



Hesed Committee - Resources

Name (website)	Phone Number	Description
<i>Help/Hot Lines – 24 Hours – Illinois (Dial 911 if it is an emergency)</i>		
Illinois Domestic Violence Help Line	(877) 863-6338	
Chicago Rape Crisis Hotline	(888) 293-2080	
Illinois Department of Aging	(800) 252-8966	
Elder Abuse Hotline	(800) 222-8000	
Child Abuse Hotline	(800) 422-4453	
Illinois Department of Children and Family Services	(800) 252-2873	

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<i>Domestic Violence</i>		
A Safe Place (Zion) http://www.asafeplaceforhelp.org	(847) 249-4450	Shelter, counseling, legal support, and abuser intervention groups.
Between Friends (Chicago North) http://www.bet3weenfriendschicago.org	(800) 603-4357	Counseling, and court advocacy, offices in Rogers Park
Life Span (Des Plaines) http://life-span.org	(847) 824-0382	Non-residential options, including legal services, advocacy, and counseling. Attorneys represent those in Cook County and serves only victims.
SHALVA (Jewish) http://www.shalvaonline.org	(773) 583-4673	Individual and group counseling, legal information, and financial assistance.
Shelter, Inc. (Arlington Heights) http://www.shelter-inc.org	(847) 255-8060	Emergency and longer term housing for children and adolescents who are abused, neglected, or in need of supervision. Individual, group, and family counseling.
WINGS (Palatine) http://www.wingsprogram.com	(847) 221-5680	Provides continuum of integrated services to end domestic violence and homelessness. Have transitional homes and permanent supporting housing unites as well as counseling and emergency shelter.
YWCA (Evanston) https://www.domesticshelters.org/help/il/evanston/60201/ywca-evanston-north-shore	(877) 718-1868	Emergency shelter, legal advocacy and counseling.

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Name (website)	Phone Number	Description
<i>Legal Resources</i>		
Between Friends-Legal Advocacy http://www.betweenfriendschicago.org/index.html	(800) 603-4357	Free legal clinics that meet monthly and has two locations – one on the northside of Chicago and the other in Rolling Meadows.
Cook County State’s Attorney’s Office – Domestic Violence http://www.statesattorney.org	(312) 325-9220	
Lake County State’s Attorney’s Office http://www.lakecountyil.gov/statesattorney/Pages/default.aspx	(847) 377-3300	
Life Span Legal Services http://life-span.org/	(312) 408-1210	Provides free legal consultation to explore options.
Legal Assistance Foundation of Metropolitan Chicago http://www.lafchicago.org	General: (312) 341-1070 Evanston: (847) 475-3703 Lake County (847) 360-6471	Legal services to low income residents of Cook County – only in civil cases.
Metropolitan Legal Aid Bureau http://www.metrofamily.org/programs-and-services/legal-aid/default.aspx	(312) 986-4200	Legal services to low income individuals.
Northwest CASA (Court Appointed Special Advocate) http://nwcasa	(847) 806-6526	Free legal services to sexual assault survivors and their loved ones in north and northwest suburbs of Cook County.
Northwest Suburban Bar Association http://www.nwsba.org/	(847) 221-2601	
Prairie State Legal Services (Waukegan) http://www.pslegal.org/	(847) 662-6925	Free legal services for low income and those over 60 years old

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<i>Special Population/Focus</i>		
Center on Halsted (LGBTQ) http://www.centeronhalsted.org/	(773) 472-6469	Lesbian, Gay, Bisexual, and Transgender individuals can receive group therapy, classes, HIV testing, as well as psychotherapy. Located in Lakeview neighborhood of Chicago.
CJE Senior Life (Older Adults) http://www.cje.net/	(773) 508-1000	Adult day services, counseling, home health care, and personal care services.
Howard Brown Health Center (LGBTQ) http://www.howardbrown.org/	(773) 388-1600	Counseling, domestic violence support, HIV/AIDS services, substance abuse programming. In Chicago and has multiple sites.
Jewish Healing Network (Substance Abuse) http://chicagofaithandhealth.org/archives/organizations/jewish-healing-network-of-chicago	(847) 745-5404	Counseling and support for those with addictions as well as those with illness, domestic abuse, holocaust survivors, and immigrant assistance. Also offers support to caregivers and to those who are grieving.
Anixter Center (Deaf) http://www.Anixter.org/	(847) 973- TTY Hotline: (773) 973-2180	For those with disabilities to build supportive relationships with family, peers, and staff. Provides residential services and community and day rehab services.
SHALVA (Jewish) http://www.shalvaonline.org/	(773) 583-4673	Legal information and court support. Vailable to all women of Chicago metro area who self-identify as Jewish and victims of domestic violence.



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<i>Adolescence/Teens</i>		
HAVEN (Youth and Family Services) http://havenforyouth.org/	(847) 251-6630	Helps youth and families in crisis. Provides counseling, 24 hour crisis intervention, teen and family counseling. Services are free.
JCFS/Response (Skokie) http://www.responsecenter.org	(847) 676-0078	Provides counseling for teens and their families as well as sexual health services.
Youth Services (formerly Links North Services) http://www.ysgn.org/	(847) 441-6191	Crisis intervention, individual and group therapy, pride youth, sexual health education, study buddies, juvenile diversion, financial assistance, referrals.
OMNI Youth Services (Buffalo Grove) http://www.omniyouth.org/	(847) 353-1500	Prevention services of alcohol, tobacco, and other drugs used by youth, in-home counseling and case management for abused and neglected children and their families, substance abuse treatment and recovery program.

