Pfizer RxPathways®, with our partners, welcomes you to the Chicago Health Guide for the uninsured and underinsured. We share the goal of helping to ensure the health and well-being of Illinois residents and we hope this guide provides you with the information, resources, and support to help you and your family stay healthy and well.

Notice: Information in this guide is correct as of the time of publication. Due to space limitations, not all health resources may be listed. The web sites listed in this guide, other than www.PfizerRxPathways.com, are neither owned nor controlled by Pfizer. Pfizer is not responsible for the content or services of these sites. This guide is funded entirely by private donations provided by Pfizer RxPathways®. Published July 2016| PP-PAT-USA-0360
Greetings

The National Association of Hispanic Nurses, the National Black Nurses Association, and United Way of Metropolitan Chicago are pleased to partner with Pfizer in the development of the Chicago Health Guide. Good health care is the foundation for quality of life and community well-being, which is why our organizations work to help connect people to consistent mental and physical care.

Making resources available is the first step, but people knowing about those resources and how to use them is essential. That’s why the Chicago Health Guide is so important. In this guide, you’ll find a variety of programs, services, and organizations to support you and your family. The information provided can assist in attaining better health, managing an existing condition or illness, and finding related services and support.

We hope this guide finds a permanent place in your home and that you’re able to use it in good health.

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United Way of Metropolitan Chicago

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MHA, MSN, RN, CNML
President, NAHN, Illinois Chapter

Sandra Webb Booker
NBNA
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Easy to use and easy to get for others in your family or community. To order additional copies of this guide, call 1-888-720-1337.

Feature
See the center pull-out section for a list of community health centers and local hospitals.

Quick Guide
ALL EMERGENCIES

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9-1-1

NON-EMERGENCY
3-1-1

AIDS/HIV/STI
800-243-2437

CHICAGOLAND DOMESTIC VIOLENCE HOTLINE
877-863-6338

HELP ME GROW
Info on services for children
800-323-4769
TTY
800-547-0466

ILLINOIS DEPARTMENT OF HUMAN SERVICES
Customer Help Line
800-843-6154
TTY
800-447-6404

ILLINOIS POISON CONTROL
800-222-1222

ILLINOIS TOBACCO QUITLINE
866-QUIT-YES

IMMUNIZATIONS
800-526-4372

NATIONAL CENTER FOR MISSING AND EXPLOITED CHILDREN
800-843-5678

NURSING HOME HOTLINE
800-252-4343

PREGNANCY INFORMATION
312-745-BABY
312-745-2229

RESTAURANT COMPLAINTS (Food Safety Only)
3-1-1
or
www.cityofchicago.org

USA NATIONAL SUICIDE HOTLINES
24/7
800-SUICIDE
800-784-2433

RAPE VICTIM ADVOCATES
312-443-9603

RAPE, ABUSE, AND INCEST NATIONAL NETWORK HOTLINE (RAINN)
800-656-HOPE
800-656-4673

CHICAGO RAPE CRISIS HOTLINE
888-293-2080

VETERAN’S CRISIS LINE
800-273-TALK
800-273-8225

WEST NILE VIRUS HOTLINE
866-369-9710

WOMEN’S HEALTH HELPLINE
888-522-1282
Get care | Community Health Centers
Even if you are uninsured, the Community Health Center near you offers health care for you and your family. Their primary health care services may be just what the doctor ordered to avoid any possible, expensive medical needs in the future. And, in most cases, you pay what you can based on your income and the size of your family. Your Community Health Center is the place to go for annual checkups for your children, including school vaccines. There’s even diabetes and prenatal care.

For a complete list of community health centers in the city, see the pull-out section at the center of this guide.
You and your baby come first!

Learn how to take care of yourself and your baby during your pregnancy so that you can have a healthy birth.

The health care women get during pregnancy is called prenatal care. At that stage, it’s especially important to monitor and control chronic conditions such as diabetes and hypertension. There are many prenatal programs ready to help you keep healthy during your pregnancy.

Other Ways to Improve Both Mom and Baby’s Health

■ A multi-vitamin with folic acid to prevent certain birth defects
■ Maintaining a healthy lifestyle (proper diet and exercise)
■ Avoiding intake of alcohol and drugs
■ Lowering stress

For more information, visit:
www.marchofdimes.com
Click on: Health Topics Then: Prenatal Care
www.cdc.gov/pregnancy
There is help and there are resources to help you and your baby all along the way.

Breastfeeding

A natural way to make for a healthy baby!

It’s up to you whether to breastfeed your baby. Here is some information that can help you decide.

Illinois has laws that support breastfeeding families. There are also laws that protect breastfeeding in the workplace. They allow for flexible break times and a clean, private space so that a breastfeeding mom can express milk for her infant child.

Top Reasons to Breastfeed

- You are providing your baby with the best nutrition possible.
- Breastfed babies are less likely to get sick.
- It satisfies your baby's emotional needs and increases bonding between mother and baby.
- Breastfeeding can have a calming effect on your baby and may help your baby fall asleep.
- Breastfeeding can help you get your figure back faster! Breastfeeding helps your uterus return to normal size more quickly.
- Your breast milk is always ready. No mixing, measuring, or heating.
- Nighttime feedings are quick and easy.
- Breastfeeding saves money; there is nothing to buy.
- Going out is simple; breastfed babies are easy to take along.

What you should know about Zika

Zika virus is a virus mainly spread by the bite of a certain type of mosquito (Aedes species). It is occurring in parts of Central and South America, the Caribbean, including Puerto Rico, Mexico, and other areas. People can also get Zika through sex with a man infected with the virus and it can spread from a pregnant woman to her fetus. Infection during pregnancy can cause serious birth defects.

What are the symptoms?

Symptoms are usually mild and many people infected with Zika won’t have symptoms at all, so they won’t know they are infected. If symptoms do develop, they will appear two to seven days after a person is bitten. The most common symptoms are fever, rash, joint pain, red eyes, muscle pain, and headache. Those infected usually recover within one week and won’t need to go to a hospital.

Who’s at risk?

People living in the greater Chicago area are largely not at risk for infection; however, people living or traveling to these areas are at risk for infection. If you are pregnant or are planning to get pregnant, stay informed about Zika and learn how to prevent infection.

Visit: [www.cdc.gov/zika](http://www.cdc.gov/zika) or [www.cityofchicago.org](http://www.cityofchicago.org) and type in Zika as the keyword to get the facts.
Drinking during your pregnancy is especially dangerous to your baby. The most serious risk is Fetal Alcohol Spectrum Disorders (FASDs). Alcohol in the mother’s blood passes to the baby through the umbilical cord. This can cause fetal death, miscarriage, stillbirth, and other lifelong disabilities.

**Possible Symptoms of FASDs**
- Abnormal facial features, such as a smooth ridge between the nose and upper lip
- Small head size
- Shorter-than-average height
- Low body weight
- Poor coordination
- Hyperactive behavior
- Difficulty with attention
- Poor memory
- Difficulty in school (especially with math)
- Learning disabilities
- Speech and language delays
- Intellectual disability or low IQ
- Poor reasoning and judgment skills
- Sleep and sucking problems as a baby
- Vision or hearing problems
- Problems with the heart, kidneys, or bones

In addition to these symptoms, there is also the risk of alcohol-related disorders of the brain and other birth defects. There is no known safe amount of alcohol to drink while pregnant. If you’re pregnant and drinking alcohol, it is never too late to stop. The sooner you do, the better it will be for both you and your baby.

**What to Do**
- If you’re pregnant, don’t drink.
- If you are drinking during your pregnancy, stop now. That can reduce the chances of your baby being born with problems.
- If you are thinking of becoming pregnant, stop drinking now. Drinking during the earliest stages of your pregnancy (when you may not even know you are expecting) can be harmful to your child.

Staying away from alcohol before and during pregnancy can go a long way in making sure you have a healthy baby.
Women protect the health of their family and tend to live longer than men, so it’s important that they take care of their own health.

- If you are breastfeeding, don’t drink. The March of Dimes says some alcohol can reach the baby that way and possibly may slow their development of motor skills.
- If you know someone who is pregnant, share this information with her.
- If you are a services provider to pregnant women and women of reproductive age, screen them for alcohol and substance abuse. Increase your chances of a healthy baby.
  
  Staying away from alcohol before and during pregnancy can go a long way in making sure that happens.

For more Information about how to have a healthy pregnancy, contact:

Everthrive Illinois
www.everthriveill.org
312-491-8161

March of Dimes
www.marchofdimes.com

National Council on Alcoholism & Drug Dependence Automated Referral Service
www.ncadd.org
800-NCA-CALL (622-2255)

Substance Abuse and Mental Health Services Administration
Behavioral Health Treatment Services Locator
www.findtreatment.samhsa.gov

Chicago Department of Public Health
312-745-BABY (2229)

Lead Poisoning and Prevention

The Chicago Department of Public Health’s Lead Poisoning Prevention and Healthy Homes Program works to keep you and your children safe from lead and other health hazards in the home. For more information, or to request a home inspection for lead, contact the Lead Hotline at: 312-747-LEAD (5323).
The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) is a nutrition program that helps pregnant women, new mothers, and young children eat well, learn about nutrition, and stay healthy. Nutrition education and counseling, vouchers to buy nutritious foods, breastfeeding support, and help accessing health care are provided to low-income women, infants, and children. Applicants will be seen by nutritionists during their first appointment to decide the help they need.

