



HEALTHY CPS

OFFICE OF STUDENT HEALTH & WELLNESS

Chicago Services Resource Guide

These services are referrals that families may choose to use at their own expense.



If you or someone in your care is experiencing a health or mental health crisis please dial 911 or go to the nearest emergency room immediately.

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Introduction

In March 2022, Chicago Public Schools (CPS) adopted a [Comprehensive Mental Health and Suicide Prevention Policy](#) focused on crisis prevention and mental health awareness as part of a broader whole-child approach. To support this policy, [Implementation Guidance](#) was created to help CPS staff understand their role in promoting student mental health. In line with this effort, this Chicago Services Resource Guide was developed to assist schools, families, and students in accessing mental health services across the Chicagoland area. Many listed providers offer free or sliding-scale services; however, families should contact providers directly to confirm payment details. *Please note that CPS is not responsible for any costs associated with these services.*

Navigating This Document

You can navigate this document using the Table of Contents, where each title links to the relevant page. Alternatively, use Ctrl+F to search for specific keywords, such as "autism" or the ● symbol, to find related providers. We recommend families connect with their school for assistance with applying for or accessing services, as schools may offer additional support. For mental and behavioral health support, reach out to your school's Behavioral Health Team, which includes social workers, counselors, psychologists, and nurses. For contact details, visit your school's website or call the front office.

For visuals on how to navigate this document, [click here](#).

Key:

● → Newcomer Support: Immigration, Asylee, Refugee support and services.

★ → CPS Vendor

Accessing Benefits

Each Chicago Public Schools network has a Children and Family Benefits Unit Coordinator. The Children and Family Benefits Unit (CFBU) [Coordinator](#) provides families with social services support, including Medicaid and SNAP enrollment, management, and utilization. CFBU can connect you to free and low-cost food, healthcare, and emergency resources to keep your family healthy and safe. If you do not have medical insurance, please reach out to the CPS [Children and Family Benefits Unit](#) at 773-553-5437 (KIDS) to see if your family is eligible for Medicaid. If you have Medicaid, CFBU can help manage your benefits.

CPS Partners and Vendors

Organizations that are CPS Vendors have a ★ symbol. If your school is interested in partnering with any of the organizations on this list, they must be a CPS vendor and have an agreement through the Office of Social Emotional Learning to provide services at the school. Any inquiries related to partnering with an organization can be directed to healingcentered@cps.edu.

Mental Health Days

Students are now able to take Mental Health Days due to [Public Act 102-0321](#), which has updated attendance laws to recognize mental and behavioral health as valid reasons for excused absences. Under this act, students can miss up to five days for mental or behavioral health reasons, categorized as illness, without the need for a medical note. Additionally, students have the opportunity to make up any schoolwork missed during their absence. Schools also have the authority to refer students to appropriate support personnel after they have taken two mental health days. Overall, mental and behavioral health days are officially acknowledged as "student illness," making them legitimate reasons for absence.

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Health Centers

School-Based Health Centers

Description: School-Based Health Centers offer healthcare services within schools. CPS collaborates with community health organizations to operate 31 centers across Chicago, delivering accessible, age-appropriate care to elementary and high school students. Services include immunizations, physical exams, sports physicals, behavioral healthcare, and management of acute and chronic conditions. Students can access health services at no out-of-pocket cost. Call the center ahead of time to ask if your student qualifies for services.

Advocate Illinois Masonic Medical Center

Contact: 773-975-1600

Location: 836 W Wellington Ave, Chicago, IL 60657 - North Side

Description: This medical center offers [mental health programs](#) for children ages 8-18, focusing on social skills, self-esteem, coping strategies, and managing depression, anxiety, and anger. It also provides substance use recovery, adult group therapy, and crisis services available via telehealth or in person. Multiple [insurances accepted](#), including Medicaid and sliding scale.

Alivio Medical Center ★

Contact: 773-254-1400

Locations: [Multiple locations](#) across the South Side.

Description: Alivio Medical Center is a bilingual Federally Qualified Health Center that provides affordable healthcare to minority communities, including the uninsured. Services include behavioral and mental health care (individual therapy, counseling, group therapy, workshops, and domestic violence support), as well as telehealth, physical exams, STD testing, immunizations, free pregnancy tests, and dental care. Alivio accepts various [insurance plans](#), including Illinois Medicaid, Medicare, and private insurance, and offers sliding scale payments starting at \$30 for uninsured patients, assisting individuals in finding the best payment options.

Cira Center For Behavioral Health

Contact: 872-395-8091

Locations: 155 N Michigan Ave #450, Chicago, IL 60601- Loop

1011 Lake St #307, Oak Park, IL 60301- Western Suburb

Description: This organization offers individual therapy, family and/or couples therapy, and group therapy, with sessions being offered online as well as in person. Their website provides the profiles of their therapists, which include short descriptions and background information in order for their clients to pick the therapist best suited for their needs. [Insurance Accepted](#): All CCBH providers accept Blue Cross Blue Shield PPO plans, while some therapists accept United Healthcare PPO, UMR, and Medicare.

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[Chicago Family Health Centers](#)

Contact: 773-768-5000

Location: [Multiple locations](#) across the South Side

Description: These health centers work to provide accessible primary healthcare that is culturally sensitive, affordable, and responsive to their patients' needs. They provide mental health support to people of all ages, such as mental health assessments, diagnosis, brief therapy/counseling, and assistance with referrals to specialty mental health and substance abuse care. Chicago Family Health Center (CFHC) accepts many payment and [insurance](#) options including Medicaid, Medicare, and many insurance plans. For those without insurance, including children, they offer sliding scale options.

[Chicago Women's Health Center](#) ★

Contact: 773-935-6126

Location: 1025 W Sunnyside Ave #201, Chicago, IL 60640 - Far North Side

Description: This health center seeks to empower women, trans people, and young individuals to access healthcare in an environment in which they feel respected. They provide services such as health education and counseling, gender-affirming care, voice coaching, and integrative health. Counseling programs accept various [insurance](#) including Blue Cross and Blue Shield PPO while Humana PPO and United PPO can also be used to pay for trans and gynecological care. All services are on a sliding scale that is adjusted based on a patient's household income and ability to pay for healthcare.

[CommunityHealth](#)

Contact: 773-969-5924

Location: [Multiple locations](#) across the South Side

Description: CommunityHealth is a volunteer-based health center whose mission is to provide quality care to individuals who are low-income, uninsured, or underinsured. They provide mental health services, as well as dental services and medical services. Some of their medical services include cardiology, gynecology, primary care, telehealth services, medications, and health education. In order to [qualify for services](#) at CommunityHealth you must have no health insurance OR your only health insurance is Illinois' Health Benefits for Immigrant Adults (HBIA) or Health Benefits for Immigrant Seniors (HBIS). Additionally, your income must be at or below 300 percent of the Federal Poverty Guidelines, and CommunityHealth must be the only place you will be receiving health care.

[Chicago Growth Mindset](#) ★

Contact: [Send a message](#)

Description: This institution provides mental health services and wellness programs for organizations, workplaces, families, and individuals. Some of the individual services include group therapy, couples therapy, child and adolescent therapy, and parenting classes. Some of the workplace services include conflict resolution workshops, team building, crisis and trauma in the workplace training, and more. [Insurance Accepted](#): CGM accepts BCBSIL – PPO as insurance to cover services. However, reduced rates are also available on a need basis. Individuals are encouraged to contact CGM in order to discuss payment options.

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Erie Family Health ★

Contact: 312-666-3494

Location: [Multiple locations](#) across the city

Description: This health system offers a variety of medical services including dental care, behavioral health services, school physicals, chronic disease management, substance use care, and HIV/AIDS care. Confidential visits are also assured for ages 12 and up. Patients are accepted regardless of their insurance. A variety of different types of [insurance are accepted](#) including Medicaid, Medicare, and private health insurance plans. For patients without insurance, payments will be based on a sliding fee scale (calculated based on ability to pay through household income).

The Family Institute

Contact: 847-733-4300

Location: 8 S Michigan Ave 10th Floor, Chicago, IL 60603 - Loop

Description: The Bette D. Harris Family & Child Clinic offers affordable therapy services through graduate-level therapists-in-training, supervised by licensed professionals. For children facing grief or loss, the Rainbows Program provides peer support and art therapy. Both in-person and teletherapy options are available, with no insurance required—eligibility is based on household income. The Family Institute also offers regular therapy and counseling services at varying fees, with different providers [accepting various insurance](#) plans.

Gilda's Club Chicago

Contact: 312-464-9900

Location: [Multiple locations](#) across the city.

Description: Gilda's Club is a place where individuals who have been impacted by cancer, as well as their families and friends, can take part in programs such as educational lectures, support groups, [Spanish programs](#), and more. Services are completely free for those who have been impacted by cancer.

IL Eye Institute

Contact: 312-225-6200

Location: 3241 S Michigan Ave, Chicago, IL 60616 - Near South Side

Description: This organization is a nonprofit eye center that provides comprehensive eye care to individuals of all ages in the Chicagoland area, regardless of [insurance](#) or financial status.