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Name (website)	Phone Number	Description
<i>Counseling</i>		
ARK Northwest (Northbrook) http://www.arkchicago.org/	(773) 973-1000	Case management, food pantry, rent and utility assistance, and delivery of medications.
Alexian Brothers Center for Mental Health www.alexianbrothershealth.org/services/acmh/	(847) 952-7460	Outpatient therapy, daily therapy groups, partial hospitalization programs, psychiatry and medication management, 24 hour crisis intervention, located in Elk Grove Village and Hoffman Estates.
The Bridge Youth & Family Services (Palatine) http://www.bridgeyouth.org/	(847) 359-7490	24 hour crisis intervention to runaway youth and youth thrown out of their homes. Covers townships in Elk Grove, Maine, Palatine, Schaumburg.
Center for Contextual Change http://www.centerforcontextualchange.org/	(847) 676-4447	Provides counseling and is located in Skokie, Chicago, and Elmhurst.
Chicago Alliance Against Sexual Exploitation http://caase.org/	(773) 244-2230	Provides legal services against perpetrators and facilitators of sexual harm.
Children's Advocacy Center (Lake County) http://www.cachelps.org/	(847) 885-0100	Part of State's Attorney's office, reduces trauma and provides support to child victims of violence and their families, therapeutic services, court advocacy, and crisis intervention, located in Gurnee, IL
		<i>(continued next page)</i>

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Name (website)	Phone Number	Description
<i>Counseling (continued)</i>		
CJE Senior Life http://www.cje.net/	(773) 508-1000	Provides services to older adults and their families including housing, healthcare, and community services.
EZRA Multi-Service Center	(773) 275-0866	Located in uptown, provides case management, limited food pantry, some free clothing, jobs program, Russian senior center, and housing locator.
HIAS Chicago (refugees and immigrants) http://hiaschicago.org/	(312) 357-4666	Helps people through immigration process, resettling in new country, and getting on and staying on the path to US citizenship.
JCERT (Emergency Response)	(773) 467-3717	Prepares for and responds to critical incidents affecting the Jewish community, provides crisis intervention and trauma assistance.
Jewish Child and Family Services http://www.jcfs.org/ <div style="display: flex; justify-content: space-between;"> <div style="width: 30%;"> <p>Arlington Heights</p> <p>Central</p> <p>Northbrook</p> <p>Peterson</p> <p>Project Shield (Child Sexual Abuse)</p> <p>Services for People with Disabilities</p> <p style="text-align: right;">Skokie</p> <p>Jewish Healing Network (Substance abuse)</p> </div> <div style="width: 30%;"> <p>(847) 392-8970</p> <p>(773) 467-3700</p> <p>(847) 412-4350</p> <p>(773) 866-5035</p> <p>(847) 745-5405</p> <p>(773) 467-3751</p> <p>(847) 568-5100</p> <p>(847) 568-5100</p> </div> </div>	Provides counseling and support, addiction recovery, support to the ill, adoption support, and sexual abuse prevention in addition to many other services.	
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Name (website)	Phone Number	Description
<i>Counseling (continued)</i>		
Josselyn Center for Mental Health (Northfield) http://www.josselyn.org/	(847) 441-5600	Outpatient psychiatric services, psychotherapy, crisis intervention, social skills groups for children, and support groups.
Kenneth Young Center (Northwest) http://www.kennethyoung.org/	(847) 524-8800	Counseling adults, children, and families, treatment for those with serious mental illness, service coordination and in-home services for frail elderly.
Metropolitan Family Service (Suburbs) http://www.metrofamily.org/	(312) 986-4000	Counseling and provides support and education to economically challenged families.
Zacharias Sexual Abuse Center (Lake County) http://www.zcenter.org/index.htm	(847) 244-1187	24 hour crisis intervention, counseling and advocacy for victims and their loved ones of sexual assault, abuse, and rape. Free to community at large.

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Name (website)	Phone Number	Description
<i>Food Pantries (individuals will need to know what township they live in)</i>		
The Ark	(773) 973-0011	
Avon Township	(847) 546-1446	
Barrington Township	(847) 381-5632	
Beth Am	(847) 383-5107	Only open the last Sunday of the month.
Cuba Township	(847) 381-1924	
Ela Township	(847) 540-8380	
Vernon Township	(847) 634-4600	
Wheeling Township	(847) 259-7730	

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Name (website)	Phone Number	Description
<i>Inpatient Psychiatric Units</i>		
Alexian Brothers Hospital (Elk Grove Village)	(847) 437-5500	
Highland Park Hospital (Highland Park)	(847) 432-8000	
Lutheran General Hospital (Park Ridge)	(847) 723-2210	
Northwest Community Hospital (Arlington Heights)	(847) 618-1000	
Lake Behavioral Hospital (formerly Vista East) (Waukegan)	(855) 990-1900	