Who Qualifies?
- Pregnant women
- Women who are breastfeeding a baby under 1 year of age
- Women who have had a baby in the past 6 months
- Parents, step-parents, guardians, and foster parents of infants and children under the age of 5 can apply for their children
- Households with incomes at or below 185% of the Federal Poverty Income Level (FPL) - For a family of 4, that is about $44,955 per year based on the 2016 FPL guidelines.
- Residents of Illinois

For information on how to apply for WIC
VISIT OR CALL:
www.cityofchicago.org
(Under City Services, click on: I Want To Apply for WIC)
312-747-9140

www.dhs.state.il.us
(Under For Customers, click on: Pregnancy and Parenting)
1-800-843-6154
1-217-782-2166

To apply for WIC, call one of the offices below to make an appointment

CITY OF CHICAGO
WIC OFFICES
ALIVIO MEDICAL CENTER
2355 S. Western Ave
Chicago, IL 60608
773-843-4220

ASIAN HUMAN SERVICES FAMILY HEALTH CENTER
2424 W. Peterson Ave
Chicago, IL 60659
773-761-2324
773-761-8114
WIC provides access to nutritious food, education, and referrals to health and other social services to participants at no charge.
Regular checkups with your doctor help you keep track of your health. They are also very important to help catch breast and cervical cancer at their earliest stages. Next to skin cancers, breast cancer is the second most common form of cancer in women. But breast cancer can be successfully treated in its earlier stages.

Regular mammograms and breast exams can help catch cancer early. That gives women a chance for better treatment and results.

The American Cancer Society recently changed its guidelines for screening and now recommends yearly mammograms starting at the age of 45 for women with an average risk of breast cancer until the age of 54 and then every two years as long as they are healthy. Even so, younger and older women can still choose to have annual mammograms.

According to the American Cancer Society

■ All women should begin cervical cancer testing at age 21. Women aged 21 to 29 should have a Pap test every 3 years.

■ Beginning at age 30, the best way to screen is with a Pap test combined with an HPV test every 5 years. This is called co-testing and should continue until age 65.

Free Testing

Women who are eligible can receive free mammograms, breast and pelvic exams, and Pap tests from the Illinois Breast and Cervical Cancer Program (see resource listing at left). Even if a woman has already received a cancer diagnosis, she may also get treatment at no charge upon qualifying for the program.
For themselves and for their loved ones, men need to stay on top of their health game. The Chicago Family Health Center has great advice to help men do just that.

■ Regular healthcare visits for early detection of diseases like cancer, diabetes, heart disease, stroke, and others.
■ Body mass, blood pressure, cholesterol, and blood glucose tests.
■ Screenings for colon, prostate, and testicular cancer (older than 40).
■ Additional health topics to discuss with your doctor
  - Sexually Transmitted Diseases
  - Smoking Cessation
  - Erectile Dysfunction

See the pull-out section at the center of this guide to find a community health center near you to help you gain control of your health.

Also, the Illinois Department of Public Health’s Portal has a Men’s Health Page that provides information on men’s health issues including heart disease, diabetes, prostate, testicular, colon cancer, self screening, and tips for healthy living.

Visit: www.health.illinois.gov or www.cdc.gov/men

Click on: Man on right of page to be directed to the Men’s Health web site.
The Illinois Department of Veterans Affairs (VA) is here to help veterans, their dependents, and survivors. They can help you navigate the veteran support system; everything from getting benefits, receiving long-term health care for eligible veterans, and by helping you work with other government agencies and non-profit organizations regarding education, mental health, housing, employment, and other issues.

www.illinois.gov/veterans

Within Illinois: 800-437-9824
Out-of-State: 217-782-6641

Coverage
VA’s medical benefits package provides the following health care services to all enrolled veterans:

- Preventive care services such as immunizations, physical examinations, screenings, and health care assessments.

Improving the health care for US veterans is a top priority.
Ambulatory (outpatient) diagnostic and treatment services including emergency outpatient care in VA facilities, medical, and many surgical services, as well as mental health and substance abuse services.

Medications and supplies including prescription and over-the-counter medications, and medical and surgical supplies as prescribed by a VA provider.

Qualifying

You must have served in the Army, Navy, Air Force, Marines, or Coast Guard and been discharged under conditions other than dishonorable.

Reservists and National Guard Members who were called to active duty by a Federal Executive Order may qualify for VA health care benefits.

Health care eligibility is not exclusive to those who served in combat. Other groups may be eligible for some health benefits.

Applying for Benefits

You can apply for VA health care, nursing home, domiciliary, or dental benefits by completing VA Form 10-10EZ: Application for Health Benefits.

www.va.gov/healthbenefits

Or visit, call, or write any VA Health Care Facility or Veterans’ Benefits Office

Call the VA’s Health Benefits Service Center toll-free at 1-877-222-VETS (8387) Monday-Friday between 8 AM and 8 PM EST

Mental Health Care

The Illinois Warrior Assistance Program offers confidential assistance (24/7) for returning Illinois veterans and their families to help deal with the emotional challenges of transitioning back to their daily lives.

www.illinoiswarrior.com
The City of Chicago is committed to LGBT health

Ensuring access to health care for all can help eliminate health disparities.

With the goal of ensuring health care access for all, the Office of Lesbian, Gay, Bisexual, and Transgender (LGBT) Health has a wide-ranging action plan to address a range of health issues affecting the LGBT community.

Among them
- Barriers to adequate health care
- Being at greater risk for some health conditions
- Possible discrimination in the health care system

Part of their services includes promoting health and awareness in a variety of settings.

OFFICE OF LESBIAN, GAY, BISEXUAL, AND TRANSGENDER (LGBT) HEALTH
333 S State St 2nd Flr
DePaul Center
Chicago, Illinois 60604
312-747-1214
www.cityofchicago.org

For a directory of LGBT primary health care services, visit: www.chicagolgbtservices.org

Scroll down to: Health Then click on: Primary Care.

CHICAGO WOMEN’S HEALTH CENTER
TRANS GREATER ACCESS PROJECT (TGAP)
1025 W Sunnyside #201
Chicago, IL 60640
773-935-6126
www.chicagowomenshealthcenter.org

Provides
- Health services
- Primary care
- Hormone therapy
- Integrative health services
- Counseling and therapy
- Alternative insemination

For gender development health information for children and adolescents, regardless of insurance, visit: www.luriechildrens.org and enter “gender development” in the search field.

Transgender Health and Support
Chicago’s Transgender community can count on help, support, and sensitivity. The range of services available includes medical, behavioral, and trans-positive elements advised, in many cases, by trans-people themselves.
There are special services and programs especially designed to provide services to individuals who are disabled or have special medical needs.

The Illinois Provider Directory offers information and resources for young people with special needs: [www.illinoisproviderdirectory.com](http://www.illinoisproviderdirectory.com)

In addition, the Department of Human Services (DHS) has a Division of Developmental Disabilities that can answer your questions about respite care, community programs, and other state services for people with a disability.

**Hotline:**
1-888-DD-PLANS
1-888-337-5267
TTY 1-866-376-8446

**Mayor’s Office for People with Disabilities**
121 N LaSalle St, Room 104
Chicago, IL 60602
312-744-7050
TTY 312-744-4964

- Information and assistance
- Individualized needs assessment
- Personal assistance/Homemaker services
- In-home assistive devices
- Independent living orientation
- Home accessibility modification

**Illinois DHS Early Intervention Program**
1-800-323-GROW (4769)
Assists children ages 0 to 3 regarding services needed for delays in moving, talking, behavior, social interactions, and speech.

**Access Living**
115 W Chicago Ave
Chicago, IL 60654
312-640-2100

Works toward the inclusion of persons with disabilities, providing training, advocacy, legal services, and more.
When it comes to the issue of obesity, we really need to bring healthy thoughts to the table, along with nutritious food for our children. Reports show that obesity among our children is increasing at an alarming rate, even tripling since the 1960s. But the good news is that we can all join together to do something about it. Consider the risks that obesity brings to our children: high blood pressure, high cholesterol, and diabetes. Also, the Centers for Disease Control and Prevention (CDC) says as children get older and become teens, they are more likely to be obese compared to children of pre-school age. So be watchful of extra weight on young children and teens.

Here's what we can do

- Get moving! Being physically active for at least an hour each day can help us all "lighten up."
- Too much computer or TV time? Time to put a limit on that.
- Fruits and veggies are your weight-loss friends! Add five servings a day.
- Drink fewer sodas and other sweetened beverages.
- Breakfast is your best friend! You will eat less later.
- Fly past those fast food restaurants.
- Make “Eating Out” an occasional activity.
- Looking for fun family time? Have them around the table with planned meals and smarter, limited portion sizes.

For more information on daily changes you can make, explore the resources of the Consortium to Lower Obesity in Chicago Children (CLOCC).

