



Erie Neighborhood House COVID-19 Resource Guide

Health Needs

Erie House Resources

Public Benefits Support

Contact Erie House if you need help with medical programs (Medicaid and Medicare)

Contact: Weber Anderson, wanderson@eriehouse.org, 773-217-9799

Zoom Workshops

Erie House is offering free workshops via Zoom to help you stay healthy and informed at home, including Zumba, nutrition, Public Charge, and more.

Contact: Elva Serna, eserna@eriehouse.org, 312-574-0817

Proyecto Cuidate

If you are a foster care alumni, contact us for support with case management and direct assistance.

Contact: Rosa Sanchez Totochenko, rsanchez@eriehouse.org, 773-475-4236

Health and Wellness

[Chicago Department of Public Health \(CDPH\): Finding Care When Uninsured](#)

If you do not have a medical provider, are uninsured, or have limited or no income and believe you need non-emergency medical services, you can contact your nearest community health center (CHC) by phone and inform them of your need. They will work with you to coordinate appropriate care. In cases of emergency, please call 911.

There are approximately 165 CHCs throughout the city of Chicago, so find one that is close to you. You can find your nearest CHC at findahealthcenter.hrsa.gov

[You Have Rights - Going to the Doctor](#)

Doctors and nurses care about your health, not your immigration status. Patients can seek care with confidence that their personal information is private. Immigration agencies also have a policy of avoiding enforcement actions in health care facilities like hospitals, health clinics, urgent care and doctors' offices.

[Virtual Recovery Resources](#)

This tip sheet describes resources that can be used to virtually support recovery from mental/substance use disorders.

National Domestic Violence Hotline

If you or someone you know is quarantined with an abuser, you can call or text this line for support.

Contact: 1-800-799-7233 or text LOVEIS to 22522

[Planet Fitness Free Exercise Livestreams](#)

Planet Fitness is hosting live "work-ins" on Facebook Live every day at 6pm CT.



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[Core Power Yoga Free Online Classes](#)

Core Power is giving everyone free access to a new collection of online classes every week so you can keep your practice moving - wherever you are.

Stress and Mental Health

[CDC: Helping Children Cope with Emergencies](#)

Regardless of your child's age, he or she may feel upset or have other strong emotions after an emergency. Try these tips to help them.

[CDC: Stress and Coping](#)

Coping with stress will make you, the people you care about, and your community stronger.

[Anxiety and Depression Association of America: Coping Strategies](#)

Try these tips when you feel anxious or stressed.

National Suicide Prevention Lifeline

24/7, 365-day-a-year hotline for people experiencing suicidal crisis or emotional distress.

Contact: 1-800-273-8255

Crisis Text Line

Serves anyone, in any type of crisis, 24-hours a day.

Contact: Text HOME to: 741741

The Warm Line

The Warm Line is not a crisis hotline, but is a source of support as you recover or help a family member to recover.

Hours: Monday-Friday, 8am-5pm except holidays

Contact: 1-866-359-7953