

All the below information and more can be found on the Morton West Support Services Website:

<https://sites.google.com/view/mortonwestss/home?authuser=0>

MENTAL HEALTH

Youth Crossroads is available for free tele-counseling for any student (ages 11-19) and their families who reside in the D201 area. Primary focus of youth and family services will revolve around chronic stress, grief/loss, anxiety and trauma. People can call the main number 708-484-7400—extensions 015 (English) or 016 (Spanish). If we are not available, please leave a message and we will call you back.

Sarah's Inn: Domestic violence agency: 708-386-4225. Spanish available.

Pillars Mental Health and Crisis services are continuing at this time virtually via telephone or video.

Updates will be posted on their website. <https://pillarscommunityhealth.org/>

▪ **24 hour Hotlines below:**

- Crisis Hotline number: 708-745-5277 (1 for English/2 for Spanish, THEN 3 for Mental Health)
- Domestic Violence Hotline: 708-485-5254
- Sexual Assault Hotline: 708-482-9600
- COVID-19 coping Line: 708-995-3898 (M-F from 9am-7pm)
- COVID Medical Symptoms Line: 708-995-3529

Hartgrove and Riveredge Hospital are still open, and as usual, in the event of a mental health crisis, can provide evaluations without appointment and free of charge. You can also call 9-1-1 in the event of a mental health crisis.

Riveredge Hospital

8311 W. Roosevelt Rd.
Forest Park, IL 60130
708-771-7000

Hartgrove Hospital

5730 W. Roosevelt Rd.
Chicago, IL 60644
773-413-1700

Crisis Text line: 741-741.

Suicide Prevention Lifeline: 1-800-273-8255.

Both resources are free of charge, available 24/7, and will link you with trained mental health professionals.

CARES Line: 1-800-345-9049 to see if you qualify to have a crisis worker come to you for a mental health evaluation for your child within 2 hours.

Illinois Call4Calm Text Line 24/7:

If you or a loved one are struggling with stress related to the COVID-19 pandemic and need emotional support: Text TALK to 552020 for English or HABLAR for Spanish.

People seeking assistance will remain anonymous and will provide only their first name and zip code, which enables the service to link you to a counselor in your area who is knowledgeable about available local resources.

Please go to the website for more FREE services: <http://www.dhs.state.il.us/page.aspx?item=123539>

FOOD BANKS/FOOD SERVICES

Ebenezer Church Berwyn: Friday's 5-7pm

Kay Rops will continue to be at work and taking calls/meeting with families in need. kay.rops@ebenezer-crc.org

Our legal team will also be available to consultation over the phone. (708) 795-6480

Cicero-Berwyn-Stickney Food Pantry: Tuesday's 2-5:30pm, (708) 863-4913

<http://www.cbsfoodpantry.org/program.html>

Gethsemane Lutheran Church, 1937 S. 50th Avenue in Cicero. Northeast corner of 50th Avenue and 21st Street. Please use the entrance on 21st Street.