Visit: www.clocc.net
Obesity increases the risk of many health conditions. You may be able to control it by increasing physical activity and choosing to eat healthier foods.

Girls on the Run
The mission of Girls on the Run is to inspire health and confidence in girls using an experience-based curriculum that incorporates running. Girls learn about teamwork, healthy relationships, and train to run a 5K race.
773-342-1250  
www.gotrchicago.org

Play Streets
The Chicago Department of Public Health, in partnership with other city agencies and community organizations, organizes these neighborhood events for fun and safe physical activity.

Purple Asparagus
Purple Asparagus educates children, families, and the community about healthy eating through delicious, nutritious hands-on food adventures at schools, community organizations, and farmers’ markets.
www.purpleasparagus.com  
312-906-7622

YMCA of Metro Chicago
YMCA of Metro Chicago promotes healthy living and fitness at sites throughout the city and surrounding suburbs. They believe that staying healthy and getting fit are not only vital to well-being, but are also activities that should be fun and inclusive. The programs of YMCA are designed to meet the needs of everyone, regardless of age or skill level.
www.ymcachicago.org  
312-932-1200
What you need to know

Talk to your doctor, visit a diabetes education center, and explore other nutrition and exercise programs in your area to learn more about diabetes and help prevent it.

Uncontrolled diabetes can cause serious health problems including heart disease, blindness, kidney failure, and leg amputations. Diabetes is the 7th leading cause of death in the United States. According to the Chicago Office of the American Diabetes Association, Illinoisans are increasingly feeling the effects of diabetes as thousands of people suffer from the disease, and many others may have diabetes and not know it! It is estimated that one out of every three children born after 2000 in the United States will be affected by diabetes.

Types of Diabetes

**Type 1 diabetes:** A person with type 1 diabetes is unable to produce insulin in the body to control sugar levels and needs insulin therapy for life.

**Type 2 diabetes:** A person with type 2 diabetes may have insulin but their body does not respond to it.

**Gestational diabetes:** This type of diabetes can occur during pregnancy and usually goes away after giving birth, but places the mother and child at risk for Type 2 diabetes for the rest of their lives.

**Prediabetes:** A person with prediabetes has blood sugar levels that are higher than normal but not yet high enough to be diagnosed as Type 2 Diabetes. Prediabetes, like Type 2 diabetes, may be prevented by maintaining an active lifestyle and healthy weight.

Get Checked

Visit one of the community health centers listed in the special pull-out section to get tested.

Diabetes Care

If you have diabetes, learn the basic steps for managing diabetes to stay as healthy as possible. Doing so helps keep complications of diabetes away. Steps include checking your blood sugar at home, keeping a healthy diet, and exercising. Also, be sure to take any medicine or insulin as instructed.

Your doctor will also help you by ordering blood tests and other tests on a regular basis. These help make sure your blood sugar and cholesterol levels are each in a healthy range. Also, follow your doctor’s instructions about keeping your blood pressure in a healthy range.

Know the Signs

**High blood sugar:** Increased thirst, tired feeling, headaches, frequent urination, extreme hunger, blurry vision, weight loss, and difficulty concentrating.

**Low blood sugar:** Feeling shaky, pale skin, racing pulse, dizziness, confusion, passing out. Many people with diabetes have no symptoms, so it is important to be tested by a doctor. Early detection of diabetes and treatment can decrease the chance of developing
complications from diabetes, including heart disease, stroke, kidney failure, and blindness. If you or a loved one with diabetes smoke, find help to quit. This is important because people living with diabetes who smoke have higher chances for developing these problems.

(The to find a free program to help you quit, see page 31.)

The American Diabetes Association (www.diabetes.org) offers a wide range of services and information including

- Diabetes Basics
- Are You At Risk?
- Living with Diabetes
- Food and Fitness

For more information, contact:
CHICAGO OFFICE OF THE AMERICAN DIABETES ASSOCIATION:
55 E Monroe St # 3420
Chicago, Illinois 60603
312-346-1805

Additional Resources:
THE UNIVERSITY OF CHICAGO KOULER DIABETES CENTER
900 E 57th St
Chicago, IL 60637
773-702-2371

CHICAGO CHILDREN’S DIABETES CENTER
LA RABIDA CHILDREN’S HOSPITAL
6501 S Promontory Dr
Chicago, IL 60649
773-363-6700

Also check the Hospitals list in the center pull-out section of this guide. Call the hospital in your area and ask if they have a Diabetes Treatment Center.
We all know immunizations are not at the top of anyone’s favorite “things-to-do” list but, when it comes to showing love for your family, especially children and teens, they go a very long way in showing you care. Just think, vaccines wiped out smallpox, and polio no longer exists in the United States!

Immunizations also protect against diphtheria, tetanus, polio, measles, hepatitis, and the mumps. Plus, children need them before enrolling in school. In the Chicago area, many clinics offer city residents of the shots they need for elementary, high school, and college students.

The Chicago Vaccines for Children (VFC) program makes available all routine childhood vaccines to enrolled public and private health care providers. This lets physicians give vaccines to VFC-eligible children through 18 years of age.

For a detailed list of minimum immunizations required for Illinois Childcare Facilities and Schools (as of Fall 2015) visit: Everthrive Illinois

www.everthrivel.org/resources/immunization
A focus on prevention can improve your health, the health of your family, and of our communities.

**Fast Track Immunization Clinics**
- Chicago Department of Public Health

**GREATER LAWN WIC**
4150 W 55th Street
Chicago, IL 60632
312-747-5416

**LOWER WEST WIC**
1713 S Ashland Ave
Chicago, IL 60608
312-746-5172

**ROSELAND COMMUNITY WIC**
11255 S Michigan
Chicago, IL 60628
773-785-1173

**ENGLEWOOD NEIGHBORHOOD HEALTH CENTER**
641 W 63rd St, Lower Level
Chicago, IL 60621
312-745-1000

**UPTOWN WIC**
845 Wilson Ave, 2nd Level
Chicago, IL 60640
312-742-3227

---

**Where to Go for Immunizations**
You can visit your family doctor or go to your nearest public health office. You may also visit one of the community health centers listed in the pull-out section at the center of this guide. Fast Track Immunization Clinics (Chicago Department of Public Health) provide vaccinations at no out of pocket cost for children through 18 years of age. Adults of all ages and children over six months can receive flu vaccinations at no out of pocket cost. No appointment necessary. You will receive attention on a first come, first served basis.

**Additional Health Notes**

- Whooping cough is on the rise in Illinois and can cause serious illness in infants, children, and adults. It’s now required for all 6th and 9th graders in Illinois to be vaccinated.

- The human papilloma virus (HPV) vaccine is cancer prevention. [www.everthriveil.org/resources/hpv-resources](http://www.everthriveil.org/resources/hpv-resources)

- Inquire about screenings for Hepatitis A, B, and C.

- **Veterans:** Visit [www.hepatitis.va.gov/patient/](http://www.hepatitis.va.gov/patient/) for more about Viral Hepatitis or see the Veterans Section of this guide on page 16 for more information about Veterans health benefits.
Health at school

School-based health centers can provide a variety of services and also play a role in prevention for your children, family, and community.

School-Based Health Centers (SBHCs) in Chicago Public Schools are located district wide. Services include immunizations, physical exams, sports physicals, behavioral healthcare, chronic condition management, and acute care. They accept most insurance plans and also provide free and low-cost services. Most require parental or a guardian’s consent. City of Chicago City Services can help you locate a health facility in your area. Just dial 3-1-1. Find a full list of School Based Health Centers on the next page or at www.cps.edu. Under Topics Click on: Health and Wellness Then click: Student Health and Wellness. You may also contact your school nurse for more information or contact:

OFFICE OF STUDENT HEALTH & WELLNESS
42 W Madison St Chicago, IL 60602
773-553-3560
Students have medical and screening services available to them while they are at school. Look into school-based health centers for easy access to care.

