Get well.

Stay well.

Here’s how!
Welcome

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.
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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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.

See the center pull-out section for a list of community health centers and local hospitals.
>Get care Community Health Centers
Community health centers provide many health services for you and your family. In most cases, pay what you can based on your family size and income.

If you are uninsured, unemployed, or having trouble affording health care, your local community health center may be just what the doctor ordered.

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.
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](http://www.marchofdimes.com)
- Click on: Health Topics Then: Prenatal Care
- [www.cdc.gov/pregnancy](http://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.
Pregnancy and drinking don’t mix

Stay away from alcohol before and during pregnancy can go a long way in making sure you have a healthy baby.

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.
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.everthriveil.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

Help is available to provide good nutrition to young children in need.
Get Care

**Women, Infants, and Children (WIC) Program**

WIC provides access to nutritious food, education, and referrals to health and other social services to participants at no charge.

The Chicago Department of Family and Support Services offers a guide to a wide spectrum of city services for you and your family. Visit: [www.cityofchicago.org](http://www.cityofchicago.org)

**Click on:** Chicago Government tab. **Then click:** Family and Support Services to access the 2015 Department Service Guide. Or call **3-1-1**

**AUSTIN CLINIC**
4909 W Division St
Chicago, IL 60651
312-746-4797
312-746-4796

**CHICAGO FAMILY HEALTH CENTER**
9119 S Exchange Ave
Chicago, IL 60617
773-768-0373
Ext. 180 / 181 / 182

**ENGLEWOOD**
641 W 63rd St
Chicago, IL 60621
312-747-4814
312-747-1241
312-747-1625

**ERIE HEALTH CENTER – DIVISION**
2418 W Division St
Chicago, IL 60622
312-432-2651
312-432-2654

**ERIE HEALTH CENTER – SUPERIOR**
1701 W Superior St
Chicago, IL 60610
312-432-7372
312-432-7335

**FRIEND FAMILY HEALTH CENTER**
800 E 55th St
Chicago, IL 60615
773-702-3719
773-702-4734

**GREATER LAWN HEALTH CENTER**
4150 W 55th St
Chicago, IL 60632
312-747-5415
312-747-5416
312-745-0065

**HENRY BOOTH HOUSE**
2907 S Wabash Ave
Chicago, IL 60616
312-949-2132
312-949-2156
312-949-2129

**LOWER WEST SIDE**
1713 S Ashland Ave
Chicago, IL 60606
312-743-0600
312-743-0596

**UPTOWN**
845 W Wilson
Chicago, IL 60640
312-744-0073
312-744-0186

**WESTSIDE HEALTH PARTNERSHIP**
2400 S Kedzie Ave
Chicago, IL 60623
773-542-0288
773-542-0289
773-542-0311

Also, please refer to the Community Health Center pull-out section at the center of this guide for possible WIC services at your local health center.
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](http://www.health.illinois.gov) or [www.cdc.gov/men](http://www.cdc.gov/men)

Click on: Man on right of page to be directed to the Men’s Health web site.

Take charge

Think about it. Why do women live longer than men? It may be time to get over the hangup of going to the doctor.
Providing support for our veterans

Improving the health care for US veterans is a top priority.

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.

[Website: 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.
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.

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.

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.

Get Care LGBT Health
Finding the right care

The support of family, friends, and community services plays an important role in caring for people with special needs.

