



## **IDHS Info and Resources During the COVID-19 Crisis**

[dhs.illinois.gov/helpishere](https://dhs.illinois.gov/helpishere)

1-833-2-FIND-HELP (1-833-234-6343)

[abe.illinois.gov](https://abe.illinois.gov)

### **FOOD, CASH, OR MEDICAL BENEFITS (1-833-2-FIND-HELP)**

The majority of IDHS local offices remain closed as they do their part to flatten the curve. Anyone interested in learning about IDHS services should visit [dhs.illinois.gov/helpishere](https://dhs.illinois.gov/helpishere) or call toll free at 1-833-2-FIND-HELP (1-833-234-6343). Those who are wishing to sign up for benefits or to manage existing benefits should visit [abe.illinois.gov](https://abe.illinois.gov). Supplemental Nutrition Assistance Program benefits have been maximized for April and May.

### **CHILD CARE (1-888-228-1146)**

For employees providing essential services who need assistance with childcare, please call 1-888-228-1146 or visit [www2.illinois.gov/sites/OECD/Pages/For-Communities.aspx](https://www2.illinois.gov/sites/OECD/Pages/For-Communities.aspx). Parents in Cook County can also text 312-736-7390.

### **SHELTER (1-833-2-FIND-HELP)**

Shelter services have been increased during this pandemic. Those looking for emergency lodging should visit [housingactionil.org/get-help/resources-homeless](https://housingactionil.org/get-help/resources-homeless). If you are currently experiencing homelessness, please use the [Emergency and Transitional Housing Provider List](#) to find a shelter near you.

### **PHYSICAL DISABILITY SERVICES (1-877-581-3690)**

Existing or prospective customers can call 1-877-581-3690 to receive assistance regarding the Division of Rehabilitation Services programs and services that are designed to allow those with disabilities throughout the state to live, learn, and work independently. Individuals can also visit the DRS website at [drs.illinois.gov](https://drs.illinois.gov).

### **DEVELOPMENTAL DISABILITY SERVICES (1-888-337-5267)**

To inquire about services for individuals with a developmental or intellectual disability, please call 1-888-337-5267 or visit <http://www.dhs.state.il.us/page.aspx?item=32253>.

### **SUBSTANCE USE (1-833-2-FIND-HELP)**

If you or someone you know is suffering from an opioid use disorder or other substance use disorders, you can call the Illinois Helpline at 1-833-2-FIND-HELP to speak with a trained professional. You can also visit [HelplineIL.org](https://helplineil.org) to be directed to customized resources, support, and advice.

### **MENTAL HEALTH (1-866-359-7953 or text "TALK" to 552020)**

If you or a family member have mental health challenges, you can call the Illinois Warm Line at 1-866-359-7953. You can also connect to a counselor by texting "TALK" (or "HABLAR" for Spanish) to 552020. If you or a loved one are experiencing a mental health crisis, please call the 24-hour [National Suicide Prevention Lifeline](https://www.suicideline.org) at 1-800-273-TALK (8255).

### **GAMBLING (1-800-GAMBLER)**

If you or someone you know is suffering from a gambling disorder, call 1-800-GAMBLER, text ILGAMB to 53342, or visit [weknowthefeeling.org](https://weknowthefeeling.org) to be connected to resources and treatment programs in your area.

### **DOMESTIC VIOLENCE (1-877-863-6338)**

Those experiencing domestic violence and/or abuse, plus anyone concerned about a friend, family member, or loved one, can call toll free at 1-877-TO-END-DV (1-877-863-6338). You can also visit the National Domestic Violence Hotline at [www.thehotline.org](https://www.thehotline.org) or text LOVEIS to 22522.

### **2020 CENSUS (1-844-330-2020)**

The Census is still occurring and every person in Illinois needs to be counted! Visit [My2020census.gov](https://my2020census.gov) to complete the census online or call 1-844-330-2020. For more info, text 987 987 or go to [MaptheCount.org](https://mapthecount.org).

### **PERSONAL PROTECTIVE EQUIPMENT DONATIONS**

To donate personal protective equipment (PPE), please email [PPE.DONATIONS@ILLINOIS.GOV](mailto:PPE.DONATIONS@ILLINOIS.GOV).

### **CORONAVIRUS INFORMATION (1-800-889-3931)**

The public is invited to email questions about COVID-19 to [DPH.SICK@ILLINOIS.GOV](mailto:DPH.SICK@ILLINOIS.GOV) or they can call toll free at 1-800-889-3931. More information is also available at [coronavirus.illinois.gov](https://coronavirus.illinois.gov).