### School-Based Health Centers

<table>
<thead>
<tr>
<th>School Name</th>
<th>Address</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AMUNDSEN H.S.</strong></td>
<td><strong>ERIE FAMILY HEALTH</strong> 5110 N Damen Ave</td>
<td><strong>312-666-3494</strong></td>
</tr>
<tr>
<td><strong>AUBURN GRESHAM PERSPECTIVES</strong></td>
<td><strong>MILITARY ACADEMY</strong> University of Illinois</td>
<td><strong>312-666-3494</strong></td>
</tr>
<tr>
<td><strong>Cranes Elementary</strong></td>
<td><strong>NORTH SHORE HEALTH SERVICES CORP.</strong></td>
<td><strong>773-358-6767</strong></td>
</tr>
<tr>
<td><strong>CRANE TECH PREP</strong></td>
<td><strong>RUSH UNIVERSITY MEDICAL CENTER</strong> 2245 W Jackson Blvd</td>
<td><strong>773-666-3494</strong></td>
</tr>
<tr>
<td><strong>DAVIS ELEMENTARY</strong></td>
<td><strong>UNIV. OF ILLINOIS AT CHICAGO</strong> 301 W 39th Place</td>
<td><strong>773-534-4872</strong></td>
</tr>
<tr>
<td><strong>DUNBAR HS.</strong></td>
<td><strong>MERCY HOSPITAL</strong> 3000 S Martin Luther King Dr</td>
<td><strong>773-534-4872</strong></td>
</tr>
<tr>
<td><strong>ERIE FAMILY HEALTH</strong></td>
<td><strong>1137 N Western Ave</strong> Chicago, IL 60622</td>
<td><strong>312-666-3494</strong></td>
</tr>
<tr>
<td><strong>FARRAGUT CARE ACADEMY</strong></td>
<td><strong>LAWNDALE CHRISTIAN HEALTH CENTER</strong> 3256 W 24th St</td>
<td><strong>773-843-3000 ext. 3542</strong></td>
</tr>
<tr>
<td><strong>HIBBARD ELEMENTARY</strong></td>
<td><strong>HEARTLAND INTERNATIONAL HEALTH CENTER</strong> 4930 N Sawyer Ave</td>
<td><strong>773-536-6100</strong></td>
</tr>
<tr>
<td><strong>HOPE INSTITUTE</strong></td>
<td><strong>LEARNING ACADEMY UNIV. OF ILLINOIS AT CHICAGO</strong> 1628 Washington Blvd</td>
<td><strong>773-534-7405</strong></td>
</tr>
<tr>
<td><strong>JOHNSON SCHOOL OF EXCELLENCE</strong></td>
<td><strong>ERIE FAMILY HEALTH 1504 S Albany Ave</strong></td>
<td><strong>312-666-3494</strong></td>
</tr>
<tr>
<td><strong>LANDALE ACADEMY - CIRCLE FAMILY HEALTHCARE NETWORK</strong></td>
<td>231 N Pine Ave</td>
<td><strong>773-287-9770</strong></td>
</tr>
<tr>
<td><strong>LAKEVIEW H.S.</strong></td>
<td><strong>ERIE FAMILY HEALTH 4015 N Ashland Ave</strong></td>
<td><strong>312-629-6304</strong></td>
</tr>
<tr>
<td><strong>LITTLE VILLAGE LAWNDALE H.S.</strong></td>
<td><strong>ALIVIO MEDICAL CENTER</strong> 3120 S Kostner Ave</td>
<td><strong>773-535-4291</strong></td>
</tr>
<tr>
<td><strong>MARQUETTE ESPERANZA CHICAGO</strong></td>
<td>6550 S Richmond St Chicago, IL 60629</td>
<td><strong>773-309-4445</strong></td>
</tr>
<tr>
<td><strong>MARINE LEADERSHIP ACADEMY</strong></td>
<td>1920 N Hamlin Ave Chicago, IL 60647</td>
<td><strong>773-534-4970</strong></td>
</tr>
<tr>
<td><strong>MARQUETTE ESPERANZA CHICAGO</strong></td>
<td>6550 S Richmond St Chicago, IL 60629</td>
<td><strong>773-534-4970</strong></td>
</tr>
<tr>
<td><strong>MARQUETTE ESPERANZA CHICAGO</strong></td>
<td>6550 S Richmond St Chicago, IL 60629</td>
<td><strong>773-309-4445</strong></td>
</tr>
<tr>
<td><strong>NATIONAL TEACHERS ACADEMY HEALTH CENTER - UC HILE SQUARE 95 S Cermak Chicago, IL 60616</strong></td>
<td><strong>312-326-4472</strong></td>
<td></td>
</tr>
<tr>
<td><strong>OROZCO ACADEMY</strong></td>
<td><strong>ALIVIO MEDICAL CENTER</strong> 1940 W 18th St</td>
<td><strong>312-421-5160</strong></td>
</tr>
<tr>
<td><strong>PHILLIPS ACADEMY MERCY HOSPITAL</strong></td>
<td>244 E Pershing Rd Chicago, IL 60653</td>
<td><strong>773-373-3698</strong></td>
</tr>
<tr>
<td><strong>ROOSEVELT H.S.</strong></td>
<td><strong>HEARTLAND INTERNATIONAL HEALTH CENTER</strong> 2645 S Lawrence Ave</td>
<td><strong>773-866-0818</strong></td>
</tr>
<tr>
<td><strong>SULLIVAN H.S.</strong></td>
<td><strong>ADVOCATE HEALTH 6631 N Bosworth Ave</strong></td>
<td><strong>773-761-5309</strong></td>
</tr>
<tr>
<td><strong>SENN H.S.</strong></td>
<td><strong>HEARTLAND INTERNATIONAL HEALTH CENTER</strong> 3436 S Wilson Avenue</td>
<td><strong>773-751-1860</strong></td>
</tr>
<tr>
<td><strong>SIMPSON ACADEMY</strong></td>
<td><strong>RUSH UNIVERSITY MEDICAL CENTER</strong> 1321 S Paulina Ave</td>
<td><strong>773-534-7202</strong></td>
</tr>
<tr>
<td><strong>SULLIVAN H.S.</strong></td>
<td><strong>ADVOCATE HEALTH 6631 N Bosworth Ave</strong></td>
<td><strong>773-761-5309</strong></td>
</tr>
<tr>
<td><strong>UPLIFT COMMUNITY H.S.</strong></td>
<td><strong>HEARTLAND INTERNATIONAL HEALTH CENTER</strong> 900 W Wilson Ave</td>
<td><strong>773-534-2850</strong></td>
</tr>
<tr>
<td><strong>LAURA S. WARD ELEMENTARY SCHOOL</strong></td>
<td><strong>ERIE FAMILY HEALTH 646 N Lawndale Chicago, IL 60624</strong></td>
<td><strong>312-666-3494</strong></td>
</tr>
<tr>
<td><strong>YOUNG WOMEN’S LEADERSHIP CHARTER SCHOOL</strong></td>
<td><strong>UNIV. OF ILLINOIS AT CHICAGO</strong> 2641 S Calumet Ave</td>
<td><strong>773-549-0277</strong></td>
</tr>
</tbody>
</table>

Unless otherwise indicated, services include Mental Health, Dental Health, Primary Care, Reproductive Health, and Prenatal Care.
Dental health

Regular visits to the dentist can help you keep smiling pretty and could also help you detect a potential health issue.

Looking for signs of good health? You need look no further than your smile! That’s right! Dental health has everything to do with your overall physical well-being, especially a healthy heart.

Protect your smile and the rest of your body by making sure you and your family brush and floss after meals. And, your nearest community health center may offer you low-cost dental care. Please refer to the health center listings in the center pull-out section of this guide and look for those centers that offer dental services and help you keep smiling!

In addition

The School-Based Dental Program that works within the Chicago Department of Public Health gives access to dental preventive services to all students with permission from their families at no cost! These include a dental exam/screening, fluoride treatment, and dental sealants (as needed). Ask about it today and smile!

CHICAGO DENTAL SOCIETY (CDS)
401 N Michigan Ave #200
Chicago, IL 60611

CDS FOUNDATION CLINIC
Provides free basic dental care with proof of income below 200% of the poverty level.
630-260-8530
www.cds.org

CHICAGO FAMILY HEALTH CENTER
9119 S Exchange Ave
Chicago, IL 60617
773-768-6470

CHRISTIAN COMMUNITY HEALTH CENTER
9718 S Halsted St
Chicago, IL 60628
773-233-4100

COMMUNITY HEALTH
641 W 63rd St
Chicago, IL 60621
773-994-1515

DIVISION DENTAL CLINIC
2632 W Division St
Chicago, IL 60622
872-829-2940

MIDWEST DENTAL GROUP AT MT. SINAI HOSPITAL
2720 W 15th St
Chicago, IL 60608
773-245-4158

MILE SQUARE CLINIC
2045 W Washington Blvd
Chicago, IL 60612
312-996-2000

UNIVERSITY OF ILLINOIS AT CHICAGO COLLEGE OF DENTISTRY
801 S Paulina St
Chicago, IL 60612
312-996-7555

THE ARK
(Provides services to adults only)
6450 N California Ave
Chicago, IL 60645
773-973-1000

ANGEL HARVEY INFANT WELFARE SOCIETY OF CHICAGO
3600 W Fullerton Ave
Chicago, IL 60647
773-782-2800

MILE SQUARE CLINIC SOUTH SHORE
7131 S Jeffrey Blvd
Chicago, IL 60649
312-996-2000

ILLINOIS MASONIC HOSPITAL, DENTAL DIVISION
811 W Wellington
Chicago, IL 60657
773-871-1461

TAYLOR DENTAL CENTER
4501 S State St
Chicago, IL 60609
773-548-0600

Clinics Specializing in the Treatment of Patients with HIV or AIDS

CORE CENTER FOR HIV AND AIDS
2020 W Harrison
Chicago, IL 60612
312-572-4500

HEARTLAND ALLIANCE ORAL HEALTH CARE CENTER
641 W 63rd St
Chicago, IL 60621
773-751-1713

ELEANOR WESTER DENTAL CLINIC
HOWARD AREA COMMUNITY CENTER
7648 N Paulina Ave
Chicago, IL 60626
773-262-6622

HEARTLAND ALLIANCE HEALTH CARE CENTER (Heartland Health Outreach)
845 W Wilson Ave
Chicago, IL 60640
773-751-1713

It is discriminatory for a dentist to refuse to treat a patient diagnosed with HIV or AIDS. Complaints should be referred to

ILLINOIS DEPARTMENT OF FINANCIAL AND PROFESSIONAL REGULATION
100 W Randolph St # 9-300
Chicago, IL 60601
312-814-4500

}>Get Care_Dental
Your oral health is more important than you might think, and once you know why you might feel differently about your next trip to the dentist.
According to the Respiratory Health Association of Chicago (www.lungchicago.org), about 58 percent of children in Chicago who have asthma had “severe” attacks in the past year and about a third of those children have felt their lives were endangered due to an asthma attack. Asthma is the number one cause of school absenteeism due to a chronic illness among children.

