

COVID-19 Community Resources: Chicago and Online Campuses

April 14, 2020

We know that the economic impact of the novel coronavirus has dramatically increased the need for food and other assistance across our communities. Adler University has prepared a list of resources to provide support to our students, faculty, and staff.

General Resource Guides

[City of Chicago comprehensive COVID-19 resource guide](#), with information about additional health, housing, and employment supports.

ComPsych, our partner for student and employee assistance programs, has a [comprehensive directory of COVID-19 health and safety information](#).

[COVID-19 Utility and Other Company Offers](#) - Adler University staff created a list of financial resources and assistance such as utility companies who are assisting customers and phone companies offering free hotspots.

[COVID-19 Health, Financial and Housing Resources](#) - Northwestern University's Center for Community Health created a list of organizations offering health information and assistance with financial, legal, housing, and food needs.

Food Resources

Chicago's network of food providers are ready to support families. A full list of locations is available from the [Greater Chicago Food Depository](#).

SNAP benefits for food assistance in Illinois increased in April. [Apply for benefits](#).

Grocery delivery services

- [Instacart](#)
- [Amazon Pantry](#)
- [Grubhub](#)
- [DoorDash](#)
- [UberEats](#)

It is strongly suggested that individuals should shop as infrequently as possible and at off-peak hours to practice social distancing. Stores including Jewel-Osco, Dollar General, Target, and Whole Foods are [creating special hours](#) for seniors and vulnerable populations. You may also want to check with elderly neighbors to see if you can shop for them.

Financial Assistance

United Way has a COVID-19 Community Economic Relief Fund to assist with bills, rent, and food. Please call 866-211-9966 and provide your zip code and a list of local agencies will be provided.

Illinois has recently increased its capacity to process claims for [unemployment insurance](#) and has a new process in place to handle claims.

Self-Care and Mental Health Resources

Adler University professors share [advice for taking care of your mental health](#) on our website.

Student Assistance Program: Adler University partners with ComPsych to offer a student assistance program to help students with mental health counseling, financial information, and work-life balance needs. Services are free to students. Call 844.230.9697 or go to www.guidanceresources.com (Web ID: Adler).

Employee Assistance Program

Adler University partners with ComPsych to offer an employee assistance program to help faculty and staff with personal, emotional, and work-life balance needs. Services are available at no cost and are confidential. Call 800.272.7255 or go to www.guidanceresources.com (Code COM589).

[Call4Calm](#) is a free emotional support text line for Illinois residents experiencing stress and mental health issues related to COVID-19. The service also provides information about unemployment, food, and other assistance.

Inside Higher Ed article: [Advice for Faculty Members in a Turbulent Time](#)

Headspace (mindfulness app) is offering free subscriptions for 2020 to providers who are on the front lines and need to focus on self-care. [Register with your NPI#, name, and email.](#)

Child Care and Elder Care Resources

Chicago Public Schools has free meals available for pick up outside of their buildings. Families can go to the closest CPS building to pick up food, regardless of which CPS building they attend. More information can be found at cps.edu/coronavirus.

For childcare and eldercare, [Care.com](#) is a potential resource for childcare and elder care. Seniors who are age 65+ can access the site for free for 30 days to help with getting groceries and running errands, among other tasks.

[This list](#) is circulating with names of available childcare workers in Chicago.

Resources for Parents

Chicago Public Schools has made [enrichment activities](#) available online and is offering the material at [food pickup sites](#) at schools throughout the city. [Read tips from teachers in the Chicago Sun-Times.](#)

- The hashtag #homeschooling on social media offers ideas for keeping kids busy, as well as glimpses into the trial-and-error efforts of parents across the country who share the same struggle.
- The Harvard Graduate School of Education offers [expert guidance to parents of preschoolers](#) on maintaining structure, routine, and healthy habits at home.
- The Illinois State Board of Education has posted [educational resources](#).
- Scholastic is posting daily [Learn at Home](#) curriculums for Pre-K through 6th grade and up.
- Home schooling consultant Kris M. Cox wrote a [blog post](#) suggesting tips and resources.

Ways to Contribute

[Illinois Helps](#) is the state's volunteer management system and is calling for all medical professionals to volunteer. Volunteer opportunities for non-medical professionals are available through [Serve Illinois](#).

If you would like to support the greater community, Mission of Our Lady of the Angels is taking food donations. The mission provides food to about 1,000 families each month. The mission is asking individuals to call before [dropping off food donations](#) in person at its West Side location. People can also buy food for the mission's pantry on the Amazon wish list.

My Block My Hood My City has launched a campaign to receive and distribute donations of hand sanitizers, health supplements, toiletries, and food to Chicago's elderly. [Individuals can offer donations and seniors can request assistance.](#)

[Brave Space Alliance](#), a South Side-based LGBTQ organization, has new online and mutual aid programming in response to COVID-19. It will have an online drop-in center to continue programming and a crisis pantry to deliver food and supplies. The [food pantry](#) will prioritize people who are sick, disabled, quarantined without pay, elderly, undocumented, and black, brown, or Indigenous peoples. Anyone interested in volunteering can fill out [this form](#).

Artists and performers are struggling as shows are shut down. [This independent group of artists](#) has created a [Chicago Artists Relief Fund](#) to help those suffering from financial instability. Similarly, there is a [Chicago Hospitality Employee Relief Guide](#) with several links for individuals to contribute to employee funds and to purchase online gift cards.