



Medical Assistance

| Name | Address | Contact Info | Payment Method | Description |
|----------------------------------|---|----------------|-------------------------------------|--|
| Christian Lawndale Health | 3860 Ogden Ave, Chicago, IL 60623 | (872) 588-3000 | Insurance/Sliding Scale-Income Base | Family Medicine/Immediate Care |
| Alivio Medical Center | 2355 S Western Ave, Chicago, IL 60608 | (773) 254-1400 | Insurance/Sliding Scale-Income Base | Family Medicine/ Dental Services |
| Erie Medical Center-Humbolt Park | 2750 W North Ave, Chicago, IL 60647 | (312) 666-3494 | Insurance/Sliding Scale-Income Base | Family Medicine/ Dental Services |
| Access Communities: Humblort Pk | 4909 W. Division St., Suite 508, Chicago, IL | (773) 364.4600 | Insurance/Sliding Scale-Income Base | Family Medicine/ Same Day Apts |
| Mount Sinai Hospital | 1500 S Fairfield Ave, Chicago, IL 60608 | (773) 542-2000 | Insurance/Sliding Scale-Income Base | Emergency Room/Hospital |
| Norwegian American Hospital | 1044 N Francisco Ave, Chicago, IL 60622 | (877) 624-9333 | Insurance/Sliding Scale-Income Base | Emergency Room/Hospital |
| La Esperanza Medical Center | 2001 S California Ave #100, Chicago, IL 60608 | (773) 584-6200 | Insurance/Sliding Scale-Income Base | Family Medicine/ Post Hospital Care |
| Post Ministries Free Clinic | 5013 S Hermitage, Chicago IL. 60609 | 773-778-5955 | Free | Running on Tuesday's at 6pm, Adults Only |

Mental Health

| Name | Link | Contact Info | Open/Availability | Description |
|--------------------------------------|---|-------------------------|-----------------------------|--|
| National Suicide prevention Lifeline | Spanish Line: 1-888-628-9454 | 1-800-273-8255 | 24/7 | |
| Crisis Text Line | https://www.crisistextline.org/ | Text: "Hello" to 741741 | 24/7 | (Text from anywhere in the USA to text with a trained Crisis Counselor. Every texter is connected with a Crisis Counselor, a real-life human being trained to bring texters from a hot moment to a cool calm through active listening and collaborative problem solving. All of Crisis Text Line's Crisis Counselors are volunteers, donating their time to helping people in crisis.) |
| Crisis Counseling | | 1-800-985-5990 | Text: "TalkWithUs" to 66746 | Available 24/7. |
| Facebook Page | https://facebook.com/events/s/daily-community-meditation/332907241010564/?ti=icl | | Daily at 2pm | Daily Meditation via Facebook Live at 2pm CST |
| Ten Percent Happier | https://www.tenpercent.com/coronavirussanityguide | | Every Day at 2pm CT | Guided Meditations, Podcasts & Talks for FREE |

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| CDC- Manage Anxiety & Stress | https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html | 1-800-985-5990 | 24/7 | Disaster Distress Hotline. Providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories. |
| CDC- Manage Anxiety & Stress | | 1-800-799-7233 and TTY 1-800-787-3224. People with deafness or hearing loss: 1-800-985-5990 | 24/7 | If an emergency, call 911. |
| CDC- Manage Anxiety & Stress in Spanish | https://emergency.cdc.gov/es/coping/selfcare.asp | 1-800-799-7233 and TTY 1-800-787-3224. People with deafness or hearing loss: 1-800-985-5990 | 24/7 | If an emergency, call 911. |
| Managing Substance Use | https://harmreduction.org/miscellaneous/covid-19-guidance-for-people-who-use-drugs-and-harm-reduction-programs/ | Managing substance use | | Safer Drug Use during COVID-19: https://harmreduction.org/wp-content/uploads/2020/03/COVID19-safer-drug-use-1.pdf |
| Ways to Cope with Coronavirus Fear | https://psychcentral.com/blog/coronavirus-anxiety-4-ways-to-cope-with-fear/ | Article | | |
| Mental Health Concerns and Coronavirus | https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/?fbclid=IwAR0Ci4o2AEawclGWwNE_TUFiCzi5K2ar2ZLh0d2QRhZEKREsKw2SI7nLb6Q | Article | | |
| NAMI CHICAGO HELPLINE | namichicago.org | 833.626.4244 | open 7 days a week | This is a helpline available 7 days. They offer virtual support groups during this time. |
| Yo Soy Ella | www.yosoyella.org | Call: 773-663-5001 any day of the week btw. 7pm-9pm. Talk therapy. | | They offer FREE mental health and emotional support services for women, in Spanish & English, with low to moderate needs/symptoms |
| Lakeview Pantry's Social Services Team | https://www.lakeviewpantry.org/wp-content/uploads/2020/03/Social-Services-Telecommunications-Flyer.pdf | P: 773-525-1777 ext. 300; E: socialservices@lakeviewpantry.org ; text: 773-849-9659 | | They offer case management, mental wellness sessions & career empowerment sessions through phone, video or email. |