Further, in Chicago, the asthma hospitalization rate was about double the national average, so it’s important to know where resources are available for you and your family.

The Chicago Asthma Consortium can help you with facts, resources, and links to care for patients and families.

CHICAGO ASTHMA CONSORTIUM
PO Box 31757
Chicago, IL 60631
888-268-8334
www.chicagoasthma.org

RESPIRATORY HEALTH ASSOCIATION
1440 W Washington Blvd
Chicago, IL 60607
1-888-880-LUNG

The Respiratory Health Association of Chicago offers special programs aimed at dealing with asthma on a daily basis.

Visit: www.lungchicago.org
Click on: Community Programs
Then click: Asthma in the left sidebar

Asthma is one of the most common long-term diseases among children and affects adults too. Manage it, control it, and breathe easier.
Quitting time never felt so good

The negative sides of smoking

When it comes to smoking, it’s all about the negatives. There’s nothing good about something that causes impotence, harms infants during pregnancy, and sets the stage for heart disease and lung cancer.

Also, second-hand smoke is dangerous for your family, friends, and anyone around you when you are smoking. Lung cancer, heart disease, asthma, and respiratory infections in children have been linked to second-hand smoke.

The Plus Sides of Quitting
You will feel better! And, there’s more: an improved sense of smell and taste, money savings, and an overall healthier lifestyle. The huge bonus? You will set a great example for the children around you.

How to Quit Now
■ Therapies are available to help you quit.
■ Create a support group, a safety net of family and friends that will give you plenty of support to quit smoking.
■ Contact the Illinois Tobacco Quitline. This service offers free advice, confidential counseling, and plenty of information. They will help you set up a step-by-step plan so you can kick the habit.
What Are HIV and AIDS?

HIV is the virus that causes AIDS (Acquired Immune Deficiency Syndrome), which affects the immune system. The immune system is the part of the body that fights diseases. If not treated, AIDS can be fatal because our bodies are unable to fight infections.

How do people become infected?

HIV is spread by sharing needles (for drugs or tattoos) or through unprotected sex (oral, vaginal, or anal) with someone who is infected. You cannot tell if a person has HIV or AIDS (the person might not know either), but don’t worry: you won’t be infected just by shaking hands or living or working with someone with HIV or AIDS.

Getting Treatment

Treatment blocks the virus from building up in your body and can prevent HIV from advancing to AIDS. If you have tested positive, it’s important to talk to a doctor who has experience in treating HIV and AIDS. Your doctor can help you decide on a treatment plan that is best for you.

The Importance of Routine Testing

AIDS is completely preventable, so it is important to be protected, use condoms, and get tested to avoid infection and infecting others.

More than 1.2 million people in the United States are living with HIV infection and approximately 20 to 25 percent of those living with HIV infection are not aware that they are infected with HIV. African-Americans and Hispanics are the racial/ethnic groups most affected by HIV. The US Preventive Services Task Force suggests that adolescents and adults 15 to 65 years get screened for HIV infection and that younger and older adults who are at increased risk for HIV also get screened.
Prevention and Treatment

The best way to prevent infection of HIV and STIs is not to have unprotected sex. Always wear a condom and talk to your partner about their sexual history. WIC and HIV clinics near you offer treatment and support. Don’t be afraid to talk openly and seek out help. For free testing and follow-up care, please refer to the following resources or refer to the center pull-out section of Community Health Centers to find a clinic near you that also offers testing and treatment, if needed.

PrEP

Pre-exposure prophylaxis (PrEP) is a prescription drug taken daily and it can provide significant protection against HIV to people who are at substantial risk for infection. This is covered by insurance. For a provider, visit the AIDS Foundation of Chicago at www.aidschicago.org.

Click on “I Need” tab Then: on “PREP”
Sexually transmitted infections (STIs) such as chlamydia, gonorrhea, herpes, and syphilis can be passed on through oral, vaginal, and anal sex. You can get herpes from skin to skin contact with lesions. There are no cures for some of them and you can infect other people if not practicing safe sex (using condoms or dental dams).

**What to do**
Get tested and ask your partner to get tested to avoid infecting others.

**City of Chicago Department of Health STI Specialty Clinics**

**AUSTIN STI SPECIALTY CLINIC**
4909 W Division # 411
Chicago, IL 60651
312-746-4871

**ENGLEWOOD STI SPECIALTY CLINIC**
641 W 63rd St
Lower Level
Chicago, IL 60621
312-747-8900

**LAKEVIEW STI SPECIALTY CLINIC**
2861 N Clark 2nd Floor
Chicago, IL 60657
312-227-4000

**ROSELAND STI SPECIALTY CLINIC**
200 E 115th St
Chicago, IL 60628
312-747-0054

**WESTTOWN STI SPECIALTY CLINIC**
2418 Division
Chicago, IL 60622
312-742-4092

**Additional Resource:**

**PLANNED PARENTHOOD OF ILLINOIS**
1-877-200 PPIL (7745)
www.plannedparenthood.org/planned-parenthood-il

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**STIs The Basics**

**Sexually transmitted infections (STIs)**

- such as chlamydia, gonorrhea, herpes, and syphilis can be passed on through oral, vaginal, and anal sex.
- You can get herpes from skin-to-skin contact with lesions.
- There are no cures for some of them and you can infect other people if not practicing safe sex (using condoms or dental dams).

**What to do**
Get tested and ask your partner to get tested to avoid infecting others.
Help when you need it

If you have a family history of sickle cell, it’s important to talk to your doctor. Learn the risk factors, symptoms, and treatments available.

Sickle cell disease is an inherited blood disorder that can cause health problems such as pain, bone damage, leg ulcers, more infections, and strokes among others. So, it’s important to get treatment.

The best way to screen for sickle cell trait, to check if you have inherited a sickle cell gene, or the disease, is a simple blood test. There also are prenatal tests to find out if a baby will have the disease.

Couples who are planning to have a baby can get tested for sickle cell trait at medical centers and sickle cell treatment facilities.

For medical treatment, advice, and education on sickle cell disease, there’s help right here in the area including testing, treatment, and counseling. They have your health in mind when it comes to sickle cell.

Here are a few of the services available

- Newborn screening program
- Care coordination training
- Self management workshop
- Quarterly seminars
Getting a handle on the day to day

Mental health is too often ignored but it is important throughout your life to how you feel, think, and act.

Sometimes life puts more on our plates than we can handle at one given time. But there is help right around the corner, exactly when you need it. Your own doctor can refer you to area agencies trained to help.

Behavioral health services include

- Prevention programs for children and adults.
- Services for children and adults with substance use and/or general mental health disorders.
- Services for children in emotional trouble.
- Services for adults with a mental illness.

Please refer to the center pull-out section of Community Health Centers for information on centers that provide behavioral health services.
The Chicago Department of Public Health (CDPH) has the following Mental Health Center (MHC) locations:

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>ENGLEWOOD MHC</td>
<td>641 W 63rd St, Chicago, IL 60621</td>
<td>312-747-0900</td>
</tr>
<tr>
<td>GREATER GRAND /MID-SOUTH MHC</td>
<td>4314 S Cottage Grove, Chicago, IL 60653</td>
<td>312-747-0036</td>
</tr>
<tr>
<td>GREATER LAWN MHC</td>
<td>4150 W 55th St, Chicago, IL 60632</td>
<td>312-747-1020</td>
</tr>
<tr>
<td>LAWNDALE MHC</td>
<td>1201 S Campbell St, Chicago, IL 60608</td>
<td>312-746-5905</td>
</tr>
<tr>
<td>NORTH RIVER MHC</td>
<td>5801 N Pulaski Rd, Chicago, IL 60646</td>
<td>312-744-1906</td>
</tr>
<tr>
<td>ROSELAND MHC</td>
<td>200 E 115th St, Chicago, IL 60653</td>
<td>312-747-0054</td>
</tr>
<tr>
<td>Additional Behavioral Health Centers:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Auburn Gresham</td>
<td></td>
<td></td>
</tr>
<tr>
<td>HUMAN RESOURCES DEVELOPMENT</td>
<td></td>
<td></td>
</tr>
<tr>
<td>INSTITUTE INC</td>
<td>1140 W 79th St, Chicago, IL 60650</td>
<td>312-441-9009</td>
</tr>
<tr>
<td>Austin</td>
<td></td>
<td></td>
</tr>
<tr>
<td>HABILITATIVE SYSTEMS INC</td>
<td>415 S Kilpatrick, Chicago, IL 60644</td>
<td>773-261-2252</td>
</tr>
</tbody>
</table>
| There is help and support nearby when you need that assistance most.