Infant Welfare Society of Chicago

Contact: 773-782-2800

Location: 3600 W Fullerton Ave, Chicago, IL 60647 - Northwest Side

Description: This organization works to provide healthcare services and education to underserved and vulnerable families in the Chicagoland area. They provide counseling services to children up to the age of 18, and include individual, family, and group therapies. They also provide various other health services, and they accept Medicaid as well as many other [insurance plans](#). If uninsured, patients may qualify for [sliding scale](#) / reduced fees.

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[Insight Hospital and Medical Center](#)

Contact: 312-567-2000

Location: 2525 S Michigan Ave, Chicago, IL 60616 - Near South Side

Description: This health center offers mental health and substance use recovery services. They help manage behavioral health concerns by providing therapy or offering programs that best fit the needs of their patients. They accept Medicare and many forms of [insurance](#).

[The Kedzie Center](#)

Contact: 773-754-0577

Location: 4141 N Kedzie Ave, Chicago, IL 60618 - Northwest Side

Description: The Kedzie Center provides various mental health and wellbeing services, such as psychotherapy and counseling, community resource connection, as well as community engagement and education. Some of the educational services include workshops that have topics on healthy relationships, suicide prevention, parent workshops on youth development, and mental health awareness. The Kedzie Center accepts commercial [insurance](#) and Medicaid but does not accept HMO plans. Those who are uninsured and reside within the boundaries of the North River area are encouraged to talk to the center to discuss appropriate payment options based on need.

[LifeStance Health](#)

Contact: 888-428-7890

Location: [Multiple locations](#) across the North Side and Loop.

Description: This organization provides services for multiple different mental health concerns. Both in-person and telehealth appointments are available. They have a provider directory that provides the bios, description, and specialization of their licensed mental health professionals in order to connect their patients to a mental health provider most suitable for the patient's needs. You can find a mental health provider online or have their intake department assist you with booking an appointment. They accept Medicare and many forms of [insurance](#).

[Lurie Children's Hospital of Chicago](#) ★

Contact: 800-543-7362

Location: [Multiple locations](#) across the Chicagoland area.

Description: This hospital offers many different health services for children, adolescents, and young adults. They also manage care for patients with concurrent medical and psychiatric treatment needs. Among the behavioral health services they provide, some include individual and family therapy, targeted support for a wide range of mental health concerns, trauma treatment services, substance use prevention, and more. Most [insurances](#) are accepted. Those in need of [financial assistance](#) are encouraged to call 877-924-8200 to learn more about government programs, state programs, social service organizations, sliding scale or payment options, and Charity Care.

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Pilsen Wellness Center ★

Contact: [Visit website](#)

Location: [Multiple locations](#) across the South and West Sides.

Description: The Pilsen Wellness Center offers a multitude of services, such as a food pantry, teen mom support, substance use prevention and treatment services, mental health services, and more. Some of the substance use treatment options include medication management, detoxification services, as well as individual and group counseling. There are various different mental health wellness options, such as therapeutic and medical interventions, crisis care, support programs, and connecting patients to the appropriate care. Several services are available in Spanish and English. Sliding scale fee payments are available for some services, and most types of [private insurance](#) are accepted.

Sinai Chicago ★

Contact: 773-542-2000

Location: [Multiple locations](#) across the city.

Description: This health center offers a multitude of health services, as well as treatment for mental health conditions. They have many therapy options available, substance use screening and recovery services, community support, and more. They accept various types of [insurance](#), as well as Medicare and Medicaid. They also have a sliding fee discount program for those who are eligible.

Tapestry 360 Health

Contact: 773-296-7589

Locations: [Multiple locations](#) across the city.

Description: This organization provides medical care, dental care, and mental health services to patients who are uninsured, underinsured, immigrants, or refugees. The behavioral health team which includes social workers and other mental health professionals can help individuals cope with life transitions or various diagnoses. They can also help individuals determine if they need to see a psychiatrist and can direct individuals to other resources. Long-term counseling services are not offered but solution-focused counseling, mental health screenings, and referrals are among the number of services that Tapestry offers. Most [insurance](#) plans are accepted, and sliding-scale fees are an option for patients. Discount medications are also available.

Timberline Knolls Residential Treatment Center

Contact: 833-574-3017

Locations: 40 Timberline Drive, Lemont, IL 60439 - Southwest Suburbs

14620 South LaGrange Rd, Orland Park, IL 60462 - Southwest Suburbs

Description: This organization provides individualized care for adult women and adolescent girls who have been struggling with substance use disorders, mental health concerns, or eating disorders. They offer many different programs and forms of therapy to best fit the needs of their patients who will be receiving treatment and living at their facility. Patients have a unique plan developed by their assigned team of professionals and they also become a part of a community with other girls who have similar experiences in order to offer guidance and support. Most [insurance](#) plans are accepted.

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Mental Health and Behavioral Health Support Services

School-Based Health Centers

Description: School-Based Health Centers offer healthcare services within schools. CPS collaborates with community health organizations to operate 31 centers across Chicago, delivering accessible, age-appropriate care to elementary and high school students. Services include immunizations, physical exams, sports physicals, behavioral healthcare, and management of acute and chronic conditions.

Above and Beyond Family Recovery Center

Contact: 773-940-2960

Location: 2942 W Lake Street, Chicago, IL 60612 - West Side

Description: This is a free outpatient substance use treatment facility for individuals who are homeless, uninsured, or financially disadvantaged. They provide in-group and individual counseling, and different recovery programs to best fit the needs of their patients. They provide housing and employment resources, art therapy, mindful meditation, rage reduction education, and many more support services.

Ada S. McKinley Community Services

Contact: 312-554-0600

Location: [Multiple Locations](#) across the Chicagoland area

Description: This organization provides services such as child development and youth services, which includes programs for early learning, foster care, career counseling, tutoring, and more. Additionally, they offer employment and community support, where they help connect people to training and employment opportunities, as well as community living options. They also offer behavioral health and clinical services, such as emergency crisis support, outpatient mental health services like therapy/counseling, skill building, substance use treatment planning, and more. They accept Medicaid, Medicare, and other forms of [insurance](#).

Alternatives ★

Contact: 773-506-7474

Location: 241 E 57th St, Chicago, IL 60637- South Side

Description: Alternatives provides behavioral health services to youth ages 10-24. They provide individual and group counseling services that cover family conflict, substance abuse, peer relationships, behavioral/emotional challenges, and more. Their mental health services are provided at no cost to youth with public health [insurance](#) (like the medical card, Medicaid, All Kids, etc.) and youth with no insurance. Private insurance (HMO and PPO plans) is not accepted. They provide these services at school-based health centers as well as some youth centers. In addition to their mental health services, they also provide youth advocacy support services, substance use prevention education programs, and more.

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[Blue Bird Day](#)

Contact: 312-243-8487

Locations: 1233 West Adams Street, Chicago, IL 60607 - Near West Side

1921 West Irving Park Road, Chicago, IL 60613 - North Side

Description: This facility offers an intensive pediatric therapy program for children ages 2 to 7 who are on the autism spectrum, as well as children with Down syndrome, ADHD, sensory processing disorders, and more. Some of the services they offer include, but are not limited to, diagnostic assessments, ABA therapy, speech therapy, developmental therapy, feeding therapy, and more. Call their number to learn about [cost](#) and more information about the programs they offer.

[Brightpoint](#)

Contact: 312-424-0200 or [send a message](#)

Location: [Multiple locations](#) across the Chicagoland area.

Description: Brightpoint provides comprehensive behavioral health services to parents, children, and youth ages 4-21 years old. They provide individual, family, and group therapy as well as connections to community resources. In addition to their mental health services, they also provide housing resources, immigration guidance, early learning opportunities for children, parenting groups, financial coaching, and more.

[Catholic Charities of the Archdiocese of Chicago](#)

Contact: 312-655-7700

Location: [Multiple locations](#) across the Chicagoland area.

Description: This organization offers child, youth, and family counseling, as well as individual and couples counseling. They offer many different types of therapy, including substance use support, art therapy, dance movement therapy, and play therapy. They also provide many other services, such as domestic violence support, youth engagement, food needs, and more. Services are available in English and Spanish, and they accept commercial, Medicare, and Medicaid insurance plans. Fees can be subsidized based on household income for those without insurance.

[Chicago ABA Therapy](#)

Contact: 773-362-2088

Location(s): [Multiple locations](#) throughout Chicagoland area.

Description: This organization offers various services for children with autism with the goal of providing comprehensive autism care for families. Some of the services they offer are assessments, ABA therapy, therapeutic preschool and kindergarten programs, and they even offer educational workshops and hands-on trainings to parents and caregivers. They accept various insurance types and have a team of insurance specialists who help navigate your coverage and manage your benefits. Multiple [insurances](#) accepted.

[Chicago Pediatric Therapy and Wellness Center](#)

Contact: 773-672-7775

Location: 1739 N Elston Ave, Chicago, IL 60642 - North Side

Description: Chicago Pediatric Therapy & Wellness Center, LLC is a therapist-owned, pediatric therapy clinic that provides physical therapy, occupational therapy, speech therapy, teletherapy, ABA/autism therapy, and social work services in the clinic or the home. Many major [insurance](#) providers accepted.

