



## Wheeling Township Area Resources

### Related to COVID-19

*Link Together is Wheeling Township's youth drug and alcohol prevention coalition. In the landscape of COVID-19, Link Together would like to provide the local community a list a resources. As things are changing on a daily basis, so may this list.*

#### **Link Together Coalition**

Link Together Coalition is operating to support all Wheeling Township area families with drug and alcohol prevention resources. Visit the website: [linktogethercoalition.org](http://linktogethercoalition.org).

#### **OMNI Youth Services**

OMNI is still open and we are continuing to provide outpatient mental health services. As of today, we are entirely moving our services to telehealth, using either phone or video to complete sessions. The video sessions are currently being held on GoToMeeting, and can be accessed through phone app or computer browser. New referrals may call our intake **at (847) 353-1500 x1664** to schedule an assessment with our team

#### **Crosswinds Center for Personal & Professional Development**

Crosswinds Center for Personal & Professional Development (307 South Milwaukee Ave., Suite 103, Wheeling, IL 60090) is available for telepsychology sessions to help community members with the heightened concerns and issues associated with COVID-19 (e.g., coping with loneliness, isolation, uncertainty, stress, health-related fears, trauma, loss, grief, financial anxiety, insomnia, parenting/ home-schooling during sheltering at home as well as associated issues). In addition to this, we also help with all the pre- COVID-19 issues such as depression, trauma, insomnia, personality disorders, transitions, school/work issues, and other common psychological disorders. We are providing services to adolescents, adults of all ages, couples, and families. At this time, all insurance companies are covering telehealth/ telepsychology sessions. We also take self-pay and provide reduced fees. We also provide one hour free consultations to the people who don't have insurance and cannot afford self-pay. People can also inquire about how to join an educational-support group to help people better manage anxiety. The group will be starting shortly.



## **Office of Congressman Brad Schneider**

Rep. Schneider's office can offer federal casework assistance for people having difficulty receiving their rebate, applying for SBA loans, unemployment insurance, etc. Visit the website: [www.schneider.house.gov](http://www.schneider.house.gov).

## **Mount Prospect Public Library**

Via the Mount Prospect Public Library main web page at [www.mppl.org](http://www.mppl.org):

- Library service updates
- Access to the Virtual Library, which includes a range of online resources to read, watch or listen to.
- A link to chat with one of the staff (hours vary, but will go to email if after hours)
- An opportunity for Mt. Prospect residents to get a library card online

The MP Library is also offering free 24/7 WiFi near our main building at 10 S. Emerson Street in Mt. Prospect and at our South Branch location at 1711 W Algonquin Road in Mt. Prospect.

## **Indian Trails Public Library**

- [Library Service Updates](#) - announcements regarding library services during this time.
- [Your Virtual Library](#) - all the ways our library community can access us while we're closed.

## **Wheeling Township**

Wheeling Township is dispensing pre-packed bags of food. If the resident has been to the office before, for any program, they only need to give their name. If they are new, we ask that they call first so we can collect needed demographics over the telephone and maintain no physical contact. If they just arrive without calling, they will have to complete a form with minimal information (name, address, phone & household size). For more information, contact Julie Villarreal, Director of General Assistance at 847-259-7730.



## **Creekside Health Center**

Now offering virtual visits. Virtual visits are a type of telehealth or telemedicine appointments that are available to Creekside Health Center patients. During a virtual visit, you will have your appointment with your provider over a video chat system while you are at home.