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>THRESHOLDS - BRIDGE WEST MENTAL HEALTH FACILITY</td>
<td>5000 W Roosevelt, Chicago, IL 60644</td>
<td>773-572-5400</td>
</tr>
<tr>
<td>Belmont Cragin</td>
<td></td>
<td></td>
</tr>
<tr>
<td>LUTHERAN SOCIAL SERVICES OF ILLINOIS</td>
<td>5825 W Belmont Ave, Chicago, IL 60644</td>
<td>773-637-1144</td>
</tr>
<tr>
<td>Beverly</td>
<td></td>
<td></td>
</tr>
<tr>
<td>BEACON THERAPUTIC SCHOOL INC</td>
<td>10650 S Longwood, Chicago, IL 60643</td>
<td>773-681-1005</td>
</tr>
<tr>
<td>THRESHOLDS</td>
<td>334 N Menard, Chicago, IL 60644</td>
<td>773-573-5400</td>
</tr>
<tr>
<td>Brighton Park</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ADVANCE COUNSELING SERVICES INC</td>
<td>4125 S Archer Ave, Chicago, IL 60632</td>
<td>773-940-1214</td>
</tr>
<tr>
<td>HEALTHCARE ALTERNATIVE SYSTEMS</td>
<td>4534 S Western, Chicago, IL 60609</td>
<td>773-252-3100</td>
</tr>
<tr>
<td>THRESHOLDS</td>
<td>3638 S Kedzie, Chicago, IL 60632</td>
<td>773-572-5400</td>
</tr>
<tr>
<td>Burnside</td>
<td></td>
<td></td>
</tr>
<tr>
<td>DREXEL COUNSELING SERVICES INC</td>
<td>636 S 93rd St, Chicago, IL 60619</td>
<td>773-731-5395</td>
</tr>
<tr>
<td>HARTGROVE-CHATHAM FAMILY COUNSELING CENTER</td>
<td>1111 E 87th St, Chicago, IL 60619</td>
<td>773-413-1818</td>
</tr>
<tr>
<td>Chatham</td>
<td></td>
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<tr>
<td>SOUTH CENTRAL COMMUNITY SERVICES, INC</td>
<td>831 S Ellis, Chicago, IL 60619</td>
<td>773-483-0900</td>
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<tr>
<td>Chicago Lawn</td>
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<tr>
<td>ADA S. MCKINLEY COMMUNITY SERVICES (INTERVENTION SERVICES DIVISION)</td>
<td>2715 W 63rd St, Chicago, IL 60629</td>
<td>773-434-5577</td>
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<tr>
<td>ALLIANCE BEHAVIORAL SERVICES INC</td>
<td>5906 S Troy Ave, Chicago, IL 60637</td>
<td>773-777-8635</td>
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<tr>
<td>BEHAVIORAL HEALTH AND CLINICAL SERVICES</td>
<td>2715 W 63rd St, Chicago, IL 60629</td>
<td>773-535-4540</td>
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<tr>
<td>HABILITATIVE SYSTEMS INC</td>
<td>6845 S Western, Chicago, IL 60636</td>
<td>773-745-2650</td>
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<tr>
<td>COMMUNITY COUNSELING CENTER OF CHICAGO</td>
<td>5710 N Broadway St, Chicago, IL 60653</td>
<td>773-728-1000</td>
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<tr>
<td>HAMDARD CENTER FOR HEALTH AND HUMAN SERVICES</td>
<td>1541 W Devon, Chicago, IL 60640</td>
<td>773-465-4600</td>
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<tr>
<td>LUTHERAN SOCIAL SERVICES OF ILLINOIS</td>
<td>5517 N Kenmore Ave, Chicago, IL 60640</td>
<td>773-275-7962</td>
</tr>
<tr>
<td>NEUMANN FAMILY SERVICES (VICTOR C. NEUMANN ASSOCIATION)</td>
<td>5547 N Ravenswood, Chicago, IL 60640</td>
<td>773-769-4313</td>
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<tr>
<td>Englewood</td>
<td></td>
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<tr>
<td>THRESHOLDS</td>
<td>500 W Englewood, Chicago, IL 60621</td>
<td>773-572-5400</td>
</tr>
<tr>
<td>Grand Boulevard</td>
<td></td>
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<tr>
<td>STATE OF MIND MENTAL HEALTH AND CONSULTATION SERVICES PC</td>
<td>400 E 41st St, Chicago, IL 60653</td>
<td>773-285-0804</td>
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<tr>
<td>Humboldt Park</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ASSOCIATION HOUSE OF CHICAGO</td>
<td>1116 N Kedzie, Chicago, IL 60651</td>
<td>773-772-8009</td>
</tr>
</tbody>
</table>
>Get Care: Behavioral Health Resources

Kenwood

THRESHOLDS
4734 S Ellis Ave
Chicago, IL  60615
773-572-5400

Lake View

HOWARD BROWN - BROADWAY YOUTH CENTER
615 W Wellington Ave
Chicago, IL  60657
773-935-3151
773-935-3152

THRESHOLDS
4101 N Ravenswood
Chicago, IL  60625
773-573-5400

Lake View

THRESHOLDS
4110 W Belmont
Chicago, IL  60657
773-573-5400

Lincoln Park

ANIXTER CENTER
2032 N Clybourn
Chicago, IL  60614
773-973-7900

DEPAUL UNIVERSITY FAMILY COMMUNITY MENTAL HEALTH SERVICES
2219 N Kenmore
Chicago, IL  60614
773-325-7780

THRESHOLDS
2700 N Lakeview
Chicago, IL  60614
773-573-5400

Lincoln Square

THRESHOLDS
4739 N Washtenaw Ave
Chicago, IL  60625
773-573-5400

4646 N Ravenswood
Chicago, IL  60640
773-573-5400

Logan Square

HEALTHCARE ALTERNATIVE SYSTEMS
2755 W Armitage
Chicago, IL  60647
773-252-3100

Loop

ABRAHAM LINCOLN CENTRE
135 S La Salle St
Chicago, IL  60603
773-285-1300

ANCHOR BEHAVIORAL CENTERS INC
135 S La Salle St
Chicago, IL  60603
773-285-1300

BEHAVIORAL SERVICES CENTER
161 N Clark St
Chicago, IL  60602
847-673-6577

JEWISH CHILD AND FAMILY SERVICES
216 W Jackson
Chicago, IL  60606
855-275-5237

LOWER WEST SIDE
PILSEN-LITTLE VILLAGE COMMUNITY MENTAL HEALTH CENTER
2015 W Cermak
Chicago, IL  60608
773-890-0645

McKinley Park

CHICAGO TREATMENT AND COUNSELING CENTERS INC II (CTCC)
3520 S Ashland Ave
Chicago, IL  60609
773-523-3400

CHILDREN’S HOME AND AID SOCIETY OF ILLINOIS
125 S Wacker
Chicago, IL  60606
312-424-0200

Morgan Park

BEACON THERAPEUTIC
11740 S Western Ave
Chicago, IL  60643
773-333-3821

Near North Side

CATHOLIC CHARITIES OF THE ARCHDIOCESE OF CHICAGO - HOLBROOK COUNSELING CENTER
730 N Wabash
Chicago, IL  60611
312-665-7725

TASC - TREATMENT ALTERNATIVES FOR SAFE COMMUNITIES
1500 N Halsted
Chicago, IL  60642
312-787-0208
Easy to use and easy to get for others in your family or community. To order additional copies of this guide, call 1-888-720-1337.