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[Community Counseling Centers of Chicago](#)★

Contact: 833-446-7324 or [send a message](#)

Location: [Multiple locations](#) on the North Side of the city.

Description: C4 Chicago has four counseling centers in Chicago, providing mental health and substance use recovery services. They have therapy and counseling available to people of all ages, educational services for people wanting to learn more about mental health, as well as crisis intervention services for those undergoing severe distress. Same-day crisis intervention and support is available at the Clark location Monday-Friday from 9 a.m.-5 p.m. Medicare is approved and most insurance is accepted. Individuals without [insurance](#) are eligible for sliding-fee services for medically necessary and appropriate services, based on availability.

[DePaul Family and Community Services](#)★

Contact: 773-325-7780

Location: 2219 N Kenmore St, Chicago, IL 60614 - North Side

Description: This organization provides a variety of behavioral health services to children/adolescents and their families including different types of therapy (individual, group, family, couples, and play therapy), psychiatric assessment, advocacy, case management, as well as medication management. In terms of [insurance](#), Medicaid, Blue Cross Blue Shield of Illinois PPO are accepted. Languages: English/Spanish.

[Depression and Bipolar Support Alliance of Greater Chicago](#)

Contact: 773-465-3280

Location: 1650 W Foster Avenue in Chicago, IL 60640 - North Side

Description: This organization offers support and education to those with mood disorders, their families, and friends. They offer online and some in-person support groups that encourage peer-to-peer conversation and are free of charge. To sign up for these support groups, you must be 18 years of age or older. For additional information, email them at wecanhelp@dbsa-gc.org. The national website, dbsalliance.org, provides educational resources, information, and additional ways to get involved. Insurance: Free of Charge/Donation Based.

[Eyas Landing](#)★

Contact: 312-733-0883

Location: 1409 W Carroll Ave, Chicago, IL 60607 - Near West Side

Description: This organization provides a multitude of services and programs for children who may have a variety of needs, such as autism, children who are neurodivergent, those with down syndrome, those with learning disabilities, and more. Some of their services include ABA therapy, speech therapy, feeding therapy, in-home services, virtual therapy, an educational academy, as well as many more therapeutic programs. Insurance: Various forms of [insurance](#) accepted: Blue Cross Blue Shield of Illinois PPO, BCBS Blue Choice PPO, Aetna PPO plans, United Healthcare, and Cigna. Languages: English

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[Family Institute of Northwestern](#)★

Contact: 847-733-4300

Location: 8 S Michigan Ave 10th Floor, Chicago, IL 60603 - Loop

Description: The Family Institute provides therapy services to those who may not be able to afford them. Northwestern University graduate-level therapists-in-training provide services to clients. An experienced therapist also assists with complex cases. Therapy is offered in both Spanish and Mandarin in addition to English. To get started, contact the Client Care Team at the number listed above. Teletherapy options are also available. Various [Insurance](#) and Medicare accepted. Languages: English, Spanish, Mandarin.

[Habilitative Systems, Inc. \(HSI\)](#)

Contact: 773-261-2252

Location: [Multiple locations](#) on the West and South Sides.

Description: HSI is a human service agency that plays a role in the development and delivery of programs and services to improve the quality of life in target areas in order to build healthier communities. They provide various different services, such as mental health support and therapy, substance use prevention and intervention, developmental disabilities services, employment and training programs, and more. No one will be denied access to services due to inability to [pay](#). There is a discounted/sliding fee schedule available based on family size and income. Languages: English.

[Healthcare Alternative Systems \(HAS\)](#)

Contact: 312-850-0050

Location: [Multiple locations](#) across the city.

Description: This organization offers bilingual (English/Spanish) counseling, treatment, and supportive care services. They have programs for those who are impacted by domestic violence and also provide substance use counseling and treatment, residential programs, anger management counseling, and mental health services that are affordable and that do not require insurance eligibility. Insurance: Not required/Sliding Fee Scale. Languages: English/Spanish.

[Jewish Child and Family Services](#)★●

Contact: 855-275-5237

Location: [Multiple locations](#) across the city.

Description: The Jewish Child and Family Services (JCFS) organization provides counseling and psychological services to understand learning differences, as well as cognitive, emotional, and other mental health disorders. In addition to their mental health services, they also provide summer camps for youth, parenting education opportunities, support groups, addiction services, community education, and more. Various [insurances](#) accepted. Languages: English, Russian, Spanish, French.

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[Latinx Talk Therapy](#) ●

Contact: 312-620-7551

Location: 155 N Michigan Ave #500C, Chicago, IL 60601 - Loop

Description: This organization's mission is to help members of the Latinx community by providing them with therapy services that are culturally aware, aim to destigmatize Latinx mental health, and help their clients live healthy lives. They provide their services in Spanish and English and offer both in-person and virtual sessions. Most types of [insurance](#) are accepted, and flexible payment plans are available.

[Loyola Community and Family Services](#) ★

Contact: 773-508-3390

Location: 6445 N Sheridan Road, Chicago, IL 60626 - North Side

Description: This organization serves the mental health needs of children and families residing and connected to the Rogers Park and Edgewater communities. They work with children from pre-kindergarten to adolescents and provide services in both Spanish and English. Services may include help with behavioral issues, mood irregularities, trauma, attention, social skills, and familial or social stresses. Insurance or public aid cards are not accepted. Rather, services are provided on a sliding fee schedule based on family size and income.

[Lutheran Social Services of IL](#) ★

Contact: 833-610-5774

Location: [Multiple locations](#) across the city.

Description: This organization provides services for individuals with intellectual/developmental disabilities, mental health disorders, or addiction. Programs include counseling and therapy, mental health group homes, community support teams, and crisis services. [Various insurances](#) are accepted and sliding fee scales are available.

[Metropolitan Family Services](#) ★

Contact: 312-986-4000

Location: [Multiple locations](#) across the city.

Description: This organization provides mental health services that include psychiatric evaluation, case management, and crisis intervention for people of all ages. They offer individual, family, and group counseling. In addition to their mental health services, they also offer employee assistance programs, early learning opportunities for families with young children, as well as legal assistance for cases of domestic violence, family and elder law, and housing and consumer issues. This organization serves low-income families in order to promote family and community strengths. Languages: English and Spanish

[Mindful Care](#)

Contact: 516-505-7200

Location: 159 N Sangamon St #200 and 300, Chicago, IL 60607- Near West Side

Description: Mindful Care provides urgent mental health care for those who need it. They provide in-person and virtual sessions; a client can be matched with a clinician within 24 hours; and a client can make same-day appointments as well. They offer group sessions, substance use recovery programs, regular therapy sessions, and quick 20-minute sessions as well. [Most insurances are accepted.](#)

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[National Alliance on Mental Illness \(NAMI\)](#)

Contact: 800-950-6264

Location: 1801 W Warner Ave Suite 202, Chicago, IL 60613- North Side

Description: NAMI works to educate, advocate, listen, and lead to improve the lives of people with mental illness and their loved ones. They have opportunities to be involved with mental health advocacy, and individuals also have opportunities to join support groups related to mental health conditions. You can call their helpline at the number listed above or chat online.

Link to Groups: [Support Groups](#)

[Nourishing Hope](#)

Contact: Use [this link](#) to find the department that matches your needs.

Location: 1716 W Hubbard St, Chicago, IL 60622 - Near West Side

Description: Nourishing Hope provides a healthy and diverse range of groceries for Chicago neighbors. They personalize food distribution – matching guests with the food they want and need. They offer [mental health services](#) with licensed, trained professionals for clients experiencing depression, anxiety, grief, or other stressors to get at the root causes of mental illness. **No insurance is required.** They also offer respectful assistance in navigating [social services](#) - state and local resources available, while supporting a plan for a healthy, stable life. Languages: English and Spanish

[Open Path Collective](#)

Contact: 800-268-2833

Description: This organization makes finding a therapist easy by allowing clients to customize their search by specifying the services, the language preference, the specialties they are looking for, and more. Their mission is to make therapy accessible for those who do not have [insurance](#) or for those who can't afford the fees of traditional therapy services.

[The Place for Children with Autism](#)

Contact: 224-487-8578 (English) | 224-360-5422 (Spanish)

Location: [Multiple locations](#) across the city.

Description: This organization offers customized therapeutic treatment plans to children ages 2-6. Some services include social skills development, speech therapy, school readiness, ABA therapy, family support services, and more. They accept many [insurance types](#) and help families find financial assistance programs that can help cover out-of-pocket expenses.

[Rincon Family Services](#) ●

Contact: 773-564-9070

Location: [Multiple locations](#) across the city.

Description: This organization provides programs and services that focus on counseling, behavioral health, substance use prevention and treatment, violence prevention, education, and family services. They specialize in many different types of therapy, such as addiction and recovery, medication monitoring, individual, and group therapy. They also offer after-school care and senior care services, a food pantry, as well as a safe space program called [The Living Room](#). Medicaid accepted.

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[Stride Autism Centers](#)

Contact: 312-554-5578

Location: [Multiple locations](#) across the city.

