





COVID-19: Emergency Resources

Developed by MHN and MoreCare's COVID-Response Taskforce

Background: This list was developed to assist the MHN Network, MoreCare members and our broader community with resources that are available in Cook County, including food assistance, financial assistance, clothing, and others. This list is not meant to be fully comprehensive of all available community resources, but a starting point for members and their loved ones who might be experiencing a scarcity in food or other resources due to the COVID-19 outbreak. This resource sheet will be updated as new resources become available. If you need assistance from your care coordinator, please call us at **844-480-8528** (TTY 711) to be connected.

COVID-19 Emergency Resources							
Type	Resource	Region	Population	Address	Website	Contact Number	Program Description
Food Resources							
Food	City of Chicago Home Delivered Meals Program	Chicago	Individuals 60+ who are homebound or otherwise isolated		https://www.chicago.gov/content/dam/city/depts/fss/supp_info/SeniorServices/HDM/hdmpgminformation.pdf	Linda Padilla Phone: 312-666-5335 Referral e-mail: linda.padilla@openkitchens.com	
Food	Food Assistance for Families	Chicago	CPS Students and Families	All CPS schools	https://cps.edu/oshw/Pages/HealthyCPS.aspx	773-553-KIDS (5437) or email: familyservices@cps.edu.	Families with children that attend CPS can go to any CPS school and pick up a 3-day portion of meals for all children in the household.
Food	Food Pantry	Cook County	All	316 Locations	www.chicagosfoodbank.org /find-food then select "Pantry"		 Food Pantries-Cook County

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Food	Older Adult Choice Market	Cook County	+65	10 locations	www.chicagosfoodbank.org/find-food then select "Older Adult Choice Market"		 Older Adult Choice Markets
Food	Mobile Pantry	Cook County	All	19 locations	www.chicagosfoodbank.org/find-food then select "Mobile Pantry"		 Mobile Pantry
Food	Soup Kitchen	Cook County	All	44 locations	www.chicagosfoodbank.org/find-food then select "Soup Kitchen"		 Soup Kitchens
Food	SNAP Assistance	Illinois	Individuals and Families		https://abe.illinois.gov/abe/access/		
Food	Illinois Department on Aging, Nutrition Project in Illinois	Illinois			https://www2.illinois.gov/ag/ing/Resources/Documents/Nutrition_List.pdf		
Food	Meals on Wheels	Chicago	Homebound seniors		https://www.mealsonwheelchicago.org/		
Transportation							
Transport	CCH Fleet Vehicles	Cook County	Individuals receiving care at Cook County Health facilities			312-864-RIDE	Only providing transportation for ED/hospital discharges or appt not able to be fulfilled via telehealth.

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Transport	FirstTransit	Cook County	MoreCare Members			630-403-3210	Rides for scheduled appointments only. Must be scheduled 72 hrs in advance
General Assistance							
General Assistance	Red Cross	Chicago & Northern IL	Individuals and Families		www.redcross.org/local/illinois/chicago-and-northern-illinois/get-help	312-729-6258	
General Assistance	St. Vincent DePaul	Illinois	Individuals and Families		www.svdpglened.org/	773-779-6700	
General Assistance	Salvation Army	Cook	Individuals and Families			773-725-1100	
General Assistance	Catholic Charities	Cook	Individuals and Families	721 North LaSalle, Chicago	www.catholiccharities.net	312-655-7500 or 312-655-7700	
Toiletry Resources							
Diapers	Friends Food Pantry of Sugar Grove	Cook	Families	51 Wheeler Road, Sugar Grove, IL 60554		630-466-0345	
Diapers	Bundle of Joy Diaper Bank	Chicago	Families	1757 N. Cleveland Avenue, Chicago			The poor, unemployed, and other low income families from the city and Cook County receive help from the non-profit. A free diaper program can help the working poor in Chicago as well as single mothers.