Portage Park
COUNSELING CENTER OF ILLINOIS INC
4515 N Milwaukee St
Chicago, IL 60640
773-777-6767

LUTHERAN SOCIAL SERVICES OF ILLINOIS
4840 W Byron St
Chicago, IL 60641
847-635-4600

METROPOLITAN FAMILY SERVICES - NORTH CENTER
3249 N Central
Chicago, IL 60634
773-371-3700

Rogers Park
LUTHERAN SOCIAL SERVICES OF ILLINOIS
1758 W Devon Ave
Chicago, IL 60660
773-764-4350

TRILOGY INC
6974 N Greenview Ave
Chicago, IL 60626
773-508-6100

1400 W Greenleaf
Chicago, IL 60626
773-508-6100

Roseland
Human Resources Development Institute Inc.
33 E 114th St
Chicago, IL 60628
312-441-9009

Metropolitan Family Services - Calumet
235 E 103rd St
Chicago, IL 60628
773-768-5000

South Chicago
Metropolitan Family Services - Southeast
3062 E 91st St
Chicago, IL 60617
773-371-2900

South Lawndale
ACCESS BEHAVIORAL SERVICES INC
3948 W 26th St
Chicago, IL 60623
773-522-5460

Pilsen Wellness Center Inc
3113 W Cermak Rd
Chicago, IL 60623
773-277-3143

Uptown
ALTERNATIVES INC
4730 N Sheridan Rd
Chicago, IL 60640
773-506-7474

ASIAN HUMAN SERVICES OF CHICAGO INC
4753 N Broadway
Chicago, IL 60640
773-293-8437

CHICAGO TREATMENT AND COUNSELING CENTERS INC II (CTCC)
4453 N Broadway Ave
Chicago, IL 60640
773-506-2900

COMMUNITY COUNSELING CENTERS OF CHICAGO
4740 N Clark
Chicago, IL 60640
773-769-0205

West Lawn
METROPOLITAN FAMILY SERVICES - MIDWAY
3843 W 63rd St
Chicago, IL 60629
773-884-2350

West Garfield Park
GARFIELD COUNSELING CENTER INC
4132 W Madison St
Chicago, IL 60624
773-533-0433

West Ridge
COMMUNITY COUNSELING CENTERS OF CHICAGO (C4)
2525 W Peterson
Chicago, IL 60659
773-769-0205

JEWISH CHILD AND FAMILY SERVICES
3145 W Pratt
Chicago, IL 60645
773-467-3900

West Town
CHICAGO CHILDREN’S CENTER FOR BEHAVIORAL HEALTH
1431 N Claremont Ave
Chicago, IL 60622
312-491-5000

THRESHOLDS
2045 W Grand
Chicago, IL 60612
773-572-5400

Woodlawn
THRESHOLDS - CHICAGO MENTAL HEALTH CLINIC
6337 S Woodlawn
Chicago, IL 60637
773-572-5400

Mobile Units
HEARTLAND
773-256-7589

THRESHOLDS
773-572-5400

Near West Side
CHILDREN’S HOME AND AID SOCIETY
100 N Western Ave
Chicago, IL 60612
312-455-5200

COMMUNITY FAMILY SERVICE CENTER
1100 S May St
Chicago, IL 60607
312-733-5661 x 1467

COOK COUNTY - FANTUS HEALTH CENTER
1965 W Ogden
Chicago, IL 60612
312-864-6221

North Center
DEPAUL UNIVERSITY FAMILY COMMUNITY MENTAL HEALTH SERVICES
2156 W Wellington
Chicago, IL 60618
773-477-5581

JEWISH CHILD FAMILY SERVICES
3525 W Peterson Ave
Chicago, IL 60659
773-866-5035

North Park
LUTHERAN SOCIAL SERVICES OF ILLINOIS
100 N Western Ave
Chicago, IL 60612
312-455-5200

COMMUNITY FAMILY SERVICE CENTER
1100 S May St
Chicago, IL 60607
312-733-5661 x 1467

COOK COUNTY - FANTUS HEALTH CENTER
1965 W Ogden
Chicago, IL 60612
312-864-6221

East to use and easy to get for others in your family or community. To order additional copies of this guide, call 1-888-720-1337.
Ways to heal

Our lives can be full of ups and downs. It’s not taboo to talk about feelings. Do it for yourself or to help someone else.

There is so much healing in sharing thoughts and words with someone who cares and is trained to listen. Here are some signs you or someone you love may need to talk with someone.

- Low mood that lasts a long time
- A feeling of hopelessness
- Desperation
- Anxiety and/or tension
- Problems sleeping
- Withdrawal
- An increase in use of alcohol and/or drugs
- Threatening suicide or talking about a strong desire to die
- Unexpected anger or rage

Help is always there when you need it.

USA National Suicide Hotlines:
1-800-SUICIDE/1-800-784-2433
1-800-273-TALK/1-800-273-8255
TTY: 1-800-799-4TTY
Toll-Free. 24/7

In-Touch Crisis Hotline
312-996-5535
6:00-10:30 PM nightly
Teen Services

For teens who might need help or advice, help is not far away. Some local and national services are standing by to help.

Local

- **ALTERNATIVES**
  4730 N Sheridan
  Chicago, IL 60640
  773-506-7474

- **ARIS HEALTH**
  3245 N Halsted St
  Chicago, IL 60657
  773-296-8400

- **BROADWAY YOUTH CENTER**
  615 W Wellington
  Chicago, IL 60657
  773-935-3151

- **CENTER ON HALSTED**
  3656 N Halsted
  Chicago, IL 60613
  773-472-6469

- **CHILDREN’S MEMORIAL UPTOWN TEEN CENTER**
  4867 N Broadway
  Chicago, IL 60640
  773-561-6640

- **CHRISTOPHER HOUSE**
  5235 W Belden
  Chicago, IL 60639
  773-472-1083

- **ERIE TEEN HEALTH CENTER**
  2418 W Division St
  Chicago, IL 60622
  312-666-3494

- **HOWARD BROWN HEALTH CENTER**
  4025 N Sheridan
  Chicago, IL 60613
  773-388-1600

National

- **AMERICA’S PREGNANCY HOTLINE**
  1-888-672-2296

Covenant House Hotline
1-800-999-9999
24 Hour Hotline for Teens and Families for any crisis that they may face

National Center for Missing and Exploited Children
1-800-843-5678

National Child Abuse Hotline
1-800-4-A-CHILD
1-800-422-4453

National Domestic Violence Hotline
1-800-799-7233

National Drug and Alcohol Treatment Hotline
1-800-662-HELP

National Gay, Lesbian, Bisexual, Transgender Hotline
1-888-843-4564
M-F 4 PM-12 midnight EST
Sat Noon-5 PM EST

National Runaway Safeline
1-800-786-2929
(1-800-RUNAWAY)

National Sexual Assault Hotline
1-800-656-HOPE
24 Hour Hotline

National Suicide Hotline
1-800-784-2433
24/7 Hotline

Planned Parenthood Federation of America
1-800-230-PLAN

Self-Injury Hotline
(SAFE-Self Abuse Finally Ends)
1-800-DON'T CUT
(800-366-8288)

Suicide is the third leading cause of death in the United States for young people between the ages of 10 and 24 years.
Health care options

Nothing is more important than your health. Don’t wait to get sick before you think about how you are going to cover your health care costs.
Nothing is more important than your health. Don’t wait to get sick before you think about how you are going to cover your health care.

The State of Illinois offers you and your family one-stop shopping when it comes to your family’s healthcare needs.

At [www.health.illinois.gov](http://www.health.illinois.gov), you can get information on everything from affordable health insurance for your child, prescription drug programs for seniors, and free breast and cervical cancer screenings for women. There’s even a Health Program Finder right on the home page!

The health portal allows you to choose information on Parents/Children, Seniors, Men’s and Women’s Health, Veterans, and Special Needs/Disabilities.

**All kids program**
You can also learn about the state’s All Kids program. Many children in Illinois can receive comprehensive health care that can include doctor visits, hospital stays, prescriptions, dental and eye care, and even medical devices like glasses and asthma inhalers. Families in the program pay monthly premiums for coverage, but according to All Kids rates for middle-income families can be much lower than private market costs.

**All Kids Hotline**
1-866-ALL-KIDS  
(1-866-255-5437)  
TTY: 1-866-675-8440  
Or visit: [www.allkidscovered.com](http://www.allkidscovered.com)

**MEDICAID**
If you are uninsured, make sure to find out if you qualify for Medicaid before you decide to buy health insurance.

The Illinois Department of Human Services (DHS) administers Medicaid. Visit the nearest DHS Office to apply.

Staff will help you submit an application. You can also apply by mail and phone.

**For more information:**
1-800-843-6154  
TTY 1-800-447-6404  
Or visit [www.dhs.state.il.us](http://www.dhs.state.il.us) and use the DHS Office Locator to find the office near you. You may also see the Application for Benefits Eligibility at [https://abe.illinois.gov/abe/access](https://abe.illinois.gov/abe/access)
The nation’s Patient Protection and Affordable Care Act (ACA) has made some important changes to increase health care coverage for Americans. For instance

- You cannot be denied health insurance if you have a preexisting condition.
- Children can remain on their parents’ health insurance until age 26.
- Health insurers must cover recommended preventive care and screenings at no cost to consumers.

The biggest and most important change is that as of January 1, 2014, you may be required to buy insurance or pay a penalty. In 2016, the potential penalty is the higher of these two amounts:

According to the latest figures released by Health and Human Services, 20 million formerly uninsured people have gained coverage under the Affordable Care Act since the law took effect. Do you know how the law can help you?
Learn about Illinois’ Health Insurance Marketplace. It provides one-stop shopping for health insurance for individuals, families and small employers.

- 2.5% of your yearly household income
- $695 per person ($347.50 per child under 18)

The fee will be adjusted for inflation in future years. To help Illinoisans meet this requirement, the Health Insurance Marketplace was established in partnership with the federal government to offer a range of affordable health plans. Visit: HealthCare.gov for more information.

Every year, more and more Illinois residents select a Marketplace plan or are determined eligible for Medicaid or the Children’s Health Insurance Program (CHIP). Yet, many Chicago residents remain uninsured.