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

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.
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
### School-Based Health Centers

**AMUNDSEN H.S.**  
**ERIE FAMILY HEALTH**  
5110 N Damen Ave  
Chicago, IL 60625  
312-666-3494

**AUBURN GRESHAM PERSPECTIVES**  
**MILITARY ACADEMY**  
University of Illinois Hospital and Health Sciences System  
8131 S May St  
Chicago, IL 60620  
773-894-3814

**AUSTIN COMMUNITY ACADEMY - CIRCLE FAMILY HEALTHCARE NETWORK**  
231 N Pine Ave  
Chicago, IL 60644  
773-287-9770

**BEETHEON ELEMENTARY SCHOOL**  
**UNIVERSITY OF CHICAGO**  
25 W 47th St  
Chicago, IL 60609  
773-536-4879

**CARVER MILITARY ACADEMY TCA HEALTH, INC.**  
13100 S Doty Rd  
Chicago, IL 60827  
773-535-5357

**GARY COMER YOUTH CENTER ACCESS COMMUNITY HEALTH**  
7200 S Ingleside Ave  
Chicago, IL 60619  
773-324-6942

**CLEMENTE H.S.**  
**ERIE FAMILY HEALTH**  
1137 N Western Ave  
Chicago, IL 60622  
312-666-3494

**CRANE TECH PREP**  
**RUSH UNIVERSITY MEDICAL CENTER**  
2245 W Jackson Blvd  
Chicago, IL 60612  
773-534-7582

**DAVIS ELEMENTARY**  
**UNIV. OF ILLINOIS AT CHICAGO**  
3014 W 39th Place  
Chicago, IL 60632  
312-996-4880

**DUNBAR HS. MERCY HOSPITAL**  
3000 S Martin Luther King Dr  
Chicago, IL 60616  
773-244-9600

**ERIE FAMILY HEALTH**  
5110 N Damen Ave  
Chicago, IL 60625  
312-666-3494

**FARRAGUT CARR ACADEMY**  
**LAWNDALE CHRISTIAN HEALTH CENTER**  
3256 W 24th St  
Chicago, IL 60623  
773-843-3000 ext. 3542

**HIBBARD ELEMENTARY**  
**HEARTLAND INTERNATIONAL HEALTH CENTER**  
4930 N Sawyer  
Chicago, IL 60625  
773-336-6100

**HOPE INSTITUTE LEARNING ACADEMY**  
**UNIV. OF ILLINOIS AT CHICAGO**  
1628 Washington Blvd  
Chicago, IL 60612  
773-534-7405