Description: The Stride program offers full-day ABA programs for children ages 2-6. Each day consists of both structured one-on-one therapy and naturalistic group activities. One-on-one therapy focuses on individualized goals related to self-care, communication, problematic behavior reduction, and more. Naturalistic group activities focus on play and social interactions, which are critical for school readiness, adolescent development, and adulthood. Group activities offer opportunities for children to socialize with their peers and are uniquely possible within a center-based environment. Every child at Stride has a highly customized program developed by Board Certified Behavior Analysts and overseen by a PhD in Clinical Psychology. [Multiple insurances accepted.](#)

[Timberline Knolls Residential Treatment Center](#)

Contact: 833-574-3017

Locations: 40 Timberline Drive, Lemont, IL 60439 - Southwest Suburbs

14620 South LaGrange Rd, Orland Park, IL 60462 - Southwest Suburbs

Description: This organization provides individualized care for adult women and adolescent girls who have been struggling with substance use disorders, mental health concerns, or eating disorders. They offer many different programs and forms of therapy to best fit the needs of their patients who will be receiving treatment and living at their facility. Patients have a unique plan developed by their assigned team of professionals and they also become a part of a community with other girls who have similar experiences in order to offer guidance and support. Most [insurance](#) plans are accepted.

[Turning Point](#)

Contact: 847-933-0051

Location: 8324 Skokie Blvd, Skokie, IL 60077 - North Suburbs

Description: This organization offers a variety of mental health services, including individual, family, and couples therapy; case management; group therapy, crisis services; and living support. Most Medicaid plans and insurances such as Blue Cross Blue Shield PPO are accepted. For those without insurance, a sliding scale fee is offered.

[Trellus](#) ★ ●

Contact: 708-325-8346

Location: 2424 W Peterson Ave, Chicago, IL 60659 - North Side

Description: Formerly called Asian Human Services, this organization provides behavioral health services to Asian immigrants and refugees as well as other underserved communities. They aim to provide culturally sensitive and linguistically appropriate services to their clients. They have providers and staff that speak more than 15 languages. They accept Medicaid/All Kids insurance. They also provide other services that include other healthcare services, employment assistance programs, education opportunities, and more.

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[Trilogy Youth and Family Services](#) ★

Contact: 773.765.2543

Location: [Multiple locations](#) across the city.

Description: TRILOGY provides people across Chicago with support to recover from mental illness and move toward stability. They provide an array of essential services and ongoing support so that people can live independently and thrive in the community. Their mission is to enable people in mental health recovery to build meaningful and independent lives through comprehensive and integrated care. [Various insurances accepted.](#)

[Unspoken](#)

Contact: Text 311 or call NAMI at 833-626-4244

Location: [Multiple locations](#) across the city.

Description: This resource was created by the City of Chicago and provides an interactive map of mental health care centers and therapy services. The website covers some common mental health symptoms and offers local centers that people can go to to seek help. Insurance coverage may depend on the specific center.

[Youth Outreach Services](#) ★

Contact: 773-777-7112

Location: [Multiple locations](#) across the city.

Description: This organization provides support services to youth, including behavioral health services. Some of the services they provide include crisis intervention, substance use intervention, and mental health counseling. Other programs they provide include services for homeless youth, youth in transitional living, substance use prevention education, summer employment opportunities, as well as juvenile justice services. They accept many forms of insurance, including Medicaid and Managed Medicaid networks. For those who are uninsured, they offer sliding-scale discounts.

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Crisis Hotlines

988 Suicide & Crisis Lifeline

Contact: 988

Description: This hotline offers 24/7 crisis support for mental health concerns that impede safety. It also supports loved ones of those having a crisis. For those who are deaf or hard of hearing, there are specific resources and support services available.

Boystown Hotline

Contact: 800-448-3000

Description: In order to access the Boystown Hotline, text VOICE to 20121. This service is available 24 hours a day for 365 days a year to support youth with a variety of crisis situations. Counselors who speak spanish and translation services for 100+ languages are also available 24 hours a day. For those who are speech or hearing-impaired, you can contact them at hotline@boystown.org.

Chicago Rape Crisis Hotline

Contact: 888-293-2080

Description: This free service provides survivors of sexual violence and their significant others immediate support, crisis intervention, and referrals for the City of Chicago and surrounding suburbs. Text and chat services are available Monday–Friday from 3 p.m–11 p.m. CST. To use the [English](#) chat, users must be 13 years or older. There is no cost to users, but only standard messaging rates apply.

Crisis Text Line

Contact: 800-448-3000

Description: In order to access the Crisis Text Line, text HOME to 741741 or use [WhatsApp](#) or [online chat](#). Users can speak with a trained volunteer who will help them move from a hot moment to a cool moment. They can also direct users to resources and support. Support is available in both English and Spanish.

DCFS Hotline

Contact: 800-252-2873

Description: This hotline can be used to report suspected abuse or neglect of a minor. The 24-hour hotline can be called in emergency situations (although please call 911 if a child is in immediate harm). Confidentiality of callers will be maintained. Users are encouraged to talk to the hotline even if they are unsure whether or not a situation is abuse/neglect, as calls are screened by trained social workers. In non-emergency situations, you are able to contact them online via <https://childabuse.illinois.gov>. Please contact the tracking line at 773-371-6161 in order to locate a caseworker for youth/families with open cases.

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[NAMI](#)

Contact: 800-950-6264

Description: In order to access the NAMI Helpline, text Helpline to 62640, use the [online chat](#), or email at helpline@nami.org. The NAMI Helpline is active Monday–Friday from 9 a.m.–9 p.m. CST. The NAMI Helpline is a free, nationwide peer-support service providing information, resource referrals, and support to people living with a mental health condition, their family members and caregivers, mental health providers, and the public. Helpline staff and volunteers are experienced, well-trained, and able to provide guidance.

[Runaway Safeline](#)

Contact: 800-786-2929

Description: Runaway Safeline is a 24/7 hotline that offers crisis support and referrals for youth who have run away. Their goal is to listen and help support youth to improve their situation. Please call, text, or use their online chat in order to access support services.

[SASS/CARES - IL Department of Healthcare and Family Services](#)

Contact: 800-345-9049

Description: The Screening, Assessment and Support Services (SASS) program provides 24/7 crisis evaluation for youth with no insurance or public insurance experiencing a mental health crisis that endangers their safety. The SASS initiative is a partnership between the Department of Children and Family Services (DCFS), the Department of Healthcare and Family Services (HFS), and the Department of Human Services (DHS).

[Trans Lifeline](#)

Contact: 877-565-8860

Description: The Trans Lifeline offers support through a phone service that is run by trans people for trans and questioning peers. The Trans Lifeline believes that some of the best support that trans people can receive is from trans community members with shared lived experience. Individuals can call the Trans Lifeline if they need someone to talk to, even if they're not in crisis or not even sure whether they are trans.

[Trevor Project](#)

Contact: 866-488-7386

Description: The Trevor Project provides 24/7 support to young people who are in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk. It is focused on the LGBTQ+ youth community, but open to all. It also has [chat and text options](#).

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Hospitalization Programs

[Advocate Children's Hospital \(ACH\)](#)

Contact: Varies by Program

Description: This list contains a variety of programs through ACH that include inpatient, partial hospitalization, and intensive outpatient options.

[Chicago Behavioral Hospital](#)

Contact: 844-756-8600

Location: 555 Wilson Lane, Des Plaines, IL 60016 - Northwest Suburbs

Description: Chicago Behavioral Hospital is a mental health facility that provides specialized mental health and substance use treatment. They offer specialized inpatient programs and outpatient services proven to decrease symptoms of mental illness.

[Clarity Clinic](#)

Contact: 312-815-9660

Location: 333 N Michigan Ave Suite 1400- Loop

Description: Clarity Clinic offers on-site Partial Hospitalization (PHP) and Intensive Outpatient (IOP) Programs and a Virtual Intensive Outpatient (Virtual IOP) Program. These are group-based therapeutic programs designed to help individuals who are struggling with severe symptoms of depression, anxiety, and other mood disorders that significantly impact their daily functioning. Explore their program offerings and find the option that best suits your mental health needs.

Clarity Clinic does not accept Medicaid. Insurances accepted include Aetna, Blue Cross Blue Shield Illinois, Cigna, and United Health Care. Learn about self-pay rates [here](#).

[Comer Children's Hospital \(Pediatric and Adolescent Mental Health\)](#) ★

Contact: 773-702-6169

Location: 5841 S Maryland Ave, Chicago, IL 60637 - South Side

Description: This organization offers adolescent services that are designed to meet the clinical needs of children ages 12 to 18, as well as collaborate with parents, caregivers, schools, and social services agencies to ensure continuity of care and follow-up services. Various special clinics are available. Accepted insurance can be found [here](#).

[Compass Health Center](#)

Contact: 844-552-0242

Location: 2500 W Bradley Pl, Chicago, IL 60618 (312-584-5461) - North Side

Description: Compass's treatment teams provide intensive mental health care and crisis support in a comfortable setting for children, adolescents, young adults, and adults. Specific programs can be found [here](#). Accepted insurance includes BCBS, HMOI, Humana, Cigna, ComPsych, Aetna, and University of Chicago for Compass Health Center Programs. [Virtual](#) options are available.

