

Local Resources

Create your own go-to list of local resources to provide to patients as they discharge in addition to statewide resources or hotlines.

Perinatal Clinic for Medicaid/Unfunded Patients: _____

Community Mental Health Clinic: _____

Domestic Violence Shelter: _____

Housing Concerns: _____

Substance Abuse Treatment: _____

Legal Assistance: _____

Financial Assistance: _____

LGBTQ+ Support: _____

Culture Specific Agencies: _____

Transportation Support: _____

Local WIC office: _____

Early Childhood/Home Visiting Program: _____

Lactation Supports: _____

Loss Resources: _____

Perinatal Social Work Services:

- Contact Information:
- Process for linking patients to social work services at your hospital:

Child Care (Daycare, Before/After School Care, Family Resource Centers Assistance w/Child Care):

- Program Name:
- Contact Information:
- Helpful Tips for Successful Referral:

Education/Health Literacy (Assistance w/Finding School, Higher Education, Skills & Training, English Second Language support):

- Program Name:
- Contact Information:
- Helpful Tips for Successful Referral:

Exposure to Violence (Assistance w/ crisis or hotlines, Domestic Violence, Safe Housing or Safety Education):

- Program Name:
- Contact Information:
- Helpful Tips for Successful Referral:

Financial (Assistance w/ Health Insurance, Government Benefits, Loans, Healthcare bills):

- Program Name:
- Contact Information:
- Helpful Tips for Successful Referral:

Food (Food Pantry, Food Benefits, Emergency Food, Nutrition Education):

- Program Name:
- Contact Information:
- Helpful Tips for Successful Referral:

Housing (Shelter, Nursing home, Short/Long Term Housing, Housing Vouchers):

- Program Name:
- Contact Information:
- Helpful Tips for Successful Referral:

Legal Status (Translation/Interpretation or Representation, Legal Aid Assistance):

- Program Name:
- Contact Information:
- Helpful Tips for Successful Referral:

Transposition (Assistance w/traveling to medical appointments or school):

- Program Name:
- Contact Information:
- Helpful Tips for Successful Referral:

Utility (Assistance w/Rent, Electric, Gas, Oil, or Water):

- Program Name:
- Contact Information:
- Helpful Tips for Successful Referral:

Other Resources:

- Program Name:
- Contact Information:
- Helpful Tips for Successful Referral:

Hotlines

- **National Domestic Violence Hotline:** (800) 799-7233
- **National Suicide Prevention Lifeline:** (800) 273-8255
- **National Sexual Assault Hotline:** (800)-656-4673
- **National Human Trafficking Hotline:** (888)-373-7888
- **SAMSHA's National Helpline:** (Substance Abuse and Mental Illness Service Administration) free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders is **800-662-HELP** (800.662.4357)
- **CARES Hotline:** (Crisis and Referral Entry Services) is a telephone response service that handles mental health crisis calls for children and youth in Illinois call (800) 345-9049
- **Illinois Perinatal Depression Hotline:** free, confidential hotline is available 24 hours a day to patients and their families for information, support and connection to local resources call **866-364-MOMS** (866.364.6667)
- **Illinois Helpline for opioids and other substances:** Illinois also has a 24-hour helpline devoted to connecting individuals to treatment for OUD and other SUDs. If you need help for yourself, or on behalf of a loved one, call **833-2FINDHELP** (833.234.6343)
- **United Way Illinois 211** - 2-1-1 is a vital service that connects millions of people to help every year. Highly trained 2-1-1 call specialists and the online portal are available 24/7 to help individuals locate health and human service assistance during times of non-emergency crisis and for everyday needs