**JOHNSON SCHOOL OF EXCELLENCE**  
**ERIE FAMILY HEALTH**  
1504 S Albany Ave  
Chicago, IL 60623  
312-666-3494

**KEVIN JUAREZ**  
**COMMUNITY ACADEMY**  
**ALIVIO MEDICAL CENTER**  
312-829-6304

**LAKEVIEW H.S.**  
**ERIE FAMILY HEALTH**  
4015 N Ashland Ave  
Chicago, IL 60613  
773-666-3494

**LITTLE VILLAGE**  
**LAWNDALE H.S. ALIVIO MEDICAL CENTER**  
3120 S Kostner Ave  
Chicago, IL 60623  
773-535-4291

**MARLENE LEADERSHIP ACADEMY**  
1920 N Hamlin Ave  
Chicago, IL 60647  
773-534-4970

**MARQUETTE ESPEÑANZA CHICAGO**  
6550 S Richmond St  
Chicago, IL 60629  
773-309-4445

**NATIONAL TEACHERS ACADEMY HEALTH CENTER - UC MILE SQUARE**  
95 W Cermak  
Chicago, IL 60616  
312-326-4472

**OREZCO ACADEMY**  
**ALIVIO MEDICAL CENTER**  
1940 W 18th St  
Chicago, IL 60608  
312-422-5160

**PHILLIPS ACADEMY MERCY HOSPITAL**  
244 E Pershing Rd  
Chicago, IL 60653  
773-373-3698

**REAVIS ELEMENTARY NORTH SHORE HEALTH SERVICES CORP.**  
834 E 50th St  
Chicago, IL 60615  
773-358-6767

**ROOSEVELT H.S.**  
**HEARTLAND INTERNATIONAL HEALTH CENTER**  
2645 W Lawrence Ave  
Chicago, IL 60625  
773-866-0818

**SENN H.S.**  
**HEARTLAND INTERNATIONAL HEALTH CENTER**  
3436 W Wilson Avenue  
Chicago, IL 60640  
773-751-1860

**SIMPSON ACADEMY**  
**RUSH UNIVERSITY MEDICAL CENTER**  
1321 S Paulina  
Chicago, IL 60608  
773-534-7202

**SULLIVAN H.S.**  
**ADVOCATE HEALTH**  
6631 N Bosworth Ave  
Chicago, IL 60626  
773-761-5309

**UPLIFT COMMUNITY H.S.**  
**HEARTLAND INTERNATIONAL HEALTH CENTER**  
900 W Wilson Ave  
Chicago, IL 60640  
773-534-2850

**LAURA S. WARD ELEMENTARY SCHOOL**  
**ERIE FAMILY HEALTH**  
646 N Lawndale  
Chicago, IL 60623  
312-666-3494

**YOUNG WOMEN’S LEADERSHIP CHARTER SCHOOL**  
7200 S Ingleside Ave  
Chicago, IL 60619  
773-324-6942

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**How to use this list**

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!
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.
Help for asthma in your area

Asthma is one of the most common long-term diseases among children and affects adults too. Manage it, control it, and breathe easier.

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
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”
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.
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

SICKLE CELL DISEASE ASSOCIATION OF ILLINOIS
8100 S Western Ave
Chicago, IL 60620
773-526-5016

UNIVERSITY OF ILLINOIS SICKLE CELL CENTER
1740 S Taylor St # 5E
Chicago IL. 60612
312-413-8666

ANN AND ROBERT H. LURIE CHILDREN’S HOSPITAL OF CHICAGO
Sickle Cell Disease Program
225 E Chicago Ave
Chicago, IL 60611
1-800-543-7362 (1-800-KIDS-DOC)
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:

