

Sandburg High School Covid-19 Community Resources

As many businesses and community support services have been forced to close during the Covid-19 pandemic, the Sandburg PPS teams 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. Should you need further support please reach out to your building social workers directly and we will do our best to assist you. As always, if you or someone you know is in immediate danger please call 911. We wish you and your families health and wellness during this difficult time.

Financial Assistance:

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

ComEd:

- 1-800-EDISON1 (1-800-334-7661), M-F, 7am-7pm or visit ComEd.com/Support

Energy Assistance Programs:

- LIHEAP: visit liheapillinois.com or call 877-411-9276
- Nicor Gas Sharing Program: visit your local Salvation Army office in person
- Nicor Payment Plans: 1-888-642-6748

Internet:

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

Food Pantries:

- <https://www.chicagosfoodbank.org/find-food/>
- Lemont Open Pantries-Bethany Lutheran Church
 - 500 Lemont Street Lemont, IL 60439
 - (630)257-7953
 - Hours: Tuesday, Wednesday & Thursday 9:30 am - 12:30 pm
 - Service Area: Cook County
- Lemont Open Food Pantry - Lemont United Methodist Church
 - 25 West Custer Lemont, IL 60439
 - (630) 257-5210
 - Hours: Tuesday, Wednesday & Thursday 9:30-12:30
 - Service Area: Cook County
- Moraine Valley Community Church
 - 10040 S. 88th Ave Palos Hills, IL 60465
 - Contact: Beth Heinrich (708)598-4435

- Hours: Thursdays 3:00pm-5:00pm Closed 11/26
- Service Area includes Orland Park & Orland Hills
- Operation Blessing of Southwest Chicagoland
 - 4901 W. 128th Place, Alsip, IL. 60803
 - (708)597-6326
 - Hours: Tuesday, Thursday, Friday 9am-11:45 and Wednesday 11am-2:45pm
- Orland Township Food Pantry
 - 14807 S. Ravinia Ave. Orland Park, IL 60462
 - Contact: Robin Kassis (708) 403-4222
 - Hours: Monday - Friday 9:00 am - 4:00 pm
 - Service Area: N: 135th St - S: 183rd St. - E: Harlem - W: Will-Cook Rd.
- 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.
 - Need to bring picture ID and can visit twice per month
- Redeemers Little Free Pantry
 - 4955 W. 158th Street Oak Forest, IL 60452
 - Contact: Marilyn Fischer (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.
- 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
- 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
- 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

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/>

Medical/Vision Assistance:

- Free Covid Testing
 - Illinois Department of Public Health (IDPH) Mobile Testing Sites (location/date/time varies). Visit <https://www.dph.illinois.gov/testing/mobile-testing-sites>
 - Access Community Health Network - Please call 1.800.836.7633 to schedule a telehealth visit. No walks accepted. Visit https://www.achn.net/services-programs/COVID_Testing/ for locations and times
 - CVS Minute Clinic- 16701 S. Harlem Ave, Tinley Park. Must call for an appointment (708) 444-4256
 - VNA Healthcare - if you do not have insurance, your pre-test assessment, specimen collection and specimen processing are provided at no cost to you. Closest location: 160 N. Independence Boulevard, Romeoville; call 630-892-4355 or 847-717-6455 <https://www.vnahealth.com/covid-19-testing/>
- Orland Township Health Services
 - Health Services administers vaccines provided through the Vaccines for Children (VFC) program to Orland Township residents, age 18 and under, who are uninsured, underinsured (vaccines not covered under current medical plan), insured by Medicaid Title XIX (19), or are Native American (American Indian/Alaskan Native). Clinics held once a month. Appointment required.
 - Orland Township's Wellness Program continues to provide quality services to residents at the lowest cost (physical exams, dental, vision)
 - 14807 S. Ravinia Ave., Orland Park. Call (708) 403-4222
- Illinois Association of Free & Charitable Clinics
 - Provides medical, dental and pharmaceutical services for free or at a nominal fee to low-income individuals without health insurance.
 - 42 Stephen St. #416, Lemont, IL 60439. Call 312-863-1780
- Worry Free Community
 - WFC is a community-based organizations providing access to care, community health training, and runs a Free and charitable wellness clinic
 - 1701 Bloomingdale Rd, Glendale Heights, IL 60139
 - Contact: (630) 868-3639 | Email: info@worryfreecommunity.org
- Orland Park Lions Club
 - Provides **eye exams and glasses** from LensCrafters to individuals in need from the surrounding schools and community
 - Call 708-966-9325 or email orlandparklionsclub@gmail.com