Food Resources



State and Federal Programs

- **Supplemental Nutrition Assistance Program (SNAP):**
 - Helps low-income people who qualify
 - Money is provided on an Electronic Benefit Transfer (EBT) card, which works like a debit card
 - Eligibility calculator: <https://fscalc.dhs.illinois.gov/FSCalc/>
 - Apply for assistance: <https://www.dhs.state.il.us/page.aspx?item=33698>
- **Women, Infants and Children (WIC):**
 - A food assistance program for Women, Infants, and Children
 - Helps low-income pregnant, post-partum, and breast-feeding women, infants, and children up to 5 years old who need food to help stay healthy
 - Provides money for healthy foods, vouchers for formula, and other great benefits
 - Can be used at grocery stores and pharmacies
 - IL WIC Services: (<https://www.dhs.state.il.us/page.aspx?item=30513>)
- **Farmers Market Nutrition Program (FMNP)**
 - Eligible WIC participants are issued FMNP coupons in addition to their regular WIC benefits
 - Coupons can be used to buy foods from farmers, farmers' markets or roadside stands
 - More information: <https://www.fns.usda.gov/fmnp/wic-farmers-market-nutrition-program>
- **Emergency Food Program (EFP)**
 - A USDA food commodities program administered by the Illinois Department of Human Services with distribution through regional foodbanks.
 - List of participating foodbanks:
[https://www.dhs.state.il.us/page.aspx?item=60131#:~:text=Emergency%20Food%20Program%20\(EFP\),with%20distribution%20through%20regional%20foodbanks.&text=The%20primary%20purpose%20of%20EFP,an%20emergency%20response%20to%20hunger.](https://www.dhs.state.il.us/page.aspx?item=60131#:~:text=Emergency%20Food%20Program%20(EFP),with%20distribution%20through%20regional%20foodbanks.&text=The%20primary%20purpose%20of%20EFP,an%20emergency%20response%20to%20hunger.)

Local Resources & Programs

- **Local Food Pantry:**
 - Food pantries are available in many neighborhoods to provide food to those in need
 - Hours and types of food can vary at different places
 - Your local food pantry: _____
- **INSERT other resources local from your hospitals mapping tool**

Housing Resources



State and Federal Programs

- **U.S. Department of Housing and Urban Development**
 - Website: <https://www.hud.gov/states/illinois/offices>
- **Illinois Shelter List**
 - An online directory of shelters in Illinois
 - <https://www.shelterlist.com/state/illinois>
- **IDHS: Homeless Prevention Providers**
 - An online list of homeless prevention providers in Illinois
 - <https://www.dhs.state.il.us/page.aspx?item=110583>
- **IDHS: Emergency and Transitional Housing**
 - An online list of emergency and transitional housing providers in Illinois
 - <https://www.dhs.state.il.us/page.aspx?item=98150>
- **Illinois Housing Development Authority, Rental Payment Program**
 - An emergency rental assistance program designed to support households in Illinois that are unable to pay rent due to the COVID-19 pandemic
 - <https://www.ihda.org/about-ihda/illinois-rental-payment-program/>
 - Call 312-836-5200
- **National Call Center for Homeless Veterans**
 - A 24-hour call center for veterans who are homeless or at risk of homelessness
 - <https://www.va.gov/homeless/nationalcallcenter.asp>
 - Call 1-877-4AID VET (877-424-3838)
- **Heartland Alliance: Supportive Services for Veteran Families**
 - Provides temporary financial assistance directly to the landlord of a veteran family
 - Eligibility requirements:
<https://www.heartlandalliance.org/program/supportive-services-for-veteran-families/>
- **Catholic Charities: Supportive Services for Veteran Families (SSVF)**
 - A rapid rehousing/homeless prevention program that assists eligible veterans who are literally homeless or imminently at risk
 - [https://catholiccharitiesjoliet.org/supportive-services-for-veteran-families-ssvf-2/#:~:text=Supportive%20Services%20for%20Veteran%20Families%20\(SSVF\)%20is%20a%20rapid%20rehousing,to%20stabilize%20their%20housing%20situations](https://catholiccharitiesjoliet.org/supportive-services-for-veteran-families-ssvf-2/#:~:text=Supportive%20Services%20for%20Veteran%20Families%20(SSVF)%20is%20a%20rapid%20rehousing,to%20stabilize%20their%20housing%20situations)

Housing Resources continued



Local Resources & Programs

- **INSERT other resources local from your hospitals mapping tool**

Helpful Steps for How to Search for Housing

1. Prepare to look
 - a. Housing Consumer Education HCECs: <https://www.smoc.org/housing-consumer-education-center.php> - Can explain your options and help you apply
 - b. Local housing authorities in Illinois can help you find housing. There is not a single place to apply so apply to as many places as possible to have a better chance of finding housing.
 - c. You can use the U.S. Department of Housing and Urban Development (HUD) which helps low-income IL residents find housing at rents they can afford: <https://www.hud.gov/states/illinois/renting>
2. Begin looking
 - a. For help in finding affordable housing, visit the IL Housing Search website. This is a free online resource to help find housing that fits into your needs and budget : <https://www.ilhousingsearch.org/>
 - b. Put your name on waitlists and do not limit yourself to only one option.
 - c. Make sure that you get confirmation that your application has been received
3. Follow-up and keep looking
 - a. Create a list to help you keep track of where you apply
 - b. Let them know if your contact information changes
4. Finalize your housing
 - a. Make sure you understand your lease BEFORE you sign it
 - i. <https://www.illinoislegalaid.org/legal-information/public-housing-rent>
 - b. Talk with your landlord about making reasonable accommodations if you have a special need