**ENGLEWOOD MHC**
641 W 63rd St
Chicago, IL 60621
312-747-0900

**GREATER GRAND/MID-SOUTH MHC**
4314 S Cottage Grove
Chicago, IL 60653
312-747-0036

**GREATER LAWN MHC**
4150 W 55th St
Chicago, IL 60632
312-747-1020

**LAWNDALE MHC**
1201 S Campbell St
Chicago, IL 60608
312-746-5905

**NORTH RIVER MHC**
5801 N Pulaski Rd
Chicago, IL 60646
312-744-1906

**ROSELAND MHC**
200 E 115th St
Chicago, IL 60653
312-747-0054

**Additional Behavioral Health Centers:**

**Auburn Gresham**

**HUMAN RESOURCES DEVELOPMENT INSTITUTE INC**
1140 W 79th St
Chicago, IL 60650
312-441-9009

**Austin**

**HABILITATIVE SYSTEMS INC**
415 S Kilpatrick
Chicago, IL 60644
773-261-2252

**THRESHOLDS - BRIDGE WEST MENTAL HEALTH FACILITY**
5000 W Roosevelt
Chicago, IL 60644
773-572-5400

**BELMONT CRAGIN**

**LUTHERAN SOCIAL SERVICES OF ILLINOIS**
5825 W Belmont Ave
Chicago, IL 60644
773-637-1144

**BEVERLY**

**BEACON THERAPUTIC SCHOOL INC**
10650 S Longwood
Chicago, IL 60643
773-681-1005

**THRESHOLDS**
334 N Menard
Chicago, IL 60644
773-573-5400

**BRIGHTON PARK**

**ADVANCE COUNSELING SERVICES INC**
4125 S Archer Ave
Chicago, IL 60632
773-940-1214

**HEALTHCARE ALTERNATIVE SYSTEMS**
4534 S Western
Chicago, IL 60609
773-252-3100

**THRESHOLDS**
3638 S Kedzie
Chicago, IL 60632
773-572-5400

**BURNSIDE**

**DREXEL COUNSELING SERVICES INC**
636 East 93rd St
Chicago, IL 60619
773-731-5395

**HARTGROVE-CHATHAM FAMILY COUNSELING CENTER**
1111 E 87th St
Chicago, IL 60619
773-413-1818

**CHATHAM**

**SOUTH CENTRAL COMMUNITY SERVICES, INC**
8316 S Ellis
Chicago, IL 60619
773-483-0900

**CHICAGO LAWN**

**ADA S. MCKINLEY COMMUNITY SERVICES (INTERVENTION SERVICES DIVISION)**
2715 W 63rd St
Chicago, IL 60649
773-434-5577

**ALLIANCE BEHAVIORAL SERVICES INC**
5906 S Troy Ave
Chicago, IL 60638
773-777-8635

**BEHAVIORAL HEALTH AND CLINICAL SERVICES**
2715 W 63rd Street
Chicago, IL 60629
773-535-4540

**HABILITATIVE SYSTEMS INC**
6845 S Western
Chicago, IL 60636
773-745-2650

**EDGEBOROUGH**

**COMMUNITY COUNSELING CENTER OF CHICAGO**
5710 N Broadway St
Chicago, IL 60653
773-728-1000

**HAMDARD CENTER FOR HEALTH AND HUMAN SERVICES**
1541 W Devon
Chicago, IL 60640
773-465-4600

**LUTHERAN SOCIAL SERVICES OF ILLINOIS**
5517 N Kenmore Ave
Chicago, IL 60640
773-275-7962

**NEUMANN FAMILY SERVICES (VICTOR C. NEUMANN ASSOCIATION)**
5547 N Ravenswood
Chicago, IL 60640
773-769-4313

**ENGLEWOOD**

**THRESHOLDS**
500 W Englewood
Chicago, IL 60621
773-572-5400

**GRAND BOULEVARD**

**STATE OF MIND MENTAL HEALTH AND CONSULTATION SERVICES PC**
400 E 41st St
Chicago, IL 60653
773-285-0804

**HUMBOLDT PARK**

**ASSOCIATION HOUSE OF CHICAGO**
1116 N Kedzie
Chicago, IL 60651
773-772-8009

There is help and support nearby when you need that assistance most.
>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**

**1110 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  60621  
**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  
**773-233-3821**

