



PUBLIC SERVICE PHONE NUMBERS

Call 911 for emergency services

Call 311 for non-emergency services

CHILDREN AND YOUTH SERVICES

FOOD ASSISTANCE

**My CHI. My Future.**

<https://explore.mychimymyfuture.org/>

My CHI. My Future. is a citywide initiative to connect every young person in the city to meaningful out-of-school opportunities. Explore the website and download the mobile app for more information.

**Healthy CPS Hotline**

773-553-5437

The Children and Family Benefits Unit (CFBU) provides families with social services support, including Medicaid and SNAP enrollment. CFBU can connect you to free and low-cost food, healthcare, and emergency resources to keep your family healthy and safe.

**Greater Chicago Food Depository Benefits Hotline**

773-843-5416

The Greater Chicago Food Depository benefits hotline helps people access SNAP, Medicaid, & other benefits programs.

**Chicago Lights Elam Davies Social Service Center**

312-640-2571 | 126 E. Chestnut St.

Offers food pantry service by appointment only on Tuesday, Wednesday, Thursday, & Friday from 10:00AM to 12:00PM.

COMMUNITY SERVICE CENTERS

HEALTH AND WELLNESS

**Dr. Martin Luther King Community Service Center**

312-747-2300 | 4314 South Cottage Grove

Community Service Centers help individuals and families in need access a wide range of resources from shelter, food and clothing to domestic violence assistance, job training/placement & services for the formerly incarcerated.

**Heartland Alliance Health Center – James West**

773-275-2586 | 932 W Washington Blvd #224.

Heartland Alliance Health Centers have 3 locations in Chicago that provide primary health care and supportive services for people experiencing homelessness.

**Planned Parenthood – Loop**

312-2660-1033 | 16 N. Wabash, 5th Fl.

Planned Parenthood is one of the nation’s leading providers of high-quality, affordable health care.

DOMESTIC VIOLENCE SUPPORT

HOUSING AND SHELTERS

**Illinois Domestic Violence Hotline**

1-877-863-6338

24-hour, toll-free hotline that provides confidential connection to domestic violence and community-based services. Bilingual and bi-cultural Spanish speaking support, as well 240 other languages, is available.

*If you’re experiencing homelessness, you should call 311*

*For more information on youth shelters and services, visit*

<https://www.streetlightchicago.org>

## JOB TRAINING

### **The Chicago Cook Workforce Partnership**

800-720-2515

The Partnership operates the largest publicly-funded workforce development system in the nation, serving Chicago and Cook County. Through a network of more than 90 agencies, The Partnership helps people find the training and career opportunities they seek. All services are free.

### **Skills for Chicagoland's Future**

312-906-7200 | 191 N Upper Wacker Dr., Suite 1150

Skills for Chicagoland's Future offers unemployed and underemployed talent in the Chicagoland area access to quality jobs and career pathway programs – all at no cost. Job seekers can apply directly to the jobs they prefer or join our Talent Community to learn about future opportunities.

## MENTAL HEALTH

*If you're experiencing a mental health crisis, call 988*

### **988**

988 is the new national hotline staffed 24/7 for individuals experiencing mental health distress. Phone and text support is available.

### **Thresholds**

773-572-5500 | [intake@thresholds.org](mailto:intake@thresholds.org)

Thresholds provides a comprehensive array of clinical services and supports for people with mental illness. Thresholds serves all clients regardless of ability to pay. If you or a loved one is in need of more information about Threshold's services, please contact their central intake line.

## SENIOR SERVICES

### **Chicago Senior Services Hotline**

213-744-4016

By placing a call to the Senior Services Hotline, an older person or caregiver can receive information about all of the support services offered by the Chicago Department of Family and Support Services.

### **Renaissance Court**

312-744-4550 | 78 E. Washington

DFSS Senior Centers serve as community focal points that connect seniors to social, recreational, economic, and educational resources that enhance the quality of their lives.

## OTHER COMMUNITY RESOURCES

### **Water Works Chicago Public Library**

312-742-8811 | 163 E. Pearson St.

### **18<sup>th</sup> District Police Station – Near North**

312-742-5870 | 1160 North Larrabee Ave