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Diapers	Bundled Blessings Diaper Pantry	Cook County	Families	516 Church Street, Evanston, IL		847-864-6181	
Diapers	Diaper Bank Partnership of Lake County	Lake County	Families	Box 535, Wauconda Illinois 60084		847-544-9568	
Toiletry Items	Food Pantry	Cook County	All	Varies based on location. Call pantry directly	www.chicagosfoodbank.org/find-food then select "Pantry"	Contact pantry directly for paper product availability	Availability varies. Please call individual pantries for confirmation.
Housing							
Emergency Housing	IDHS FY 20 Emergency Housing	Illinois	All	18 locations	www.dhs.state.il.us/page.aspx?item=98150		
Housing	Housing Stability Program Renaissance Social Services	Cook	Individuals/families experiencing homelessness		www.rssichicago.org/get-help	773-645-8900, ext. 102	
Housing	Transitional Living Program for Homeless Youth	Chicago	Youth (16-22) experiencing homelessness		www.benefits.gov/benefit/619	1-800-621-4000	The Transitional Living Program (TLP) provides homeless youth with stable, safe living accommodations for up to 21 months. The TLP provides services to help young people develop skills necessary to move to independence and life as healthy, productive adults.

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Financial Assistance							
Financial Assistance	Cash Assistance	Illinois	Individuals and Families experiencing poverty		www.dhs.state.il.us/page.aspx?item=29719		
Financial Assistance	IDES Unemployment Benefits	Illinois	Those unemployed during COVID 19 crisis				
Financial Assistance	The Emergency Fund	Illinois	Chicago area low income individuals and families experiencing crisis	208 S LaSalle, Suite 776 Chicago	allchicago.org	312-379-0301; 866-286-1367	
Financial Assistance	Small Business Association-Disaster Assistance Loans	National	Small Business Owners		www.sba.gov/about-sba/sba-newsroom/press-releases-media-advisories/sba-provide-disaster-assistance-loans-small-businesses-impacted-coronavirus-covid-19	Call 1-800-659-2955 (TTY: 1-800-877-8339) or e-mail disastercustomerservice@sba.gov	
Emergency Preparedness							
Emergency Preparedness	Emergency Action Plan for individuals and families		Individuals and Families		www.cookcountypublichealth.org/communicable-diseases/novel-coronavirus/		English Version; see link for Spanish, Arabic, Chinese, and Polish translations.

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Childcare							
Childcare	Chicago Park District	Chicago	school age children	18 locations	www.chicagoparkdistrict.com/about-us/news/chicago-park-district-response-coronavirus-covid-19#EnhancedProgrammingParks		 Chicago Park District- Open Facilities
Stress Management / Mental Health							
Managing Stress	CDC- Manage Anxiety & Stress		All		www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html		
Managing Stress	City of Chicago – Manage Anxiety		All		https://www.chicago.gov/city/en/sites/covid-19/home/resources.html		 COVID-19 FAST Tips on Managing Anxiety.
Managing Stress	TalkSpace – Free Mental Health Resources for COVID		All		https://www.talkspace.com/blog/coronavirus/		
Mental Health	NAMI Chicago		Chicago			Call 311 or 833-626-4244	
Mental Health	Bright Star Community Outreach		All			833-TURN-123	
Mental Health	Crisis Text Line		All			Text HELLO to 741741 to access a trained crisis counselor, 24/7	

Dedicated Shopping Hours for Seniors

Several retailers have created dedicated shopping hours for seniors to shop for groceries without crowds of other people. Retailers include:

Store	When
Whole Foods	Customers age 60 and older can shop daily an hour before stores open to the general public. So, if a store opens at 9 a.m., for example, seniors have access at 8 a.m.
Target	The first hour of shopping each Wednesday is reserved for the elderly and other vulnerable populations, such as those with compromised immune systems.
Jewel-Osco	Senior shoppers are being given priority on from 7-9 a.m. Tuesdays and Thursdays.
Mariano's	The grocer has set aside two hours daily — 6 to 8 a.m. — for seniors and those with underlying health conditions.
Walmart	Customers ages 60 and older can shop every Tuesday an hour before stores open. Walmart pharmacies and vision centers will also be open during this time.
Tony's Fresh Market	Senior priority shopping hours are in effect 7-9 a.m. on Tuesdays and Thursdays.