**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**
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<th>Location</th>
<th>Organization</th>
<th>Address</th>
<th>Phone</th>
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<td>Near West Side</td>
<td>CHILDREN’S HOME AND AID SOCIETY</td>
<td>100 N Western Ave, Chicago, IL 60612</td>
<td>312-455-5200</td>
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<tr>
<td></td>
<td>COMMUNITY FAMILY SERVICE CENTER</td>
<td>1100 S May St, Chicago, IL 60607</td>
<td>312-733-5661 x 1467</td>
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<td>COOK COUNTY - FANTUS HEALTH CENTER</td>
<td>1959 W. Ogden, Chicago, IL 60612</td>
<td>312-864-6221</td>
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<td>North Center</td>
<td>DEPAUL UNIVERSITY FAMILY COMMUNITY MENTAL HEALTH SERVICES</td>
<td>2156 W Wellington, Chicago, IL 60618</td>
<td>773-477-5581</td>
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<td>JEWISH CHILD FAMILY SERVICES</td>
<td>3525 W Peterson Ave, Chicago, IL 60659</td>
<td>773-866-5035</td>
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<td>ACCESS BEHAVIORAL SERVICES INC</td>
<td>3948 W 26th St, Chicago, IL 60623</td>
<td>773-522-5460</td>
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<td>Pilsen Wellness Center Inc</td>
<td>3113 W Cermak Rd, Chicago, IL 60623</td>
<td>773-277-3143</td>
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<td>ALTERNATIVES INC</td>
<td>4739 N Shefford Rd, Chicago, IL 60640</td>
<td>773-506-7474</td>
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<td>ASIAN HUMAN SERVICES OF CHICAGO INC</td>
<td>4753 N Broadway, Chicago, IL 60640</td>
<td>773-293-8437</td>
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<td>CHICAGO TREATMENT AND COUNSELING CENTERS INC II (CTCC)</td>
<td>4453 N Broadway Ave, Chicago, IL 60640</td>
<td>773-506-2900</td>
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<td>COMMUNITY COUNSELING CENTERS OF CHICAGO</td>
<td>4740 N Clark, Chicago, IL 60640</td>
<td>773-769-0205</td>
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<td>METROPOLITAN FAMILY SERVICES - MIDWAY</td>
<td>3843 W 63rd St, Chicago, IL 60629</td>
<td>773-884-2350</td>
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<td>GARFIELD COUNSELING CENTER INC</td>
<td>4132 W Madison St, Chicago, IL 60624</td>
<td>773-533-0433</td>
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<td>METROPOLITAN FAMILY SERVICES - MIDWAY</td>
<td>3843 W 63rd St, Chicago, IL 60629</td>
<td>773-884-2350</td>
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<td>COMMUNITY COUNSELING CENTERS OF CHICAGO (C4)</td>
<td>2525 W Peterson, Chicago, IL 60659</td>
<td>773-769-0205</td>
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<td>JEWISH CHILD AND FAMILY SERVICES</td>
<td>3145 W Pratt, Chicago, IL 60645</td>
<td>773-467-3900</td>
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<td>CHICAGO CHILDREN’S CENTER FOR BEHAVIORAL HEALTH</td>
<td>1431 N Claremont Ave, Chicago, IL 60622</td>
<td>312-491-5000</td>
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<td>THRESHOLDS</td>
<td>2045 W Grand, Chicago, IL 60612</td>
<td>773-572-5400</td>
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<td>Woodlawn</td>
<td>6337 S Woodlawn, Chicago, IL 60637</td>
<td>773-572-5400</td>
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<td>THRESHOLDS</td>
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<td>773-572-5400</td>
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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.
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

**Emergency Numbers**

- **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)

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

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 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.
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?
- 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...
Access to medicines can mean better health outcomes for patients, improved quality of life, and can help prevent or delay more costly medical problems.

**National and local programs**

Prescription coverage get the medicines they need through a program that’s right for them. To learn more, visit [www.pparx.org](http://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](http://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

**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](tel:1-800-769-3880)
[www.rxoutreach.org](http://www.rxoutreach.org)

When you are sick or are dealing with a health condition, it’s important to have access to medicines you may need to get better.
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

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

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:

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

Home Holman Health Center
4259 S Berkeley Ave
Chicago, IL 60653
holmanhealth.org
312.337.1073

United Way supports and improves the health of the communities through local partnerships.
Elder services

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

<table>
<thead>
<tr>
<th>SENIOR HELPLINE TOLL-FREE WITHIN ILLINOIS</th>
<th>1-800-252-8966 TTY</th>
<th>1-888-206-1327 Monday - Friday, 8:30 AM - 5:00 PM</th>
</tr>
</thead>
<tbody>
<tr>
<td>When you turn 65, call the Social Security Administration to file for Social Security at 1-800-MEDICARE 1-800-633-4227</td>
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<td></td>
</tr>
<tr>
<td>ELDER ABUSE HOTLINE Statewide, 24/7</td>
<td>1-866-800-1409 TTY</td>
<td>1-888-206-1327</td>
</tr>
<tr>
<td>SENIOR CENTERS Abbott Park Senior Satellite Center 49 East 95th St Chicago, IL 60619 312-745-3493</td>
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<tr>
<td>AUBURN GRESHAM SATELLITE SENIOR CENTER 1040 W 79th St Chicago, IL 60620 312-745-4797</td>
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<tr>
<td>AUSTIN SATELLITE SENIOR CENTER 5071 W Congress Pkwy Chicago, IL 60644 312-743-1538</td>
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<tr>
<td>CENTRAL WEST SENIOR CENTER 2102 W Ogden Ave Chicago, IL 60612 312-746-5300</td>
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</tr>
</tbody>
</table>

