



ILLINOIS DEPARTMENT OF HUMAN RESOURCES Resources Update

Here is a list of resources offered by the Illinois Department of Human Services to help meet your needs during the COVID-19 pandemic.

FOOD, CASH, OR MEDICAL BENEFITS (1-833-2-FIND-HELP) The majority of IDHS local offices remain closed as they do their part to flatten the curve. Anyone interested in learning about IDHS services should visit <http://www.dhs.state.il.us/page.aspx?item=123529> or call toll free at 1-833-2-FIND-HELP (1-833-234-6343). Those who are wishing to sign up for benefits or to manage existing benefits should visit abe.illinois.gov. Supplemental Nutrition Assistance Program benefits have been maximized for April and May.

IDHS has also received USDA/FNS approval for a Disaster Household Distribution plan, which allows food banks throughout the State to distribute resources to up to 1.57 million Illinoisans in the next 30 days without providing eligibility forms or income verification. To find a food pantry or soup kitchen near you please visit: www.illinoisfoodbanks.org/sites.asp.

CHILD CARE (1-888-228-1146) For employees providing essential services who need assistance with childcare, please call [1-888-228-1146](tel:1-888-228-1146) or visit www2.illinois.gov/sites/OECD/Pages/For-Communities.aspx. Stipends are available for new providers.

SHELTER (1-833-2-FIND-HELP) Shelter services have been increased during this pandemic. Those looking for emergency lodging should visit housingactionil.org/get-help/resources-homeless. If you are currently experiencing homelessness, please use the [Emergency and Transitional Housing Provider List](#) to find a shelter near you.

CALL4CALM (552020) The IDHS Division of Mental Health has launched a free of charge, emotional support text line called “Call4Calm,” designed for Illinoisans experiencing stress related to COVID-19. This is not a crisis hotline, but rather a source of support where people can text “TALK” or “HABLAR” to 552020 to receive a call from a caring counselor from a community mental health center who can be a listening ear for the challenges people are currently experiencing. In addition, the text number can be used to seek help and guidance on other critical issues during the pandemic. Residents can text keywords like “unemployment,” “food,” or “shelter,” and they will receive additional information in response.

MENTAL HEALTH ([1-866-359-7953](tel:1-866-359-7953) or text TALK to 552020) If you or a family member have mental health challenges, you can call the Illinois Warm Line at [1-866-359-7953](tel:1-866-359-7953). You can also connect to a counselor by texting TALK to 552020. If you or a loved one are experiencing a mental health crisis, please call the 24-hour National Suicide Prevention Lifeline at [1-800-273-TALK](tel:1-800-273-TALK) (8255).

DOMESTIC VIOLENCE ([1-877-863-6338](tel:1-877-863-6338)) Those experiencing domestic violence and/or abuse, plus anyone concerned about a friend, family member, or loved one, can call toll free at [1-877-TO-END-DV](tel:1-877-TO-END-DV) ([1-877-863-6338](tel:1-877-863-6338)). You can also visit the National Domestic Violence Hotline at www.thehotline.org or text LOVEIS to 22522.

SUBSTANCE USE ([1-833-2-FIND-HELP](tel:1-833-2-FIND-HELP)) If you or someone you know is suffering from an opioid use disorder or other substance use disorders, you can call the Illinois Helpline at [1-833-2-FIND-HELP](tel:1-833-2-FIND-HELP) to speak with a trained professional. You can also visit HelplineIL.org to be directed to customized resources, support, and advice.

GAMBLING ([1-800-GAMBLER](tel:1-800-GAMBLER)) If you or someone you know is suffering from a gambling disorder, call [1-800-GAMBLER](tel:1-800-GAMBLER), text ILGAMB to 53342, or visit weknowthefeeling.org to be connected to resources and treatment programs in your area.

DEVELOPMENTAL DISABILITY SERVICES ([1-888-337-5267](tel:1-888-337-5267)) To inquire about services for individuals with a developmental or intellectual disability, please call [1-888-337-5267](tel:1-888-337-5267) or visit <http://www.dhs.state.il.us/page.aspx?item=32253>.

PHYSICAL DISABILITY SERVICES ([1-877-581-3690](tel:1-877-581-3690)) Existing or prospective customers can call [1-877-581-3690](tel:1-877-581-3690) to receive assistance regarding the Division of Rehabilitation Services programs and services that are designed to allow those with disabilities throughout the state to live, learn, and work independently. Individuals can also visit the DRS website at drs.illinois.gov.

Again, if there is any way we can assist you or your family, please do not hesitate to email me at Greg@GregHarris.org or leave a voicemail at [773-348-3434](tel:773-348-3434) and we will get back to you as soon as possible.