



## 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: Humbolt 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
Community Health Center (CHC)	Depending on the Center	Depending on the Center	Sliding Scale-Income Base	Open this link: <a href="https://findahealthcenter.hrsa.gov">findahealthcenter.hrsa.gov</a> . You will be able to search the nearest CHC from you. Approx. 165 Centers in Chicago and none will turn you away if you don't have insurance/ your inability to pay.
Lurie's Children's COVID-19 Call Center		(312) 227-5300.	Monday through Friday from 8 a.m. – 6 p.m. and on Saturday and Sunday from 9 a.m. to 1 p.m.	You can speak with a nurse about testing criteria, symptoms, etc. before going to get tested for COVID-19.
MilMedico - Ray Mendez, MD	1952 W. Cermak Rd. Chicago, IL. 60608	(773)254-6611	FREE	Free COVID-19 Consults for undocumented patients (including DACA). Accepting new patients.
Howard Brown Health - FREE Hotline		(773)388-1600	Monday – Friday from 10 a.m. to 5 p.m. and Saturday from 10 a.m. to 3 p.m	Offering 3 valuable health resources during the current crisis. Free COVID- 19 HOTLINE. Provides info and telephone consultations with nurses/medical providers
ACCESS Ashland Family Health Center -	5147 S Ashland Avenue,	(800)836-7633	Mon-Fri, 8 am to 12 Noon	Must call to make an appointment. For Adults. No Payment necessary but if you have insurance, they will be billed. Spanish Speaking Peronal Available!
Angel Harvey Family Health Center of the Infant Welfare Society of Chicago	3600 W Fullerton Ave, Chicago, IL 60647	(773) 782-2800		Clinic accepts new patients for Employment Physicals.
María Saucedo Scholastic Academy	2850 W 24th Blvd, Chicago, IL 60623			COVID-19 Testing Site

## 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	<a href="https://www.crisistextline.org/">https://www.crisistextline.org/</a>	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	<a href="https://facebook.com/events/s/daily-community-meditation/332907241010564/?ti=icl">https://facebook.com/events/s/daily-community-meditation/332907241010564/?ti=icl</a>		Daily at 2pm	Daily Meditation via Facebook Live at 2pm CST
Ten Percent Happier	<a href="https://www.tenpercent.com/coronavirusnityguide">https://www.tenpercent.com/coronavirusnityguide</a>		Every Day at 2pm CT	Guided Meditations, Podcasts & Talks for FREE
CDC- Manage Anxiety & Stress	<a href="https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html">https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html</a>	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	<a href="https://emergency.cdc.gov/es/coping/selfcare.asp">https://emergency.cdc.gov/es/coping/selfcare.asp</a>	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	<a href="https://harmreduction.org/miscellaneous/COVID-19-guidance-for-people-who-use-drugs-and-harm-reduction-programs/">https://harmreduction.org/miscellaneous/COVID-19-guidance-for-people-who-use-drugs-and-harm-reduction-programs/</a>	Managing substance use		Safer Drug Use during COVID-19: <a href="https://harmreduction.org/wp-content/uploads/2020/03/COVID19-safer-drug-use-1.pdf">https://harmreduction.org/wp-content/uploads/2020/03/COVID19-safer-drug-use-1.pdf</a>
Ways to Cope with Coronavirus Fear	<a href="https://psychcentral.com/blog/coronavirus-anxiety-4-ways-to-cope-with-fear/">https://psychcentral.com/blog/coronavirus-anxiety-4-ways-to-cope-with-fear/</a>	Article		
Mental Health Concerns and Coronavirus	<a href="https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/?fbclid=IwAR0Ci4o2AEawclGWwNE_TUfICzi5K2ar2ZLh0d2QRhZEkREsKw2Sj7nLb6Q">https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/?fbclid=IwAR0Ci4o2AEawclGWwNE_TUfICzi5K2ar2ZLh0d2QRhZEkREsKw2Sj7nLb6Q</a>	Article		
NAMI CHICAGO HELPLINE	<a href="http://namichicago.org">namichicago.org</a>	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	<a href="http://www.yosoyella.org">www.yosoyella.org</a>	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	<a href="https://www.lakeviewpantry.org/wp-content/uploads/2020/03/Social-Services-Telecommunications-Flyer.pdf">https://www.lakeviewpantry.org/wp-content/uploads/2020/03/Social-Services-Telecommunications-Flyer.pdf</a>	P: 773-525-1777 ext. 300; E: socialservices@lakeviewpantry.org ; t		They offer case management, mental wellness sessions & career empowerment sessions through phone, video or email.
St. Anthony Hospital - Back of the Yards Mental Health		Melania - (630) 538-3637		Through phone/video conference, they offer mental health (individual therapy and intake/referral): and case management (legal, housing, food, health navigation, victim's rights and referral support.)
How to Avoid Passing Anxiety to your Kids	<a href="https://childmind.org/article/how-to-avoid-passing-anxiety-on-to-your-kids/?utm_source=newsletter&amp;utm_medium=email&amp;utm_content=%20Parents%20Guide%20to%20Problem%20Behavior&amp;utm_campaign=Weekly-03-16-20">https://childmind.org/article/how-to-avoid-passing-anxiety-on-to-your-kids/?utm_source=newsletter&amp;utm_medium=email&amp;utm_content=%20Parents%20Guide%20to%20Problem%20Behavior&amp;utm_campaign=Weekly-03-16-20</a>	*** Available in Spanish		For parents and Caregivers.