NORTHEAST (LEVY) CENTER 201.9 W Lawrence Ave Chicago, IL 60625 312-744-0784

NORTHWEST (COPERNICUS) CENTER 3160 N Milwaukee Chicago, Illinois 60618 312-744-6681

NORWOOD PARK SENIOR CENTER 5801 N Natoma Chicago, IL 60631 773-775-6071

PILSEN SENIOR CENTER 2021 S Morgan Chicago, IL 60608 312-743-0493

PORTAGE PARK SATELLITE SENIOR CENTER 4100 N Long Chicago, IL 60641 312-744-9022

RENAISSANCE COURT CULTURAL CENTER 78 E Washington Chicago, IL 60612 312-744-4550

SOUTHEAST (ATLAS) SENIOR CENTER 1.757 E 79th St Chicago, IL 60649 312-747-0189

SOUTHEAST ASIA CENTER 5120 N Broadway St Chicago, IL 60640 773-989-6927

SOUTHWEST SENIOR CENTER 6117 S Kedzie Ave Chicago, IL 60629 312-747-0440

WEST TOWN/LOGAN SQUARE SATELLITE SENIOR CENTER 1613 W Chicago Ave Chicago, IL 60622 312-743-1016

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

**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!
www.chicagohealthatlas.org
Community Health Centers & Hospitals

Local and affordable care
Community health centers provide many health services for you and your family. In most cases, pay what you can based on your family size and income.

Centros de salud comunitarios y hospitales
Cuidado de salud asequible
Centros de Salud Comunitarios proveen servicios para usted y su familia. En la mayoría de los casos el costo dependerá de su ingreso y composición familiar.
# How to use this list