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[Garfield Park Behavioral Hospital](#) ★

Contact: 773-265-3700

Location: 520 N Ridgeway Ave, Chicago, IL 60624 - West Side

Description: Garfield Park Behavioral Hospital provides inpatient psychiatric and partial hospitalization treatment for children and adolescents ages 3 to 17. Their pediatric program teaches children effective coping skills. The adolescent programs are designed for those with a behavioral health disorder or substance use issue.

[Greywood Health Center](#)

Contact: 312-605-1390

Location: 303 W Institute Pl #300, Chicago, IL 60610 - Near North Side

Description: Greywood Health Center has partial hospitalization and intensive outpatient programs in Chicago that continue to operate from June through August with added offerings and without the dedicated academic time that exists during the school year. They accept most major insurance plans and offer a financial assistance program to those who qualify.

[Hartgrove Hospital](#)

Contact: 773-413-1700

Location: 5730 W. Roosevelt Rd.- West Side

Description: Located in Chicago, Hartgrove Hospital offers a wide range of services, including inpatient, outpatient, and specialty programs, to deliver personalized help for adults, adolescents, and children. Hartgrove is an authorized provider for most insurance plans and works with nearly three dozen providers. For more information visit their [Paying for Treatment](#) page.

[Lurie Children's Hospital](#) ★

Contact: 800-543-7362

Location: 225 E Chicago Ave, Chicago, IL 60611 - Loop

Description: This psychiatry inpatient program is a family-centered setting focusing on crisis stabilization, intensive evaluation, and short-term treatment for problems affecting children and adolescents ages 3 through 17. The unit serves patients who require 24-hour care.

[Montrose Behavioral Health Hospital](#)

Contact: 855-581-0673

Location: 4720 North Clarendon Ave.- North Side

Description: Montrose Behavioral Health Hospital for Children & Teens is committed to providing superior intensive outpatient programming (IOP) and partial hospitalization programming (PHP) for adolescents in Chicago, Illinois, who are struggling with symptoms of mental health and co-occurring substance use concerns. Intensive outpatient programs and partial hospitalization programs are both forms of treatment programs designed to support adolescents in their healing and recovery journeys. Medicaid is accepted. Find out about all insurances accepted [here](#).

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[Pathlight Eating Recovery Center](#)

Contact: 866-359-0813

Locations: 150 E Huron St, Chicago, IL 60611 - Loop

Description: The Eating Recovery Center offers various types of care including inpatient, partial hospitalization, in-person and virtual intensive outpatient, and residential. The Illinois program provides treatment and aftercare/support for anorexia nervosa, avoidant/restrictive food intake disorder (ARFID), binge eating disorder, bulimia nervosa, diabulimia, and other specific feeding and eating disorders (OSFED) for anyone ages 10 and up. They are in-network with all major commercial insurance providers. Call 866-359-0813 for virtual options.

[Pathlight Mood and Anxiety Center](#)

Contact: 866-701-8380

Locations: 333 Michigan Ave #1900, Chicago, IL 60601 - Loop

1 E Erie St #400, Chicago, IL 60611 - Loop

Description: Pathlight offers comprehensive mood, anxiety, and trauma-related treatment at all levels of care for ages 12 and up. Their family of recovery programs offer inclusive treatment for adults, adolescents, and children. The types of care available include inpatient, partial hospitalization, in-person and virtual intensive outpatient, and residential. Call 866-752-3859 for virtual options. Pathlight Mood and Anxiety Center does not accept Medicaid. Find out about all insurances accepted [here](#).

[Riveredge Hospital](#) ★

Contact: 708-771-7000

Location: 8311 W Roosevelt Rd, Forest Park, IL 60130 - West Suburbs

Description: Riveredge Hospital is the largest free-standing psychiatric hospital in the state of Illinois with a full continuum of inpatient and outpatient behavioral health services for children, adolescents, and adults. Riveredge provides inpatient, outpatient, and partial hospitalization services. Accepted insurance can be found [here](#).

[Rosecrance](#)

Contact: 866-749-4281

Location: [Multiple Locations](#)

Description: Rosecrance offers comprehensive behavioral health services to people and families experiencing mental health and substance use disorders. Their outcomes-based treatment programs are personalized, ensuring a plan tailored to individual needs. Medicaid is accepted. Find out about all insurances accepted [here](#).

[Streamwood Behavioral Healthcare System](#)

Contact: 630-837-9000

Location: 1400 East Irving Park Rd, Streamwood, IL 60107 - West Suburbs

Description: Streamwood has the unique designation of being the first free-standing child, adolescent, and young adult behavioral healthcare facility in the state of Illinois. Their sole focus on child, adolescent, and young adult mental health care allows them to provide a full continuum of care, including inpatient stabilization, partial hospitalization day treatment, outpatient assessment and treatment, and therapeutic day school. Insurance and pricing information can be found at this [link](#), under "Access Our Price Guide".

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SunCloud Health

Contact: 866-729-1012

Location: 1840 North Clybourn Suite 520- North Side

Description: SunCloud Health Offers Integrated Outpatient and Residential Treatment. They have treatment options for substance use disorders, eating disorders, mood disorders, related trauma, and complex co-occurring disorders. Sun Cloud Health does not accept Medicaid. Find out about all insurances accepted [here](#).

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Substance Use and Harm Reduction Resources

[Above and Beyond Family Recovery Center](#)

Contact: 773-940-2960

Location: 2942 W Lake Street Chicago, IL 60612 - West Side

Description: Above and Beyond is an outpatient addiction treatment facility that offers a variety of programs including counseling, employment, support networks, screenings, and substance use assessments. Services are free for all regardless of insurance.

[Alternatives](#)★

Contact: 773-506-7474

Location: 241 E 57th St, Chicago, IL 60637 - South Side

Description: Alternatives offers an evidence-based substance use outpatient treatment practice for 10–24 year olds. They have over 20 therapists offering in-person and telehealth services in schools and communities based around the city.

[Anne & Robert H. Lurie Children's Hospital of Chicago - Substance Use and Prevention Program](#)★

Contact: 800-543-7362

Location: 1440 N Dayton St, Chicago, IL 60642 - North Side

Description: Lurie's Children's Hospital offers comprehensive and multidisciplinary care for substance use disorders. They accept patients up to 21 years of age and offer treatment, medical evaluations, and outpatient services. They can also offer medications for youth struggling with opioid and nicotine addiction. For information on Medicaid and other insurances, [click here](#).

[Gateway Foundation](#)

Contact: 877-505-4673

Location: 55 E Jackson Blvd #1500, Chicago, IL 60604 - Loop

Description: Gateway Foundation offers treatment for substance use by three main categories: alcohol use disorder, co-occurring and dual diagnoses, as well as drug use disorder. Their rehab is covered by all major [insurance providers](#) for a multitude of addictions, including some Medicaid plans. They also offer multiple clinical programs, inpatient programs, outpatient programs, virtual programs, and more.

[Haymarket Center](#)

Contact: 312-226-4357

Location: 120 N Sangamon Street, Chicago IL 60607- Near West Side

Description: Haymarket is a 24/7 center that provides a variety of support services for addiction including withdrawal management, an array of residential inpatient programs, outpatient programs, recovery support services, and more. Their mission is to provide services to all, regardless of ability to pay. A discounted/sliding fee schedule is available based on family size and income.

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[Healthcare Alternative Systems \(HAS\)](#)

Contact: 312-850-0050

Location: [Multiple locations](#) across the city.

Description: HAS offers an array of outpatient services, intensive outpatient groups, recovery support services, DUI services, and more. They have multiple locations throughout Cook County and have options for multicultural and bilingual (English/Spanish) behavioral care.

[Lutheran Social Services of IL](#) ★

Contact: 833-610-5774

Location: [Multiple locations](#) across the city.

Description: This organization provides services for individuals with intellectual/developmental disabilities, mental health disorders, or addiction. Programs include counseling and therapy, mental health group homes, community support teams, and crisis services. Insurances accepted include Medicaid or Medicaid Managed Care plans, Marketplace plans, and most commercial insurance plans. For those who have no insurance, a high deductible, or face difficulties in affording care, a sliding fee scale is offered based on income and ability to pay.

[Pilsen Wellness Center: Adolescent Substance Use Program \(ASUP\)](#) ★

Contact: Visit website

Location: [Multiple locations](#) across the South and West Sides.

Description: The Pilsen Wellness Center offers a multitude of services including substance use prevention and treatment. Some of the substance use treatment options include medication management, detoxification services, as well as individual and group counseling. Several services are available in Spanish and English. Sliding scale fee payments are available for some services, and most types of private insurance are accepted.

[Recover Together](#)

Description: Recover Together is a tool on Google that helps individuals locate the nearest support groups or recovery chapters of interest to them. Virtual options can also be found through the tool. This tool is designed to help individuals with a variety of addictions, and groups are available for adults, young adults, and teenagers. Support for family members of addicts is also available via al-anon groups.

[Timberline Knolls Residential Treatment Center](#)

Contact: 833-574-3017

Locations: 40 Timberline Drive, Lemont, IL 60439 - Southwest Suburbs

14620 South LaGrange Rd, Orland Park, IL 60462 - Southwest Suburbs

Description: This organization provides individualized care for adult women and adolescent girls who have been struggling with substance use disorders, mental health concerns, or eating disorders. They offer many different programs and forms of therapy to best fit the needs of their patients that will be receiving treatment and living at their facility. Patients have a unique plan developed by their assigned team of professionals, and they also become a part of a community with other girls who have similar experiences in order to offer guidance and support. Most [insurance](#) plans are accepted.

