



COVID-19 Resource Guide

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Introduction

For nearly 50 years, OMNI has served our community and provided quality, accessible and impactful programs that change and save lives.

We know, that you need us now more than ever and we pledge to continue to be there for you during these uncertain times of COVID-19.

COVID-19 Information

- Chicago Department of Public Health

<https://www.chicago.gov/city/en/depts/cdph.html>

- Cook County Department of Public Health

<https://www.cookcountypublichealth.org/communicable-diseases/novel-coronavirus/>

- Lake County Health Department <https://www.lakecountyil.gov/4377/Coronavirus-Disease-2019-COVID-19>

- Illinois Department of Public Health <http://www.dph.illinois.gov/>

- Centers for Disease Control and Prevention <https://www.cdc.gov/>

- World Health Organization <https://www.who.int/>

- Shelter in Place Rules <https://www.nbcchicago.com/news/local/what-you-can-and-cannot-do-during-a-stay-at-home-or-shelter-in-place-order/2241024/>

- Village of Wheeling Information <https://www.wheelingil.gov/CivicAlerts.aspx?AID=140>

- Wheeling Township Information

<http://www.wheelingtownship.com/content/Docs/Covid-19.pdf>

- Village of Buffalo Grove Information

https://www.vbg.org/resident_services/resident_resources/covid-19_information

- Village of Arlington Heights Information

https://www.vah.com/our_community/WhatsNew/covid-19_municipal_services_updates

Services Available from OMNI

- Telehealth Counseling Appointments-Counseling for teens, adults and families on your computer, phone or tablet. To schedule an appointment call 847-353-1500 ext. 1664.
- Outreach Services for families living in Wheeling and Prospect Heights Townships: Contact Maritza at 847-353-1600x1603 or mgarcia@omniyouth.org for services such as: assisting with applying or re-applying for public benefits such as SNAP and health insurance/Medicaid, linkage to financial assistance for rent, mortgage and utilities and helping individuals apply for unemployment, update their resumes and locate job resources.

Education

- Comcast-Free internet for families in need
https://corporate.comcast.com/press/releases/internet-essentials-low-income-broadband-coronavirus-pandemic?fbclid=IwAR2qP3YI_d5HRE-3ve6cT8eVOLWkHKH6MBib0w66ZfhHhXvF4yWbNldtcTE
- Scholastic Learn at Home Program:
https://classroommagazines.scholastic.com/support/learnathome.html?fbclid=IwAR2EWeMQqfD4Lp9ZMP9j-fsifTvEtk999_cjhsbSmS-G-SDnh8Lo0u_HME
- Khan Academy-Academic lessons and practice for all grade levels:
<https://www.khanacademy.org/>
- National Geographic Kids-<https://kids.nationalgeographic.com/>

Employment/Business

- Jobs at Jewel: <https://www.albertsonscorporation.com/careers/jewel-osco-careers.html>
- Jobs at Costco: <https://www.costco.com/jobs.html>
- Shopper with Instacart: <https://shoppers.instacart.com/>
- Jobs at Amazon: <https://www.amazon.jobs/en/>

