo ID required.



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## Other food pantries cont.

- **The Friendship Center** is located at 3448 W. Foster or 2711 W. Lawrence – this food pantry is open during regular hours for "grab and go" groceries and meals.

**CPS Command Center:** Contact the CPS Command Center to learn more regarding assistance programs such as: SNAP and P-EBT.

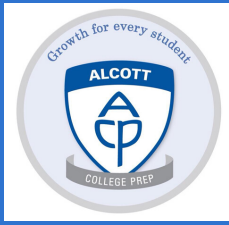
- Contact this number: 773-553-KIDS (5437)
- The P-EBT program provides food to families in need while schools are closed. All CPS students are eligible, regardless of income or citizenship.
- The Supplemental Nutrition Assistance Program (SNAP) helps people and families buy the food they need for good health. Contact the CPS Command Center for assistance applying, renewing, or managing your participation in the SNAP program.

## Financial Resources:

**IDES and PUA:** If your income was impacted by Covid-19, you likely qualify for Unemployment Insurance (UI) or Pandemic Unemployment Assistance (PUA) through the Illinois Department of Employment Security. UI provides temporary income to individuals whose employment has been impacted by COVID-19. PUA temporarily expands unemployment insurance eligibility to self-employed workers, freelancers, independent contractors, and part-time workers.

- To apply or learn more information visit [www2.illinois.gov](http://www2.illinois.gov) or call (800) 244-5631

*Note: These benefits are available to immigrants and refugees depending on certain criteria. For information on whether you or your family may qualify for state benefits or other types of assistance based on citizenship, please call the Immigrant Family Resource Program (IFRP) Hotline at 1-855-IFRP-NOW (1-855-437-7669).*



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## Financial Resources cont.

**Chicago Rental Assistance:** Rent payment assistance is available for individuals and families that are in immediate risk of eviction through the City of Chicago Rental Assistance Program. Must apply in person at your nearest Community Service Center.

- To locate your nearest Community Service Center, click here:

[https://www.chicago.gov/city/en/depts/fss/provdrs/serv/svcs/community\\_servicecenterlocations.html](https://www.chicago.gov/city/en/depts/fss/provdrs/serv/svcs/community_servicecenterlocations.html)

## Medical Resources

**Swedish Hospital:** Swedish operates a help line that is staffed with clinicians who can help screen symptoms and answer questions on what to do next. Interpretive services are available to assist in most languages.

- For free phone screenings call: 773-907-7700.

**Heartland Health Center:** Heartland is also providing telehealth appointments (phone and video) for patients to minimize exposure to COVID-19. If you or a loved one may have been exposed to someone with COVID-19 and are experiencing fever, cough, or sore throat contact Heartland Health Center's support line to speak with a specialist.

- For assistance, call: 773-751-7800.

**CPS Command Center:** Contact the CPS Command Center for assistance applying, renewing, or managing Medicaid. Contact this number: 773-553-KIDS (5437)



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## Additional Resources:

**Alternatives:** Alternatives Inc. created a resource guide to address the needs of Chicago communities amid the COVID-19 Crisis. This guide offers resources for financial assistance, goods and services, community, culture and entertainment, employment, health & harm reduction. youth, parents, families and educators.

- You can find the resource guide here:

[https://docs.google.com/spreadsheets/d/1hn58kjeHd6CsHb7fzOxATeOAgRSoJ9iWw\\_JzxRiqM-A/edit?ts=5e761a11#gid=2120643934](https://docs.google.com/spreadsheets/d/1hn58kjeHd6CsHb7fzOxATeOAgRSoJ9iWw_JzxRiqM-A/edit?ts=5e761a11#gid=2120643934)

- Resources are also available in Spanish here:

[https://docs.google.com/spreadsheets/d/1hn58kjeHd6CsHb7fzOxATeOAgRSoJ9iWw\\_JzxRiqM-A/edit?ts=5e761a11#gid=2030034504](https://docs.google.com/spreadsheets/d/1hn58kjeHd6CsHb7fzOxATeOAgRSoJ9iWw_JzxRiqM-A/edit?ts=5e761a11#gid=2030034504)

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