

Family and Community Resources

Horizon Science Academy Belmont has compiled a list of resources that you may find helpful during this uncertain time. While we will try to keep the information timely and accurate, please be aware that resources available on this page are created and maintained by other public and private organizations, and therefore Belmont does not control or guarantee the accuracy, relevance, timeliness, or completeness of this outside information.

Technology & Internet Resources

- [Chicago Connected](#)
- [Internet Essentials from Comcast](#)

Hotlines

- [Illinois Department of Public Health \(800.889.3931\)](#)
- [Chicago Department of Public Health \(312.746.4835\)](#)
- [Center for Disease Control \(CDC\) COVID-19 information \(800.232.4636\)](#)
- [National Suicide Prevention hotline \(800.273.8255\)](#)
- [National Domestic Violence hotline \(800.799.7233\)](#)
- [Illinois Domestic Violence hotline \(877.863.6338\)](#)
- [Substance Abuse and Mental Health Services Administration \(800.985.5990\)](#)
- [SHALVA Domestic Abuse Hotline \(773.583.4673\)](#)
- [SNAP benefits outreach \(773.843.5416\)](#)
- [Illinois Hunger Coalition \(800.359.2163\)](#)
- [State of Illinois helpline for older adults \(800.252.8966\)](#)
- [Substance Abuse helpline \(833-2FINDHELP\)](#)

Mental Health

- [National Alliance on Mental Health](#)
- [No Shame On U](#) suicide prevention and support
- [Mental health crisis and referral line for children](#)
- [Crisis walk-in welcome center](#)
- [Turning Point](#) crisis hotline ([847.933.0051](#))

- [Heartland Alliance](#)
- [Headspace](#) meditation app
- [Creative arts therapy](#)
- [Tips for social distancing, quarantine and isolation](#)
- [Tips on managing anxiety](#)
- [Taking care of your mental health](#)
- [How to clean/disinfect during COVID](#)
- [Renfrew Center for eating disorders](#)

Assistance for Essential Needs (food, medicine, etc.)

- [State of Illinois](#)
- [City of Chicago](#) (311)
- [Chicago Department of Family and Support Services](#)
- [Cook County Department of Public Health](#)
- [Illinois Department of Human Services](#)
- [U.S. Government Benefit Finder](#)
- [U.S. Department of Veterans Affairs](#)
- [Greater Chicago Food Depository](#) (benefits hotline [773.843.5416](#))
- [Meals on Wheels](#)
- [Heartland Health Centers](#)
- [CVS Pharmacy](#)
- [Howard Brown Health](#)
- [Illinois Hunger Coalition](#)
- [Anti-Cruelty Society](#) pet food delivery
- [COVID-19 resources related to housing & homelessness](#)

Financial Assistance

- [Illinois Department of Employment Security \(800.244.5631\)](#)
- [Illinois Department of Commerce](#)
- [211 – COVID-19](#)
- [City of Chicago Department of Business Affairs and Consumer Protection](#)
- [Social Security Administration](#)
- [One Fair Wage emergency fund](#)

Parents, Families, and Educators

- [Illinois Department of Early Childhood Development](#)
- [Mental health crisis and referral line for children](#)
- [Finding safe childcare during emergencies](#)
- [Guidance for talking to children about COVID](#)
- [Helping parents/caregivers cope](#)
- [Activities for children and adolescents](#)