

Family Health and Wellness Resources

Find Help

Neighborhood network to find resources for food, housing, financial, health care and more. – findhelp.org

Alcohol/Drug Treatment

- Alcoholics Anonymous (AA) – aa.org.
- Narcotics Anonymous (NA) – na.org.
- Substance Abuse and Mental Health Services – samhsa.org.
- Pillars – pillarscommunity.org.

Gambling Treatment

- Gamblers Anonymous (GA) – gamblersanonymous.org.
- Illinois Gambling Help – illinoisgamblinghelp.org.

Tobacco Cessation Assistance

- Illinois Tobacco Quit Line – quityes.org.
- Smoke Free – smokefree.gov.
- American Cancer Society – cancer.org/cancer/risk-prevention/tobacco/guide-quitteing-smoking.html.

Mental Health

- All One Health (formerly Perspectives) – portal.allonehealth.com.
 - * Student and Employee assistance – username: TRI004; password: perspectives.
- Pillars – pillarscommunity.org.
- Crisis Text Line – crisistextline.org.
- Substance Abuse and Mental Health Services – samhsa.org.

LGBTQIA+

- The Trevor Project – thetrevorproject.org.
- NAMI – nami.org/community-and-culture/lgbtq.
- Center on Halsted – centeronhalsted.org.

Financial Assistance

- Illinois Department of Human Services – dhs.state.il.us/page.aspx.
- CTA/Pace/Metra – transitchicago.com/reduced-fare-programs.
- Triton College Troy Safe Haven – triton.edu/troysafehaven.

Housing Insecurities and Shelter Programs

- Illinois Department of Human Services – dhs.state.il.us/page.aspx?item=30362.
- Catholic Charities – catholiccharities.net/AboutUs/ServiceAreas/HousingServices.aspx.
- Family and Support Services of Chicago – chicago.gov/city/en/depts/fss.html.

Violence and Abuse Prevention

- Sarah's Inn – sarahsinn.org.
- Pillars – pillarscommunity.org.
- Victims of Violent Crimes – ilsos.gov/departments/court-of-claims/victims.html.
- Text "Hello" to 741741 – crisis assistance for domestic violence and sexual assault.

Low-Cost Health Care

- Access to Care – accesstocare.org.
- Cook County Health – cookcountyhealth.org.

Low-Cost Dental Care

- Midwestern University Clinics – clinics.midwestern.edu/downers-grove-clinic.
- Chicago Dental Society – cds.org/public-resources.

Childcare Assistance

- Illinois Dept. of Human Services – Child Care Assistance Program (CCAP) – dhs.state.il.us/page.aspx?item=30355
- All Kids – hfs.illinois.gov/medicalprograms/allkids.

Poison Control Center

- 800-222-1222 or illinoispoisoncenter.org.

Food Assistance

- SNAP – fns.usda.gov/snap.
- WIC – fns.usda.gov/wic.
- Feeding America Food Pantries – feedingamerica.org/find-your-local-foodbank.

Breast Feeding Support

- Le Leche League – lli.org.
- Kelly Mom – kellymom.com.