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[Illinois Harm Reduction and Recovery Coalition](#)

Description: Find naloxone, fentanyl test trips, and other harm reduction supplies near you.

[Chicago Recovery Alliance \(CRA\)](#)

Contact: (773) 367 3771

Location: 3110 W Taylor St, Chicago IL, 60612 or [Find CRA's Mobile Van Schedule Here!](#)

Description: CRA provides a wide array of services to people who want to reduce drug-related harm in their lives and in their communities. Their services include: overdose training, free naloxone, free safer use equipment, harm reduction counseling, referral to treatment, and real time drug checking.

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LGBTQ+ Specific Resources

CPS LGBTQ+ Supportive Environments

Did you know that LGBTQ+-identifying CPS students were four times more likely to report feelings of sadness and hopelessness compared to non-LGBTQ+ students? It's important to remember that this is not due to their identities themselves, but due to social stigma and prejudice. Visit the [LGBTQ+ Supportive Environments webpage](#) to learn about CPS' OUT for Safe Schools campaign, guidelines for supporting transgender and gender non-conforming students, and information on the health and experiences of LGBTQ+ high school students that CPS compiled from the 2019 Youth Risk Behavior Survey.

Affinity

Contact: 773-324-0377

Location: 2850 S Wabash Ave #108, Chicago, IL 60616 - South Side

Description: This is a social justice organization serving the needs of the Black LGBTQ+ community with a particular focus on Black women. They host a range of groups led by volunteer peer leaders. Their Holistic Living Mental Wellness Fund also offers financial assistance to Black LGBTQ+ individuals to engage in mental health services (up to 8 sessions).

ALMA

Contact: 312-574-0984 or [send a message](#)

Location: 4753 N Broadway St. Chicago, IL 60641 - North Side

Description: Alma's mission is to fight for the rights of the Latinx Lesbian, Gay, Bisexual, Transgender, Queer, Questioning, and gender-expansive community by advocating for fairness and equality, and affirming Latinx LGBTQ culture. They offer a variety of programs including scholarships, leadership programs, pride events, and community receptions.

Brave Space Alliance

Contact: 872-333-5199

Location: 1515 E 52nd Pl, Chicago, IL 60615 - South Side

Description: Brave Space Alliance is the first Black-led, trans-led LGBTQ+ Center located on the South Side of Chicago, dedicated to creating and providing affirming, culturally competent, for-us by-us resources, programming, and services for LGBTQ+ individuals on the South and West Sides of the city. They have a variety of social support groups.

Broadway Youth Center (BYC)

Contact: 773-388-1600

Location: 4009 N Broadway St, Chicago, IL 60613 - North Side

Description: BYC is a place for LGBTQ+ youth and those experiencing housing instability. They offer integrated health care and social services to anyone ages 12 to 24, regardless of ability to pay. No appointments are necessary, and walk-in services for physical health including gender-affirming hormone therapy, PrEP, pregnancy tests, birth control options, vaccines, psychiatry, and STI screenings. Mental wellness support is also available.

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[Calor](#)

Contact: 773-385-9080 ext. 227 or [Book an Appointment](#)

Location: 3201 W North Ave, Chicago, IL 60651 - Northwest Side

Description: CALOR provides holistic planning and coordination of health services to Latinos at risk of or living with HIV/AIDS and/or other disabilities to empower them to live and work in the community. Program and services include housing support, prevention program, DRS program, and AHF pharmacy services.

[Center on Halsted](#) ★

Contact: 773-472-6469

Location: 3656 N Halsted St, Chicago, IL 60613 - North Side

Description: Center on Halsted is a leader in supporting LGBTQ+ youth. After the pandemic, it expanded its scope of services to support all of Chicagoland's LGBTQ+ youth, regardless of housing status, and LGBTQ+ families as well. It offers youth counseling, medical support, support groups, legal advocacy, and a wide range of activities and mentorship programs.

[Chicago Women's Health Center](#) ★

Contact: 773-935-6126

Location: 1025 W Sunnyside Ave #201, Chicago, IL 60640- Far North Side

Description: This health center seeks to empower women, trans people, and young individuals to access healthcare in an environment in which they feel respected. They provide services such as health education and counseling, primary care, gender-affirming care, voice coaching, and integrative health. Counseling programs accept various [insurance](#) including Blue Cross and Blue Shield PPO, while Humana PPO and United PPO can also be used to pay for trans and gynecological care. All services are on a sliding scale that is adjusted based on a patient's household income and ability to pay for healthcare.

[Howard Brown](#)

Contact: 773-388-1600

Location: [Multiple locations](#) across the city.

Description: Howard Brown is a health center that offers physical health care, including gender-affirming care and sexual health clinical screenings (such as STI testing). They also have behavioral health care services, support groups, and therapy options (including group and individual therapy). They accept a variety of insurance plans, including Medicare and Medicaid. Sliding-fee scale is available for eligible patients, and financial support is offered to those who do not have insurance.

[Life Is Work](#)

Contact: 312-796-6020 or [send a message](#)

Location: 600 North Cicero Avenue, Chicago, IL 60644 - West Side

Description: Life Is Work is a trans-led organization that educates, empowers, and organizes TLGBQ+ people from diverse backgrounds to secure safety, wellness, and justice for all. They offer an array of wrap-around services including non-medical case management, workforce development training, HIV testing/Linkage Program, clothing services, food pantry, support with long-term housing solutions, and weekly unity and wellness after hours drop-in.

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[Lighthouse Foundation](#)

Contact: [send a message](#)

Location: 2335 N Orchard St, Chicago, IL 60614 - North Side

Description: Lighthouse Foundation of Chicagoland is an organization that serves Black LGBTQ+ people and provides a safe space, education, and opportunities to connect. They make system-wide changes that better support the rights of Black LGBTQ+ individuals. Some programs that are hosted include art therapy, spirituality and self-care events, racial justice organizing, and workforce development.

[Public Health Institute of Metropolitan Chicago \(PHIMC\)](#)

Contact: 312-629-2988 or info@phimc.org

Location: 180 N Michigan, Suite 1200, Chicago, IL 60601 - Loop

Description: PHIMC partners with various other organizations to support public health and health justice. PHIMC also has a list of resources on their website for affirming care, routine HIV screening, transgender and gender diverse resources, and youth substance use prevention and awareness.

[Pride in the Pews](#)

Contact: prideinthepews@gmail.com

Description: Pride in the Pews collaborates with faith-related organizations to help support the health of Black LGBTQ+ folks. They have a variety of programs that help support leadership for Black faith leaders to better educate about HIV, as well as to support and advocate for LGBTQ+ folks. Other programs include general support for Black queer folks. They also offer a Database of Queer Affirming Churches on their website.

[Project Vida](#)

Contact: 773-277-2291

Location: [Multiple Locations](#) - West Side

Description: Project Vida aims to address health inequalities for underserved communities by offering free and affordable health and education services. They have three centers: Prevention, Care, and Wellness. At the Prevention site, services include low-cost/free HIV/STI testing, PEP and PrEP education and referrals, and Personal Cognitive Counseling (PCC). They have other educational initiatives as well as a helpline for those actively using methamphetamine at 844-942-5465. The Care center offers case management services, workforce development, behavioral health services, housing resources, and medication management programs. They also have support groups and a teen drop-in center for those part of the LGBTQ+ community. The Wellness center hosts a variety of wellness events including wellness circles, acupuncture, nutrition education (and a food pantry), and hydro-colon therapy. Massages and acupuncture services are offered for less than \$50.

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TaskForce ★

Contact: Text/Call: (773) 413-0003

Location: 9 N. Cicero Ave, Chicago, IL 60644 - West Side

Description: TaskForce is committed to addressing the HIV/STI-related needs of adolescents and young adults living in systematically disenfranchised communities with limited resources by providing HIV/STI prevention education, testing, treatment, and care services. TaskForce programs and services include: Community Safer Space and Violence Prevention Program, Preventive Health and Wellness Program, Sexual Health and Wellness Program, Mental Health and Wellness Program, Basic Needs and Legal Services Program, Professional Development Program, and Advocacy and Organizing.

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Internet Access

[Access from AT&T](#)

Description: AT&T offers an “Access from AT&T” program which is a low-cost home internet offering to qualifying households. Prices are \$30 a month. Qualifying households will include those who participate in the Supplemental Nutrition Assistance Program (SNAP), Supplemental Security Income (SSI) for California residents, National School Lunch Program, or with a household income below 200% of federal poverty guidelines. This includes internet speed tiers of 768K to 100Mbps and unlimited data allowance.

[Chicago Connected](#)

Description: The City of Chicago is funding the Chicago Connected program for one more year (SY24-25) for families currently enrolled. Unfortunately, please note that no new families can enroll in the Chicago Connected program at this time. Chicago Connected was a groundbreaking program that provided free high-speed internet service to Chicago Public Schools (CPS) students and their families.

