



RESOURCES DURING COVID-19

The following resources may be helpful as you navigate challenges during the pandemic.

Covid-19 Updates

- [Updates from the State of Illinois](#)
- [City of Chicago Coronavirus Response Center](#)
- [Covid-19 Guidance & Announcements from the Illinois State Board of Education \(ISBE\)](#)
- [Illinois State Board of Education Guidance on Remote Learning](#)
- [Covid 19 Mobile Testing Howard Brown](#)
- [Covid Testing Illinois Site Locator](#)
- [CDC Coronavirus Symptoms](#)
- [How to Wear a Mask and How to Make a Cloth Mask](#)

Physical & Mental Healthcare Access

- [Reddit List of Low-Cost Medical Resources](#)
- [Virtual vs. In-person Therapy](#)
- [Health and Coping During COVID-19](#)
- [NAMI Chicago](#)
- [Howard Brown Health Center](#)
- [Upswing Advocates](#)
- Trans Lifeline: 1-877-565-88860
- GLBT National Help Center: 1-888-843-4564
- GLBT National Youth Talk Line (up to age 25): 1-800-246-7743
- National Suicide Prevention Lifeline: 1-800-273-TALK (8255) or [Live Online Chat](#)
- [National Center for Post-Traumatic Stress Disorder](#)
- SAMSHA's mental or substance disorder national helpline: 1-800-462-4357

Coping with...

- Anxiety: [Tips on Anxiety Management](#)
- Compassion Fatigue: [Helpful Techniques](#)
- Emotions: [Get Out of Your Mind and Into Your Life, by Stephen C. Hayes, Ph.D.](#)
- OCD: [Exposure Response Treatment](#)
- Trauma: [Somatic Exercises](#)

Food/Nutrition

- [Chicago Food Pantries, Soup Kitchens & Food Banks](#)
- [Chicago Food Bank](#) Directory
- [Apply for SNAP \(LINK\) or WIC](#)
- [ICNARELIEF](#)
- [Refugee One](#)

- SNAP school-aged children benefits: ABE.Illinois.gov online or complete a paper application from the [IDHS website](#). See more details [here](#).
- [Chicago Mutual Aid FB group](#)



Support Groups

- [Smart Recovery](#)
- [Al Anon Illinois](#)
- [NAMI Chicago](#)
- [Chicago Polyamory](#)

Housing

- [CEDA, comprehensive housing counseling.](#)
- Homelessness prevention:
 - In Chicago, call 311 and ask for Homeless Prevention
 - In Cook County, call 1-877-426-6515.
- Mortgage Help: Visit [CVLS' webpage](#) or call their hotline at (312) 332-8785 or email cvls@cvls.org.
- [Federal Mortgage Help](#)
- [Chicago Homeless Shelter Directory](#)
- [Chicago Housing Help Directory](#)

Financial & Legal Help

- [File for Unemployment](#) in Illinois
- [Unemployment Help private facebook group](#) (lots of advice and phone numbers to try)
- Dept of Human Services Public Benefits enrollment help: Call the Legal Aid Chicago Public Benefits Outreach and Enrollment Hotline at 312-347-8342
- Legal Assistance Foundation (LAF) of Metropolitan Chicago: 120 S. LaSalle Street, Ste. 900, Chicago, IL, 60603, dial 312-341-1070
- CARPLS: 312-738-9200
- Chicago Volunteer Legal Services: 33 North Dearborn Street, Chicago, Illinois 60602, main phone 312-332-1624
- Chicago Legal Clinic, Inc. is available throughout the year from multiple locations. 2938 E. 91st Street, Chicago, Illinois 60617, (773) 731-1762
- [Legal Aid Chicago](#)
- [Chicago Bar Foundation resource list](#)
- [Low-cost Laptops](#)
- [How to Get Help in Lake County, IL](#)

Pregnancy & Parenting

- [Apply for childcare subsidy through Action for Children \(CCAP\)](#) Offices at 4753 N Broadway Suite 1200, Chicago, IL 60640. Phone: (312) 823-1100
- [Know your rights because of a DCFS case due to homelessness or other poverty-related issues.](#)
- <https://www.thecopod.com/>
- [Mommy Labor Nurse • Educating New Moms About What's To Come](#)
- [Milkology® Online Breastfeeding Classes](#)

- [Breastfeeding and Bottle-feeding Safely | Fed is Best](#)
- [NPR How To Help Kids With Anxiety During The Pandemic](#)
- [How to help your child with remote learning - CBS News](#)



Mutual Aid / Helping Others

- [How to Support Food Banks During Coronavirus](#)
- [How to Help During the COVID-19 Crisis](#)
- [How to Help Protests from Home](#)
- [National Domestic Violence Hotline: Help a Friend or Family Member](#)
- [Get Involved – Black Lives Matter Chicago](#)
- [Chicago Mutual Aid FB group.](#)
- [Get Involved - ACLU](#)
- [Chicago Bail Fund](#)
- [Upswing Advocates](#)
- [Chicago Queer Exchange](#)
- [Alternatives to Amazon \(Support Ethical Businesses\)](#)
- Donate Blood: [Red Cross Drives](#) or [Vitalant Locations](#)

Exercise & Relaxation

- [Workout apps](#)
- [Les Mills Trainer Programs On-Demand](#)
- [Trail Guides & Maps for Hiking, Camping, and Running](#)
- [Coronavirus Sanity Guide from tenpercent.com](#)
- [Calm App](#)
- [Breathe App](#)
- [5-Minute Meditation You Can Do Anywhere](#)
- [5 Minute Anxiety Reduction](#)
- [Lofi Hip Hop Radio--Beats to Relax To](#)

Dating During Covid

- <https://www.health.harvard.edu/blog/intimacy-sex-and-covid-19-2020041519550>
- [Ways to date while social distancing - OkCupid Help](#)
- [Social Distancing | Tinder Swipe Life](#)

Socializing

- [Top 10 Games to Play with Non-gamer Friends in Quarantine](#)
- [Roll20: Online virtual tabletop for pen and paper RPGs and board games](#)
- [Houseparty | Face to Face Social Network](#)
- [Netflix Party](#)
- [Ten Ways to Socialize While Social Distancing](#)
- [Safe outdoor activities during the COVID-19 pandemic](#)