Crisis Hotlines:

Immediate Mental Health Support

- **CALL4CALM**-The Illinois Department of Human Services' Mental Health Division has launched a free-of-charge emotional support text line, Call4Calm, for Illinois residents experiencing stress and mental health issues related to COVID-19. Individuals who would like to speak with a mental health professional can text "TALK" to 5-5-2-0-2-0, or for Spanish, "HABLAR" to the same number: 5-5-2-0-2-0. Call4Calm is free to use, and individuals will remain anonymous.
- **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-HELP (4357) *En Español 1-800-662-4357*
- Rosecrance - virtual options available for outpatient programs. 815-391-1000 or 866-330-8729
 - Virtual Parent Cafe' offers a free support group for parents of struggling teens and is facilitated by an addictions counselor. Contact Sandy at sriley@rosecrance.org to register.

Sexual Violence

- National Sexual Assault Hotline- 24/7, 1-800-656-4673, <https://www.rainn.org/>

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
- Benchmark Psych Services
 - 11231 Distinctive Drive, Orland Park, IL 60467
 - 1-800-461-9533
 - Accepts: BCBS PPO, Aetna, Cigna, Humana, Medicare
 - <https://benchmarkpsychservices.com/>
- Centers for Family Change:
 - 630 586-0900
 - Employer based insurances, sliding scale available; Phone/video options available.
 - <https://centersforfamilychange.com/>
- Center for Psychological Services
 - 10735 S. Cicero Ave, Suite 208, Oak Lawn 708-424-0001
 - Accepts most major insurances, no Medicaid, currently providing telehealth services
 - <https://cpstherapy.com/>
- Chiariello Behavioral Health
 - 708-864-4920
 - Insurance information and rates on the website
 - <https://www.cbhtherapy.com/>

- Elemental Center
 - Dr. Martins Adeoye (and other therapists/psychiatrists) 15010 S. Ravinia, Suite 15 708-364-0584; elementalcenter.com; Phone/video options.
 - In Network will all insurances
- Hyke Lyfe
 - Recreational Therapy- Individual hikes (Practicing Social Distancing)
 - Brittany Stevenson 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.
- Linden Oaks at Edwards Hospital
 - 852 S. West Street
 - Naperville, IL 60540
 - (630)305-5027
 - 24/7 Free Assessment
- 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.
- Mosaic Therapy: 855-455-0636
 - They are offering 6 FREE virtual sessions for all kids and families
<https://mosaictherapy.org/mosaictherapy-virtual-clinic/>
- The OCD & Anxiety Center
 - Locations in Oak Brook and Orland Park
 - Provides structured, cognitive behavioral and exposure based therapy to children, teens and adults suffering with anxiety, OCD and related disorders
 - Parent training and education and intensive treatment
 - Currently offering secure video telehealth appointments
 - Call Stacy Gronek 708-289-8838 or email sgronek@theoecdandanxietycenter.com
- Palos Behavioral Health Professionals
 - 11800 S. 75th Avenue, 3rd Floor
 - Palos Heights, IL. 60463
 - (708) 671-8440
- V & R Behavioral Health
 - 700 Ravinia Pl # 2, Orland Park, IL 60462
 - 708-226-0010
 - <https://vrbehavioral.com/>
 - Most insurance plans even if out-of-network with their company
- 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.
- [Link to Apps to help manage and promote mental wellness](#)

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

- <https://www.auntbertha.com/>
- <http://spider.dcfis.illinois.gov/>
- <https://findhelp.org/>
- <https://centralusa.salvationarmy.org/metro/>
- <https://www.cedaorg.net/>