

## Resources for Crisis Assistance and Recovery Support

### Crisis and Emergency Services

Contact the Illinois Department of Human Services (DHS) for information on:

- Emergency Food and Shelter
- Homeless Prevention Program
- Illinois Link Card
- Medical Assistance Programs (including Medicaid)
- Sexual Assault Prevention Program
- Supplemental Nutrition Assistance Program (SNAP) – food stamps
- Temporary Assistance for Needy Families (TANF)
- Women, Infants and Children (WIC)

DHS Website: <https://www.dhs.state.il.us/> Click “for Customers”

DHS Help Line: 1-800-843-6154 (Voice) or 1-866-324-5553 (TTY)

### Domestic Violence Helpline

Toll Free, Confidential, 24 Hour, Multilingual  
1-877-TO END DV (1-877-863-6338) (Voice)  
1-877-863-6339 (TTY)

### Unemployment Insurance

In order to protect everyone through social distancing, the Illinois Department of Employment Security (IDES) offices are closed to the public until further notice. Instead, you can access IDES services using the following methods:

- To file an Unemployment Insurance claim or for information: <https://www2.illinois.gov/ides/>
- If you have questions about Unemployment Insurance, please call the Customer Service Center at 800-244-5631 or 866-488-4016 (TTY).

### Online Recovery Support Groups

Alcoholics Anonymous (AA) Online Meetings and Telephone Meetings  
<http://aa-intergroup.org/directory.php>

Narcotics Anonymous (NA) Virtual Meetings Online & By Phone  
<https://virtual-na.org/>

Smart Recovery Online Meetings  
<https://www.smartrecovery.org/community/calendar.php>

**Illinois TASC**  
1-855-827-2444  
[www.tasc.org](http://www.tasc.org)