- Appointment types – certain medical appointments, behavioral health and psychiatry
- Device Needs – computer, tablet or phone (iPhone or Android) will be needed for your virtual visit
- Quality Health Care – same level of care, quality, and attention you know and value from our team

Call 847-608-1344 to schedule your appointment today. Phone Operators will let you know if your appointment can be done through a virtual visit. More information about these visits can be found at <https://gefcc.org/2020/04/virtual-visits-now-available/>

## **Village of Arlington Heights Financial Assistance**

- Our Emergency Assistance program serves as a stopgap measure for residents of Arlington Heights who are experiencing a temporary economic hardship. This program provides assistance for basic needs, such as rent and utilities to qualifying applicants. To apply for emergency assistance, please complete the below form and attach the supporting documentation requested in page 5.
  - <https://arlingtonil.seamlessdocs.com/f/ApplicationSocialServicesSpanish2020>
  - <https://arlingtonil.seamlessdocs.com/f/ApplicationSocialServicesEnglish2020>
- Eligibility for financial assistance is considered on a case-by-case basis. The minimal eligibility for consideration is as follows:
  - Must be a resident of incorporated Arlington Heights
  - Must be lacking in funds to pay said bill. All sources of income will be looked at (checking, savings, GoFund Me, etc...) All assets will be considered (pension, 401K, home equity, etc...)
  - Must be experiencing a temporary financial hardship, such as loss of a job
  - Must have a past due balance for a basic need, such as rent or utilities
  - Must have a plan for sustainability, for example the resident will be returning to work



### **Village of Arlington Heights Counseling Subsidy**

- Goal: To reduce cost of treatment as a barrier to receiving mental health services
- Eligibility: Arlington Heights residents of all ages and demographics. Qualifications are based on household income, family size, insurance provider, and financial hardship. Our sliding scale is used as a guideline to determine the subsidy provided.

<https://arlingtonil.seamlessdocs.com/f/CounselingSubsidySpanish2020>

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### **Meals on Wheels**

- Catholic Charities: 847-253-5500
- Kenneth Young Center: 847-524-8800

### **Food Pantries**

- Willow Creek Care Center: 224-512-2600
- St. Edna's: 847-398-3362
- Wheeling Township: 847-259-7730
- Elk Grove Township: 847-437-0300
- Journeys The Road Home: 847-963-9163
- Palatine Township: 847-358-6700
- Northwest Compass: 847-392-2344
- Salvation Army: 847-981-9111
- Catholic Charities: 847-376-2100
- Lutheran Social Services: 847-635-4600
- Harvest Bible Chapel: 847-398-7005
- Cross and Crown: 847-394-0362

### **SNAP Benefits**

Applying for SNAP (financial assistance for food):

<https://www.dhs.state.il.us/page.aspx?item=30357>



## **Hotlines**

- Call4Calm - a free emotional support text line, was created to serve Illinois residents “swimming in the stress and uncertainty” caused by COVID-19.
- To connect with a counselor, people can text “TALK” to 5-5-2-0-2-0 or text “HABLAR” to the same number for counseling in Spanish. Users will remain anonymous, and the state has partnered with mental health organizations to have counselors respond. Once a resident texts the hotline, they’ll get a call from a licensed counselor within 24 hours. People can also use the text line to get information on vital services. If you text “unemployment,” “food” or “shelter,” to the same number, it will send you information on those topics.
- Suicide Prevention Hotline 1-800-273-8255
- National Domestic Violence Hotline 800-799-SAFE
- Illinois Coalition Against Sexual Assault (217)753-4117
- U.S. Department of Health & Human Services National Drug Helpline: Call 1-800-662-HELP (4357)
- The Disaster Distress Helpline, 1-800-985-5990, 24/7, 365-day-a-year, toll-free, multilingual, and confidential crisis support service. Stress, anxiety, and other depression-like symptoms are common reactions after a disaster. Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a crisis counselor.

## **Internet**

New low-income families who live in a Comcast service area may be eligible to sign up for 60 days of complimentary Internet Essentials service. Apply by calling 1-855-846-8376 for English and 1-855-765-6995 for Spanish

## **Free Breakfast and Lunch Services**

For information on how to access breakfast and lunch services for children and families, contact local school districts:

Community Consolidated School District 21

Prospect Heights School District 23

Arlington Heights School District 25

River Trails School District 26