

*As many businesses and community supports have been forced to close during the Covid-19 pandemic, Midlothian School District #143 social workers have compiled a list of resources which are confirmed to still be operational. This is not a complete list, simply a few resources that remain open during this crisis. As always, if you or someone you know is in immediate danger, please call 911. We hope you and your families stay safe and healthy during this difficult time.*

### **Crisis Hotlines:**

#### **Immediate Mental Health Support**

- **SAMHSA (Disaster Distress Hotline)** - 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** - 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
- **Crisis Text Line** - Serves anyone, in any type of crisis, providing access to free, 24/7 support via text. Text: 741-741
- **SASS** - 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.

#### **Abuse & Neglect**

- DCFS - 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

#### **Domestic Violence**

- National Domestic Violence Hotline - 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
- South Suburban Family Shelter - 24-hour hotline if you are experiencing domestic violence. 708-335-3028. En Español 708-335-3028

#### **Substance Abuse**

- National Drug Helpline - 24/7 support line for those struggling with addictions. 1-844-289-0879
- SAMHSA National Helpline - Provides referrals for local treatment facilities. 1-800-662-4357 En Español 1-800-662-4357
- Rosecrance - WebEx Therapy available for outpatient programs. 844-413-7907

### **Food Pantries:**

- Central Park and Kolmar Schools have free bag lunches from 9-11am M-F for families in need
- <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](mailto: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.

### **Mental Health Services:**

- 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
- Mosaic Therapy: 855-455-0636
  - They are offering 6 FREE virtual sessions for all kids and families  
<https://mosaictherapy.org/mosaictherapy-virtual-clinic/>
- Centers for Family Change:
  - 630 586-0900
  - Employer based insurances, sliding scale available; Phone/video options available.
  - <https://centersforfamilychange.com/>
- Metropolitan Family Services- Southwest:
  - 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.
- Zaborac Counseling Group:
  - 17255 Oak Park Avenue, Tinley Park; 708-633-4533
  - Provides phone options; Most, non Medicaid, insurances and Medicare accepted; ask about sliding scale fees. Provides phone options.
- Hyke Lyfe
  - Recreational Therapy- Individual hikes (Practicing Social Distancing)
  - Brittany Stevenson [bstevenson.counseling@gmail.com](mailto:bstevenson.counseling@gmail.com); 708-480-2066
  - Insurances Accepted: BCBS HMO/PPO, CIGNA, No Insurance? Sessions are 100 dollars per session for individual counseling; Phone/Video Options available.
- Elemental Center
  - Dr. Martin Adeoye (and other therapists/psychiatrists) 15010 S. Ravinia, Suite 15 708-364-0584; [elementalcenter.com](http://elementalcenter.com); Phone/video options.
  - In Network will all insurances
- Project LAUNCH
  - Free mental health screening and counseling and therapy services to PfR districts
  - Children up to 8 years old can receive services for the next 4 years
  - Individual therapy sessions and/or family sessions through secure virtual platform
  - Contact Director of Student Services, Kelly Burke or social worker for referral for services
  - <https://healthysafechildren.org/grantee/project-launch>

**Financial Assistance:**

- Together We Cope
  - 17010 Oak Park Ave Tinley Park, IL
  - 708-633-5040
- Grand Prairie Services
  - 17746 S Oak Park Ave Tinley Park, IL
  - 866-477-8632
- Catholic Charities Chicago - South Suburban Regional Services
  - 16100 Seton Drive South Holland, IL
  - 708-333-8379
- Illinois Department of Human Services
  - [Online application for SNAP, cash assistance, and/or Medicare Savings Program](#)
  - [En Espanol](#)
  - Or Call 1-800-843-6154

**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 at (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/>

**Internet:**

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

**Resource Search Engines** - Search for more services in your area.

- <https://www.auntbertha.com/>
- <http://spider.dcf.illinois.gov/>
- <http://www.chicagofoodbank.org/>

This listing of resources is provided for convenience only. Midlothian School District #143 makes no endorsements, recommendations, or referrals regarding these services provided and accepts no responsibility for the provision of services by any of the agencies listed herein. Contact your school's social workers, administrators, or the Director of Student Services for additional resources and we will do our best to assist you.