[CompUDopt](#)

Description: Compudopt provides technology access and education to under-resourced youth and their communities. Families can register to receive a free computer through our computer giveaway. Giveaways are a lottery, and names will be chosen randomly based on the available inventory three days prior to distribution dates. To qualify, participants must not have access to a working computer at home.

[Drive-up Wi-fi hotspots](#)

Description: This resource provides a map of drive-up Wi-Fi hotspots throughout Illinois. It also provides information on how to access these hotspots (instructions and passwords).

[Internet First](#)

Description: Internet First provides affordable high-speed internet access to qualifying low-income households. No contracts or credit checks are needed, and new customers will receive the first 3 months free. 50 Mbps internet is \$9.95 per month, while 150 Mbps internet is \$19.95 per month.

[Mediacom](#)

Description: Mediacom offers a program called Xstream Connect for \$28.99 (up to 100Mbps download and 20Mbps upload Speeds). Those enrolled in programs such as SNAP, WIC, Medicaid, SSI, FPHA, and many others listed on the website are eligible.

[Spectrum Internet Assist](#)

Description: Spectrum provides high-speed internet at an affordable price for qualified households. Households enrolled in the National School Lunch Program (NSLP), Community Eligibility Provision (CEP) of the NSLP, or Supplemental Security Income (for applications age 65+ only) are eligible.

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Xfinity

Description: Xfinity offers affordable options to keep you connected like Internet Essentials with prices as low as \$9.95/month for 50 Mbps.

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Groceries/Food

[Chicago Mutual Aid Map](#)

This Map pinpoints distribution programs, food pantries, kitchens, and mutual aid groups with the goal of connecting community members with food and other resources. [Link to Map](#)

[Greater Chicago Food Depository](#)

This is another food map that provides information for Cook County and Chicago food pantries, meal programs, and distribution partners. They also have resources for accessing food, medical benefits, and additional support for families. [Link to Map](#)

[City of Chicago Food Resources](#)

This resource provides a list of all city-supported food resources and open grocery stores. Other resources to apply for various benefits are also available. [Link to Map](#)

[Nourishing Hope](#)

Contact: Use [this link](#) to find the department that matches your needs.

Location: 1716 W Hubbard St, Chicago, IL 60622- Near West

Description: Nourishing Hope provides a healthy and diverse range of groceries for Chicago neighbors. They personalize food distribution – matching guests with the food they want and need. They offer [Mental Health services](#) with Licensed, trained professionals for clients experiencing depression, anxiety, grief, or other stressors, getting at the root causes of mental illness. **No insurance is required.** They also offer respectful assistance in navigating [social services](#)- state and local resources available, while supporting a plan for a healthy, stable life.

[WIC and Nutrition for Families](#)

Contact: 312-747-9140

Location: [Multiple Locations](#)

Description: WIC-Women Infant Children is a federally-funded program implemented by the Chicago Department of Public Health that provides pregnant, breastfeeding, postpartum women, children, and infants with nutrition assistance. WIC is a special nutrition program that assists: Pregnant, breast-feeding or postpartum women, Infants up to one year of age, and/or Children up to 5 years of age. *Participants must both be low income and at nutritional risk.* The WIC program provides the following benefits: Nutrition counseling, Breastfeeding counseling, Monthly benefit card to purchase special healthy foods - like fruits, vegetables, milk, juice, eggs, cheese, cereal, whole grains, dry beans or peas, and peanut butter, Infants receive infant formula and as they get older, cereal and baby food, Health care referrals.

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Housing Insecurity

CPS protects the educational rights of homeless students and ensures they receive all the services, programs, and activities provided to students who live in permanent housing. For students who do not live in permanent housing, attending school and staying on track for their grade can present challenges on many levels and across different areas. CPS schools and networks provide assistance in removing these barriers to qualified Students in Temporary Living Situations (STLS), including the provisions of services such as transportation, school uniforms, school supplies, fee waivers, and referrals to community resources. To find out if your student and family are eligible for STLS services, contact the STLS Liaison at your school. Every CPS school, including charter schools and options schools, has an STLS Liaison. For other questions about the STLS Program, please call [773-553-2242](tel:773-553-2242), fax at 773-553-2182, or email STLSInformation@cps.edu.

[Chicago Housing Authority Housing Assistance Resources](#)

Description: CHA offers several resources such as Chicago Housing Authority (CHA) Waiting Lists, Illinois rental assistance for all of Chicago, emergency housing vouchers, and Chicago homelessness prevention programs.

[Chicago Housing Assistance Portal](#)

Description: This portal uses a lottery system to provide funding for a variety of pandemic-related relief programs that are housing specific (rental assistance, mortgage assistance, etc.).

[Housing Opportunities for Women \(HOW\)](#)

Contact: 773-465-5770

Location: [Multiple locations](#)

Description: HOW is committed to developing affordable housing, modeling green building practices, and providing property management for the four buildings it owns. The goal of HOW's affordable housing preservation and production efforts is to ensure that extremely low-, low- and moderate-income individuals and families can access safe, affordable housing throughout the Chicagoland area. They also offer comprehensive case management, employment and life skills, children and youth services, and health care coordination.

[Mercy Home for Boys & Girls](#)

Description: Mercy Home is a residential facility that provides children who've experienced abuse, neglect, or violence with a safe home, educational support, and career guidance. They have a Youth Residential Program in which young people can live with them full-time in a safe, structured, and supportive home. They also provide support and continued connection to the Home for former residents/families through their Community Care Program. The Friends First Mentoring program utilizes volunteer mentors to make a lifetime of difference in the lives of children.

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The Chicago Coordinated Entry System (CES)

Description: CES connects people experiencing homelessness to housing programs. The CES uses a standardized housing assessment to understand the needs of households and follows a prioritization plan to refer youth, individuals, and families to housing. To set up a housing assessment, contact the Coordinated Entry System team at ces@chicagococ.org or leave a voicemail at 872-296-5004.

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Grief & Loss Support

[Barr-Harris Children's Grief Center](#)

Contact: 312-922-7474

Location: 8 South Michigan Avenue, Floor 7, Chicago, IL 60603, Loop
708 Church St., Suite 203 Evanston, IL 60201, Evanston

Description: The Child Grief Services program (formerly known as the Barr-Harris Children's Grief Center) offers specialized services for children, adolescents, and their families who have experienced a significant loss, such as the loss of a parent, caregiver, sibling, or multiple losses through death, divorce, violence or other types of separation.

[Heartlight- Ann and Robert H. Lurie Children's Hospital](#)

Contact: 312-227-3920

Location: 225 E Chicago Ave, Chicago, IL 60611- Loop

Description: Lurie's offers support and resources to grieving families. Support groups are free and offered in English and Spanish.

[Journey Care](#)

Contact: 224-770-2273

Location: [Multiple locations](#) across the city & virtual options.

Description: Journey Care offers free grief support programs to adults, teens, and children. Support groups are conducted by licensed grief counselors who will meet in person or virtually. Support groups are informational, can include activities like art and writing, and offer compassionate support.

[Willow House](#)

Contact: 847-236-9300

Location: 2231 Lakeside Drive Bannockburn, IL 60015- North Suburbs

Description: Willow House offers support for children, families, schools, and communities who are coping with grief and the death of a loved one. Their services are free, and they provide space for people to grieve in companionship with others who share similar losses.

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Domestic & Sexual Violence Support

Between Friends ★

Contact: 773-274-5232

Description: Between Friends provides free counseling and helps survivors of domestic violence find safety and healing. They also provide court advocacy services to help individuals understand their legal rights and options.

Chicago Abused Women Coalition

Contact: 773-278-4566

Location: 1116 N Kedzie Ave, Chicago, IL 60651- West

Description: CAWC provides a shelter for adults and children, counseling, advocacy, and a 24-hour hotline for people affected by domestic violence. For children, they offer individual and group counseling through comprehensive Children's Services at the Greenhouse Shelter and Humboldt Park Outreach Program sites.

Mujeres Latinas en Accion

Contact: 773-890-7676

Location: 2124 W 21st Pl, Chicago, IL 60608- Southwest

Description: For the healing and prevention of domestic violence, Mujeres Latinas en Accion offers crisis intervention, a 24-hour crisis line, individual and group counseling, adult and child therapy, court advocacy, community education, professional and volunteer training, and referrals to shelters and other resources. They have an open door policy through which community members seeking domestic violence or sexual assault services can walk into their offices from 9:00 a.m.- 5:00 p.m. Monday through Friday without an appointment. Staff speak both Spanish and English, and trained volunteers help support individuals and families through various programs.

Resilience ★

Contact: 312-443-9603

Location: 180 N Michigan Ave #600, Chicago, IL 60601- Loop

Description: Resilience offers long and short-term trauma therapy (individual, group, one-on-one, and workshops) for survivors of sexual assault and abuse. Free services may have a waitlist. Medical and legal advocacy services are also available.

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Financial Resources

[CPS Children and Family Benefits Unit \(CFBU\)](#)

Contact: 773-553-5437 (KIDS)

Description: If you do not have medical insurance, please reach out to the CPS [Children and Family Benefits Unit](#) at 773-553-5437 (KIDS) to see if your family is eligible for Medicaid. If you have Medicaid, CFBU can help manage your benefits.