If you are uninsured and need help to enroll in an insurance plan, contact one of the following:

**Asian Health Coalition**
180 W Washington St
# 1000
Chicago, IL 60602
312-372-7070

**Aunt Martha’s**
542 S Dearborn
Chicago, IL 60605
877-MY.AUNT.M

**Howard Brown Health Center**
4025 N Sheridan Rd
Chicago, IL 60613
773-388-1600

**Pilsen-Little Village Community Mental Health Center**
3113 W Cermak Rd
Chicago, IL 60623
773-277-3413

**Sinai Community Institute**
2653 W Ogden Ave
Chicago, IL 60608
773-257-6508

**United Way of Metropolitan Chicago, Inc.**
333 S Wabash Ave #30
Chicago, IL 60604
312-306-2350

For more information:
[www.healthcare.gov](http://www.healthcare.gov)
1-800-318-2596
(Available 24/7)

[www.getcoveredillinois.gov](http://www.getcoveredillinois.gov)
1-866-311-1119
(Open M-Sat 8 a.m. - 8 p.m.)
It sounds too good to be true, but there are many programs that help people in need get access to medicines prescribed by their doctor at a savings or even for free. There are more than 475 public and private patient assistance programs offering access to over 2,500 brand name and generic medications free or at a low cost. Pharmaceutical programs offer nearly 200 of these programs.

**Pfizer RxPathways®**

Access to medicines is a cornerstone of Pfizer’s commitment to health care. For more than 25 years, Pfizer has offered prescription assistance programs to help eligible patients get access to their Pfizer medicines. Today, this assistance is provided through Pfizer RxPathways, which helps eligible patients get access to their Pfizer medicines by offering a range of support services, including insurance counseling, co-pay help, providing Pfizer medicines for free or at a savings, and more.

Pfizer has helped millions of uninsured and underinsured patients gain access to the medications they need. For more information on Pfizer RxPathways, please visit [www.PfizerRxPathways.com](http://www.PfizerRxPathways.com).

**Partnership for Prescription Assistance (PPA)**

Brings together America’s pharmaceutical companies, doctors, other health care providers, patient advocacy organizations, and community groups to help qualifying patients who lack
prescription coverage get the medicines they need through a program that’s right for them. To learn more, visit www.pparx.org.

**Illinois RxCard**
Free statewide prescription assistance program open to all residents of Illinois. The program offers free drug cards for discounts up to 75% at more than 68,000 pharmacies around the country. There are no restrictions, no enrollment forms, no age or income requirements, and no waiting periods. Create your card on www.illinoisrxcard.com.

**NeedyMeds**
Is a non-profit organization founded in 1997 as a resource for people who need help with the cost of medicine. NeedyMeds has information on more than 4,000 programs that can help people of all ages, with and without insurance. Find assistance for
- The cost of prescriptions
- Co-pays and premiums
- Disease-related expenses
www.NeedyMeds.org

**Rx Outreach**
An independent nonprofit organization that provides access to medications at low cost to eligible uninsured and underinsured individuals and families, as well as those who have limited prescription coverage.
1-800-769-3880
www.rxoutreach.org
Help for homeless families

It’s difficult to avoid health issues when you are homeless.

The Chicago Coalition for the Homeless (CCH) addresses the needs of the areas homeless.

Help For Homeless Families

Chicago’s Department of Family and Support Services (DFSS) is there to help when you and your family need it most. Their six community centers serve city residents with a wide range of help

- Shelter
- Food and clothing
- Domestic violence assistance
- Job training & placement
- Services for the formerly incarcerated
- Well-being checkups
- Emergency food assistance

DFSS
Community Service Center Locations

ENGLEWOOD CENTER
1140 W 79th St
Chicago, IL 60620
312-747-0200

GARFIELD CENTER
10 S Kedzie Ave
Chicago, IL 60612
312-746-5400

KING CENTER
4314 S Cottage Grove
Chicago, IL 60653
312-747-2300

NORTH AREA
845 W Wilson Ave
Chicago, IL 60640
312-744-2580

SOUTH CHICAGO
8650 S Commercial Ave
Chicago, IL 60617
312-747-0500

TRINA DAVILA
4357 W Armitage Ave
Chicago, IL 60639
312-744-2014

What if it happened to you?

Know the resources available in your neighborhood and throughout the region to help those in need.

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Know the resources available in your neighborhood and throughout the region to help those in need.

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Help for homeless families

It’s difficult to avoid health issues when you are homeless.

The Chicago Coalition for the Homeless (CCH) addresses the needs of the areas homeless.

CHICAGO COALITION FOR THE HOMELESS
70 E Lake St, #720
Chicago, IL 60601
www.chicagohomeless.org
Click on: Outreach Programs for Locations in Chicago.
312-641-4140
For Immediate Care 3-1-1

HUMAN SERVICES MOBILE
OUTREACH PROGRAM
651 W Lake St
Chicago, IL 60661
Intake: 3-1-1/312-743-0215

Operated by Catholic Charities of the Archdiocese of Chicago, the program offers
- Shelter placement/
  Transportation

Well-being checkups
Emergency food assistance

>Get Help_Homeless Resources

What if it happened to you?

Know the resources available in your neighborhood and throughout the region to help those in need.
United Way of Metropolitan Chicago’s commitment to health

At United Way of Metropolitan Chicago, we leverage expertise, connections, and resources to transform individual lives and entire neighborhoods. That role allows us to support and improve the health of our communities through practical partnerships with nonprofit agencies—many listed throughout this guide—businesses, government agencies, and human service organizations.

What we’re doing

■ Reducing barriers to care and connecting more families to a primary care physician, primarily through Federally Qualified Health Centers across our city and suburbs
■ Supporting providers of comprehensive mental health and substance abuse services
■ Instilling healthy lifelong habits by investing in after-school programs that educate youth about healthy behaviors and engage them in physical activities

Health Insurance

United Way of Metropolitan Chicago received state and federal dollars to implement the In-Person Counselor and Navigator Grant Programs to enroll Illinoisans in health coverage. United Way has partnered with Chicagoland non-profits to employ Health Care Navigators who can help you enroll in affordable health insurance and understand how to best use your coverage. If you need health insurance or have questions about health coverage, please contact a navigator at one of the sites listed on this page.

To learn more about the health agencies United Way supports and where you can access care, visit uw-mc.org/partners/organizations-we-fund/health.

If you need health insurance or have questions about health coverage, please contact a navigator at:

ASSOCIATION HOUSE OF CHICAGO
116 N Kedzie
Chicago, IL 60651
Contact: Felicia Fredricks, Navigator
f.o.fredricks@gmail.com
773.772.7170

BRIGHTON PARK NEIGHBORHOOD COUNCIL
4477 S Archer Ave
Chicago, IL 60632
Contact: Guadalupe Roque, Project Manager
groque@bpncchicago.org
773.523.7110

MIDWEST ASIAN HEALTH ASSOCIATION
230 W Cermak Rd
Chicago, IL 60616
Contact: Yang Sun, Program Manager
yang.sun@maha-us.org
312.226.8659

NEAR NORTH HEALTH SERVICES CORPORATION
Hormed Holman Health Center
4259 S Berkeley Ave
Chicago, IL 60653
312.382.1073
There are many resources and trained professionals ready to help you when it comes to the right care for older adults.

City of Chicago 3-1-1 www.cityofchicago.org

WHAT IS TB?
Tuberculosis (TB) is caused by bacteria and attacks your lungs as well as the brain, spine, and kidneys. Symptoms may include bad cough, pain in the chest, weakness, fatigue, and fever. If untreated, TB can be fatal.

HOW DO YOU GET TB?
TB is spread through the air when a person with an active TB disease coughs, sneezes, or talks. Not everyone that has the TB bacteria becomes sick.

TREATMENT
Taking several drugs for 6 months to a year can treat persons diagnosed with TB. People at risk for TB can get tested at their local Health Center for a nominal fee or with your regular Primary Health Care Provider.

Check the listings for your local health center in the pull-out section at the center of this Guide.
If you are from another country and need help settling in Chicago or require health care information, here are a few resources that could help. They offer a variety of services including financial aid, housing, and many other supportive services.

The Illinois Department of Human Services (DHS) addresses the issue of Refugee and Immigrant Health. The Refugee Program provides health screening services with local health care providers. The Illinois Immigrant Policy Project includes the Immigrant and Refugee Health Task Force.

### Those Eligible
- Refugees
- Low-income immigrants
- Limited English-proficient individuals

### To apply for services
DHS Office Locator locates your local Family Community Resource Center. www.dhs.state.il.us
Or, contact: Bureau of Refugee and Immigrant Services. DHS Help Line 1-800-843-6154
TTY 1-800-447-6404

**Heartland Alliance**
www.heartlandalliance.org/refugeehealth

The Illinois Coalition for Immigrants and Refugee Rights
312-332-7360
www.icirr.org

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**Chicago Health Atlas**
The Chicago Health Atlas takes the pulse of your health and that of your family’s twenty-four hours a day, seven days a week. With just the click of a mouse, you can learn about your community’s health profile, trends in healthcare, and resources right where you live. Browse the map or select your location and already you’re that much closer to being at the top of your healthcare right in your own neighborhood!

Chicago Health Atlas [www.chicagohealthatlas.org](http://www.chicagohealthatlas.org)