Utility Resources

State and Federal Programs

- **Help Illinois Families**
 - Website with programs for eligible individuals seeking emergency assistance to cover costs of utility bills, rent, temporary shelter, food, and other household necessities.
 - <https://www2.illinois.gov/dceo/CommunityServices/HomeWeatherization/CommunityActionAgencies/Pages/HelpIllinoisFamilies.aspx>
- **Utility Bill Assistance**
 - The Low Income Home Energy Assistance Program (LIHEAP) helps eligible low-income households pay for home energy services (primarily heating during winter months).
 - Call the LIHEAP Hotline at 1-877-411-WARM (9276).
- **Community Action Agencies**
 - Community Action Agencies across the State provide a variety of services, including but not limited to, Rental/Mortgage Assistance, Food, Energy Utility Bill Assistance, Water/Sewer Payment, Employment Training/Placement, Financial Management, and Temporary Shelter.
 - <https://www2.illinois.gov/dceo/communityservices/utilitybillassistance/pages/default.aspx>
- **USA.gov**
 - Help with Bills - <https://www.usa.gov/help-with-bills>
- **Keep Warm Illinois**
 - This is a one-stop site for information about how to battle winter in Illinois and how to tap to resources that help you keep yourself and your homes and businesses warm, and to do so efficiently and cleanly.
 - Call (800) 252-8643.
- **Illinois Legal Aid Online**
 - Legal resources to help you with utilities issues.
 - <https://www.illinoislegalaid.org/legal-information/utilities-heat-electricity-gas-or-water>

Local Resources & Programs

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Education Resources



State and Federal Programs

- **Illinois Reemployment Services Program Hotline**
 - Search for jobs online
 - Phone number: (877) 342-7533, option 1
 - <https://illinoisjoblink.illinois.gov/ada/r/>
- **Listing of Community Colleges in IL**
 - <https://www.collegesimply.com/colleges/illinois/>
- **Adult Learning Resource Center**
 - Provides referral services for students, volunteers, and employers wishing to access adult education and literacy programs throughout Illinois.
 - <https://alrc.thecenterweb.org/other/illinois-adult-learning-hotline/>
- **High School Equivalency (HSE or HiSET) programs, formerly GED**
 - https://www.iccb.org/adult_ed/illinois-high-school-equivalency/

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Helpful Resources

- **The Education Success Kit**
 - Provides a thorough guide for anyone thinking about college
 - https://www.elearners.com/sites/all/files/public/pdfs/eLearners_success_kit_2013.pdf

Financial Resources



State and Federal Programs

- **Temporary Assistance for Needy Families (TANF)**
 - Provides temporary financial assistance for pregnant women and families with one or more dependent children
 - <https://www.dhs.state.il.us/page.aspx?item=30358>

- **Earned Income Tax Credit (EITC)**
 - Provides a tax break for people who work
 - <https://www.dhs.state.il.us/page.aspx?item=30365>

- **Aid to the Aged, Blind, and Disabled (AABD)**
 - Cash assistance program for persons who are aged, blind, or disabled
 - <https://www.dhs.state.il.us/page.aspx?item=30370>

- **Help looking for work**
 - Illinois Department of Employment Security (IDES)
 - Provides access career development tools and career information resources. Also provides you with hot leads on the latest job postings so you can find employment fast
 - https://www2.illinois.gov/ides/Pages/Workforce_Career_Information.aspx
 - Goodwill Community Foundation
 - Provides information on looking for work, writing a resume, and other job search topics
 - <https://edu.gcfglobal.org/en/subjects/career/>

- **Preparing for a job interview**
 - IDES Job Seeker Resource
 - Resource full of tips on how to create a resume and prepare for a job interview
 - <https://www2.illinois.gov/ides/IDES%20Forms%20and%20Publications/Employment-Resources-Job-Seekers.pdf>

- **Improving Your Skills and Job Training**
 - **Explore Culinary Arts Careers:** List of Illinois Training for careers in culinary arts
 - <https://www.culinaryschools.org/us/illinois-cooking-schools/>
 - **Explore Health Careers:** Website that helps provide information on trainings, resources and certification in the healthcare field. Also provides a portal to help find assistance in paying for the needed education.
 - <https://explorehealthcareers.org/>
 - **EarnFare**