[American Red Cross - Greater Chicago Chapter](#)

Contact: 800-733-2767

Location: 2200 W Harrison St, Chicago, IL 60612- West

Description: American Red Cross offers sheltering/housing, mental health assistance, health assistance, and financial assistance. In addition to connecting individuals with programs and services offered by the American Red Cross, the Greater Chicago Region offers referrals and resources for those in need.

[Salvation Army](#)

Contact: 773-205-3521

Location: 5040 N Pulaski Rd, Chicago, IL 60630- North

Description: The salvation army helps out with rent/mortgage, utilities, medicine, food, clothing, or transportation. Clients living in Chicagoland, Northern Illinois, or Central Illinois will be referred to a Corps Community Center or Service Extension in their area. The Nicor "Sharing" Program assists eligible families, disabled households, veterans and provides crisis assistance to Nicor residential heating customers. To qualify, the total household income must fall between 150 and 250 percent of the poverty level, as defined by the Federal Department of Health and Human Services. Applicants must also be ineligible for State or Federal energy assistance programs (CEDA or LIHEAP).

[Illinois Action for Children](#)

Contact: 312-823-1100

Location: [Multiple locations](#) across the city.

Description: Illinois Action for Children assists has advocated for child care providers, families, and children. Their programs support everyone in creating safe, healthy, and sustainable places for children in the community. The Child Care Assistance Program (CCAP) assists Illinois parents and guardians in paying for child care. Eligibility for CCAP depends on your family size and gross income.

[Low Income Home Energy Assistance Program \(LIHEAP\)](#)

Contact: 800-571-2332

The Low Income Home Energy Assistance Program (LIHEAP) provides financial assistance to help customers on limited incomes pay their energy bills. The Community and Economic Development Association (CEDA) manages the program and [customers can apply here](#).

[CEDA](#). For eligible households, there are two different ways to receive assistance under LIHEAP: Direct vendor payment - a once-a-year grant for customers who currently have service, and Reconnection assistance - a once-a-year grant that helps disconnected customers reestablish service. CEDA will begin taking applications this fall.

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Legal Resources

[Metropolitan Family Services Legal Aid](#) ★

Contact: 312-986-4105

Description: Services include legal practice groups on topics such as housing, safety, and crime victim support. They also present “Know Your Rights” workshops on all the areas of law we practice and lead several legal clinics.

[Legal Aid Chicago](#) ●

Contact: 312-341-1070

Description: Legal Aid Chicago provides free civil legal services to people living in poverty in Cook County. Their [online application](#) is available 24/7, and if an individual’s legal issue fits with the organization’s priorities, they will be able to meet with intake staff to determine next steps. For those whose legal issues do not meet the criteria, other resources or referrals will be provided to help.

[CARPLS Cook County Legal Hotline](#)

Contact: 312-738-9200

Description: CARPLS offers free legal advice over the phone. They have experienced hotline attorneys who will help offer solutions. However, their attorneys do not represent clients in court. Individuals who need court assistance may be referred to other legal organizations that may be able to provide free or reduced-fee services.

[Free and Low-Cost Legal Aid Assistance Resources](#)

Description: This resource provides a list of options for many legal concerns from the Law Office of the Cook County Defender.

[National Immigrant Justice Center](#) ●

Contact: 312-660-1370

Description: NIJC provides legal consultations and representation for low-income immigrants seeking a wide range of immigration legal relief.

[Latinos Progresando](#) ●

Contact: 773-542-7077

Location: 2724 W Cermak Rd, Chicago, IL 60608

Description: Latinos Progresando provides professional, affordable immigration legal services to thousands of families every year, from more than 40 countries around the world. The agency is recognized by the Department of Justice (DOJ) and staffed by DOJ-accredited representatives.

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The Resurrection Project ●

Contact: 312-666-3062

Location: 1805 South Ashland Avenue, Chicago, IL 60608

Description: This organization offers immigration legal services with the mission to keep families together. Some of the services they offer include family petitions, citizenship applications, DACA renewals, U-Visa, removal defense, asylum, and more. Many of their services are offered for free. In addition to the legal services they provide, they also assist families in achieving financial security and help clients apply for affordable housing.

Centro Romero ●

Contact: 773-508-5300

Location: 6216 N. Clark St. Chicago IL, 60660

Description: This organization provides legal assistance services such as consultations, representation at immigration, assistance with citizenship application preparation, and more. In addition to legal services, they also offer immigration education, assist with access to affordable childcare, GED programs for Spanish speakers, English Language classes, citizenship exam preparation, and more.

Illinois Coalition for Immigrant and Refugee Rights (ICIRR) ●

Contact: 312-332-7360

Location: 228 S. Wabash, Suite 800 Chicago, Illinois 60604

Description: This organization promotes the rights of immigrants and refugees, and provides assistance with applications to receive public benefits. Some of their services include helping eligible mothers apply for WIC, healthcare, and Medicaid applications, helping connect families to an immigration attorney, and more. Languages: English/Spanish/Korean/Polish

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Health Resource Databases

[CPS School-Based Health Centers](#)

Description: School-Based Health Centers provide students with health care services in the school building. CPS partners with community health organizations to manage 33 School-Based Health Centers throughout Chicago that provide quality, accessible, and age-appropriate health care to both elementary and high school students. Some centers are available to the community and to neighboring schools as well. Services offered include, but are not limited to: immunizations, physical exams, sports physicals, behavioral health care, and acute care.

[CPS School Locator](#)

Description: The CPS School Locator allows you to search for CPS schools by location. This resource also includes each school's available programming, number of students, accessibility information, and more.

[211 Metro Chicago Search for Resources](#) ●

Description: This resource can be reached by dialing 2-1-1 or visiting their website. This is a free, local, 24/7/365 service that connects all Cook County residents to essential health and social service support and information. Their resource directory can be used to search for services by category, including child care, clothing, housing, food, health care, legal assistance, immigration, mental health, and more.

[CDPH Community Resource Directory](#)

Description: This resource directory helps you find the resources and support services closest to you. After you input your address, you can choose the type of service you are looking for. Services offered include food assistance, employment, mental/behavioral health, housing, and more. The directory will then provide you with a list of organizations that provide the services you are seeking, and you can filter your search by indicating price, insurance coverage, language, and more.

[City of Chicago TICC Network](#)

Description: This map displays the locations of City-funded mental health service providers, Chicago Public Libraries, Chicago Public Schools, Chicago School Network boundaries, and Chicago Community Areas. This resource can be used to determine which providers are closest to certain CPS schools or to determine what CPS networks they are in.

[Department of Children and Family Services \(DCFS\)](#)

Description: This DCFS resource directory allows people to find the support services and resources that best fit their needs. Your search can be filtered by program type (mental health services, domestic violence support, health clinics, etc.), service type (counseling, assessments, legal aid, etc.), insurance type, preferred language, age range, and target population. You can also indicate the maximum distance you can travel.

[Unspoken: Find Mental Health Support](#)

Description: This site provides mental health awareness information and has a resource directory to help you find the mental health support you need. Most of the mental health providers in the directory accept most insurances and some provide free services for those who are uninsured.

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CPS Offices/Resources

[Office of School Counseling and Postsecondary Advising \(OSCPA\)](#)

School Counseling and Postsecondary Advising (OSCPA) ensures that school counseling teams have the support and resources necessary to implement comprehensive school counseling programs that advance the academic, personal/social, and career development of all students.

[Office for Students with Disabilities \(OSD\)](#)

The Office for Students with Disabilities works to support networks, schools, and families with all issues related to special education including instruction, interventions, and legal and compliance support.

[Office of Student Health and Wellness \(OSHW\)](#)

Student Health and Wellness aims to eliminate health-related barriers to learning and to advance child health equity in Chicago.

- [Health Exams and Screenings](#)
- [LGBTQ+ Supportive Environments](#)
- [Medical, Food and Other Public Benefits](#)
- [Mental Health](#)
- [Sexual and Reproductive Health Services](#)

[Office of Social and Emotional Learning \(OSEL\)](#)

Social and Emotional Learning works with schools and networks to establish multi-tiered systems of support (MTSS) for students' social, emotional, and behavioral development.

[Office of School Safety and Security \(OSSS\)](#)

The Office of School Safety and Security (OSSS) provides a safe and secure environment that is conducive to learning by taking a holistic, 24-hour-a-day, seven-day-a-week approach to student safety.

- The Student Safety Center can be reached 24/7 at [773-553-3335](tel:773-553-3335).
- The Crisis Team's Hotline can be reached at [773-553-1792](tel:773-553-1792).
- [Students in Temporary Living Situations \(STLS\)](#)

[Office of Student Protections and Title IX \(OSP\)](#)

The mission of the Office of Student Protections and Title IX (OSP) and the Equal Opportunity Compliance Office (EOCO) is to promote a District that is free from abuse, discrimination, harassment, and retaliation. We engage collaboratively with our stakeholders to remove barriers to academic programs and activities that provide an equitable, inclusive, and safe learning and work environment. By working together to safeguard civil rights, we positively impact school communities affected by harm.

- [Pregnant and Parenting Students](#)

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