Financial Assistance

- Salvation Army-provides rental and utility assistance, food pantry, employment counseling-<https://centralusa.salvationarmy.org/metro/emergency-assistance-and-homelessness-prevention/>
 - Catholic Charities-emergency assistance, counseling, case management, a food pantry <https://www.catholiccharities.net/Default.aspx>
 - Resources for Bartenders and their Families:
<https://www.usbgfoundation.org/beap?fbclid=IwAR0BF5Xh3gXBx66HfiBRLH9vtCmA9AxzdFdARGjBmuzVQu%3FN8JMc7dwNRc>
 - Resources for restaurant workers, delivery drivers and Uber/Lift drivers:
<https://ofwemergencyfund.org/>
- Com Ed Disconnections suspended and offering payment programs:
<https://www.comed.com/News/Pages/NewsReleases/2020-03-13.aspx>
- People’s Gas-Late fees waived, shut-offs suspended, financial programs:
<https://www.wecenergygroup.com/home/message/pgl-safety-message.htm>
 - Safe Link Program-Free cell phone service to individuals in programs like SNAP, Medicaid, Medicare, SSI or Section 8
Phone: 800-723-3546
 - Access Wireless Program: Government Lifeline Assistance Program- Free cell phone service to individuals in programs like SNAP, Medicaid, Medicare, SSI or Section 8
Phone: 800-464-6010
 - Illinois Department of Employment Security-State unemployment benefits:
<https://www2.illinois.gov/ides/Pages/default.aspx>
 - The Betancourt Macias Family Scholarship Foundation-Emergency funding opportunities for undocumented individuals and families impacted by COVID-19.
<https://www.undocuscholars.com/>
 - St. Pary Parish at BG Saint Vincent de Paul Society-can help pay portions of rent or utilities.
Phone: 847-541-1450

Food

- USDA Find Meals for Kids Interactive Map
<https://www.fns.usda.gov/meals4kids>
- Wheeling Township Food Pantry: 847-259-7730
- Wheeling School District 21 Grab and Go Food Program
<https://ccsd21.org/news/grab-and-go-breakfast-and-lunch-during-school-closure>
- School District 25 Food Program
<https://www.sd25.org/Page/1477>
- Prospect Heights School District 23 Food Program
<https://www.d23.org/protected/ArticleView.aspx?iid=42U0B&dasi=2GI>
- Chicago Public Schools Food Program
<https://cps.edu/oshw/Pages/HealthyCPS.aspx>
- Greater Chicago Food Depository
<https://www.chicagosfoodbank.org/coronavirus-updates>
Find a food bank near you: <https://www.chicagosfoodbank.org/find-food/>
- La Casa Norte-Housing and Food Services.
<http://www.lacasanorte.org>
- Lakeview Food Pantry: <https://www.lakeviewpantry.org>
Free Online Market: <https://www.lakeviewpantry.org/get-food/onlinemarket/>

Physical and Mental Health Resources

- OMNI Youth Services Crisis and Counseling Team: 847-353-1500
- Video on Coping with Stress and Anxiety: <https://vimeo.com/402248202/315ece3bc4>
- Talking to Kids about the Coronavirus: <https://childmind.org/article/talking-to-kids-about-the-coronavirus/>
- Access Community Health Network-Multiple Locations
Phone: 1-866-267-2353
Website: <https://www.achn.net/about-access/contact-us/make-an-appointment/>

- W.I.N.G.S-WINGS provides victims of domestic violence and their children emergency shelter, counseling, transitional and permanent housing.

Phone: (847) 519-7820

Website: <https://wingsprogram.com/>

- Stress and Coping Info from the CDC: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

- Creekside Health Center in Wheeling-Provides affordable pediatric, family and women's healthcare including immunizations, physicals and general health services. Call 847-608-1344 or <https://gefcc.org/find-a-health-center/creekside-health-center/>

- National Suicide Prevention Lifeline. Call 1-800-273-8255 or <https://suicidepreventionlifeline.org/>

- Domestic Violence Hotline: 1-800-799-7233 or <https://www.thehotline.org/help/>

Family and Children Activities

- Honeycomb at Home-Free online resource to help families fight cabin fever and provide daily positive activities.

Website: <https://thehoneycombproject.org/>

- 826CHI-Activities for caregivers to engage children: <https://www.826chi.org/whats-new/covid-19-resources-for-caretakers>

- Resources for Art and Entertainment

<https://www.826chi.org/whats-new/covid-19-resources-for-arts-entertainment>

- Kid Activity Blog-Lists of online field trips, activities and free subscriptions

<https://kidsactivitiesblog.com/>

- 101 Ideas to Keep Kids Busy-

<https://www.forbes.com/sites/tarahaelle/2020/03/15/101-ideas-to-keep-your-kids-busy-during-coronavirus-closures/#381669be74a4>