- Provides adults who receive SNAP benefits and who volunteer an opportunity to gain valuable work experience, earn cash assistance, and become self-sufficient
- <https://www.dhs.state.il.us/page.aspx?item=31772>

Local Resources & Programs

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Child Care Resources

State and Federal Programs

- **Temporary Assistance for Needy Families (TANF)**
 - TANF program provides temporary financial assistance for pregnant women and families with one or more dependent children. TANF provides financial assistance to help pay for food, shelter, utilities, and expenses other than medical.
 - General program information
 - Website: <https://www.dhs.state.il.us/page.aspx?item=30358>
 - See brochure here: <https://www.dhs.state.il.us/OneNetLibrary/27897/documents/Brochures/586.pdf>
 - You can apply online or at your nearest DHS office.
 - To apply online: <https://abe.illinois.gov/abe/access/>
 - To find the nearest office: <https://www.dhs.state.il.us/page.aspx?module=12>
 - If you are receiving TANF, you may qualify for additional services.
- **ChildCare.gov**
 - Online database broken down by state to help identify resources and options to assist with childcare for those in need
 - <https://www.childcare.gov/state-resources?state=18>

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General Tips for finding child care

1. Start looking for child care as soon as you know you will need it.
2. Put yourself on a waitlist before your baby is born.
3. Call local experts and referral agencies.
 - **Childcare Resources and Referral Agencies (CCR&Rs)**
 - Can help with advice and child care searches
 - Can also assist with filling out and taking applications for financial help if you qualify
 - <https://www2.illinois.gov/sites/OECD/Pages/ChildCare.aspx>
 - The Office of Head Start (OHS)
 - National program that helps prepare children for school by providing special services and experiences
 - <https://www2.illinois.gov/sites/OECD/Pages/HeadStart.aspx>

Exposure to Violence Resources



- **State and Federal Programs**

- Illinois Child Abuse Hotline
 - A 24-hour hotline to call if you suspect that a child has been harmed or is at risk of being harmed by abuse or neglect.
 - Phone number: (800) 252-2873
- Illinois Domestic Violence Helpline
 - A 24-hour hotline that provide safety assistance to victims of domestic violence. The hotline is toll free, confidential, and multilingual.
 - Phone number: (877) 863-6338
- National Domestic Violence Hotline
 - A 24-hour national hotline that provides essential tools and support to help survivors of domestic violence so they can live their lives free of abuse.
 - Phone number: (800) 799-7233
- National Sexual Assault Hotline
 - A 24-hour national crisis support hotline for victims of sexual assault.
 - Phone number: (800) 656-4673
- National Human Trafficking Hotline
 - A 24-hour hotline that connects victims and survivors of sex and labor trafficking with services and supports to get help and stay safe. Toll-free phone calls, SMS text lines, and live online chat functions are available.
 - Phone number: (888) 373-7888

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Mental Health Resources



State and Federal Programs

- **National Suicide Prevention Lifeline**
 - Phone number: (800) 273-8255
 - Website: <https://suicidepreventionlifeline.org/>
- **SAMSHA's National Helpline** (Substance Abuse & Mental Illness Service Administration)
 - Free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish)
 - Phone number: (800) 662-4357
 - Website: <https://www.samhsa.gov/find-help/national-helpline>
- **Crisis and Referral Entry Services Hotline**
 - Telephone response service that handles mental health crisis calls for children and youth in Illinois
 - Phone number: (800) 345-9049
 - Website: <https://www.dhs.state.il.us/page.aspx?item=92597>
- **Illinois Perinatal Depression Hotline**
 - Free, confidential hotline is available 24 hours a day to patients and their families for information, support and connection to local resources
 - Phone number: (866) 364-6667
 - Website: <https://www.dhs.state.il.us/page.aspx?item=30524>
- **Illinois Helpline for opioids and other substances:**
 - Illinois also has a 24-hour helpline devoted to connecting individuals to treatment for OUD and other SUDs
 - Phone number: (833) 234-6343
 - Website: <https://helplineil.org/>

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Other Helpful Resources

- **Helpful Smart Phone Apps**
 - [Mind the Bump](#): A mindfulness meditation app to help individuals and couples support their mental and emotional wellbeing in preparation for having a baby and becoming a new parent.
 - [Headspace](#): Perfect app for beginners interested in meditation. The free app contains 10 essential meditation sessions included or individual can subscribe for access to access meditation minis tailed to specific categories such as SOS Singles for spot-on mom meditations, Burned Out, and Flustered.

- [Expectful](#): A meditation app designed with pregnant women, new moms and women just embarking on their fertility journeys in mind