<table>
<thead>
<tr>
<th>Dental Services provided (contact center for details)</th>
<th>School-Based Health Center (open to the community)</th>
<th>Provides Behavioral Health Services</th>
</tr>
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<tbody>
<tr>
<td><strong>Albany Park</strong></td>
<td><strong>Cook County</strong></td>
<td></td>
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<tr>
<td>ERIE FAMILY HEALTH CENTER - HELPING HANDS</td>
<td>AUSTIN HEALTH CENTER (County Government Clinic)</td>
<td></td>
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<tr>
<td>4747 N Kedzie Ave Chicago, IL 60625</td>
<td>4800 W Chicago Chicago, IL 60651</td>
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<tr>
<td><strong>312-666-3494</strong></td>
<td><strong>773-826-9600</strong></td>
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<tr>
<td><strong>HEARTLAND HEALTH CENTER - HIBBARD ELEMENTARY SCHOOL</strong></td>
<td>PCC AUSTIN FAMILY HEALTH CENTER 5425 W Lake Street</td>
<td><strong>PCC COMMUNITY WELLNESS CENTER AT LORETTO HOSPITAL 645 S Central Ave # 600</strong></td>
</tr>
<tr>
<td>(For non-students only provide dental services for children)</td>
<td>Chicago, IL 60644</td>
<td><strong>Chicago, IL 60644</strong></td>
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<tr>
<td>4930 N Sawyer Ave Chicago, IL 60625</td>
<td><strong>773-378-3347</strong></td>
<td><strong>773-537-0020</strong></td>
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<tr>
<td><strong>773-336-6100</strong></td>
<td><strong>Belmont Cragin</strong></td>
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<tr>
<td><strong>Lawndale Heights</strong></td>
<td><strong>PCC SALUD FAMILY HEALTH CENTER 5359 W Fullerton Ave</strong></td>
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<tr>
<td><strong>CHICAGO FAMILY HEALTH CENTER - CHICAGO LAWN</strong></td>
<td><strong>Chicago, IL 60639</strong></td>
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<tr>
<td><strong>3223 W 63rd St</strong> Chicago, IL 60629</td>
<td><strong>773-836-2785</strong></td>
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<tr>
<td><strong>Cook County</strong></td>
<td><strong>Brighton Park</strong></td>
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<tr>
<td><strong>ACCESS AT THE ILLINOIS EYE INSTITUTE 3241 S Michigan Ave</strong></td>
<td><strong>ACCESS KEDZIE FAMILY HEALTH CENTER 3229 W 47th Pl</strong></td>
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<tr>
<td><strong>312-949-7770</strong></td>
<td><strong>Chicago, IL 60632</strong></td>
<td><strong>773-254-6044</strong></td>
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<tr>
<td><strong>Englewood</strong></td>
<td><strong>UC- MILE SQUARE AT DAVID ELEMENTARY 3050 W 39th Pl</strong></td>
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<tr>
<td><strong>BELOVED COMMUNITY FAMILY WELLNESS CENTER</strong></td>
<td><strong>Chicago, IL 60632</strong></td>
<td><strong>773-376-8008</strong></td>
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<tr>
<td><strong>6821 S Halsted St</strong> Chicago, IL 60621</td>
<td><strong>CHICAGO FAMILY HEALTH CENTER - EAST SIDE</strong></td>
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<tr>
<td><strong>773-651-3629</strong></td>
<td><strong>10536 S Ewing Ave Chicago, IL 60617</strong></td>
<td><strong>773-768-5000</strong></td>
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<tr>
<td><strong>Cook County</strong></td>
<td><strong>Edgewater</strong></td>
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<tr>
<td><strong>ESPERANZA HEALTH CENTER - MARquette 6550 S Richmond St</strong></td>
<td><strong>ACCESS AT THE</strong></td>
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<tr>
<td><strong>Chicago, IL 60629</strong></td>
<td><strong>HENRY BOOTH HOUSE 2907 S Wabash Ave # 10</strong></td>
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<tr>
<td><strong>773-584-6200</strong></td>
<td><strong>Chicago, IL 60616</strong></td>
<td><strong>773-949-2177</strong></td>
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<tr>
<td><strong>IMAN HEALTH CLINIC (Free Clinic/Uninsured Patients Only)</strong></td>
<td><strong>COOK COUNTY - NEAR SOUTH HEALTH CENTER (County Government Clinic)</strong></td>
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<tr>
<td><strong>773-434-4626</strong></td>
<td><strong>3525 S Michigan Ave Chicago, IL 60653</strong></td>
<td><strong>312-945-4010</strong></td>
</tr>
<tr>
<td><strong>East Side</strong></td>
<td><strong>MERCY FAMILY HEALTH CENTER</strong></td>
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<tr>
<td><strong>COMMUNITY HEALTH - ENGLEWOOD</strong></td>
<td><strong>HENRY BOOTH HOUSE 2907 S Wabash Ave # 10</strong></td>
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<tr>
<td><strong>641 W 63rd St</strong></td>
<td><strong>Chicago, IL 60616</strong></td>
<td><strong>773-994-1515</strong></td>
</tr>
<tr>
<td><strong>Chicago Lawn</strong></td>
<td><strong>CHICAGO FAMILY HEALTH CENTER - EAST SIDE</strong></td>
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<tr>
<td><strong>ACCESS AT HOLY CROSS 2701 W 68th St</strong></td>
<td><strong>10536 S Ewing Ave Chicago, IL 60617</strong></td>
<td><strong>773-768-5000</strong></td>
</tr>
<tr>
<td><strong>Chicago, IL 60629</strong></td>
<td><strong>773-434-4040</strong></td>
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<tr>
<td><strong>Austin</strong></td>
<td><strong>COOK COUNTY ENGLEWOOD HEALTH CENTER (County Government Clinic)</strong></td>
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<tr>
<td><strong>CIRCLE FAMILY HEALTH CARE NETWORK - PARKSIDE</strong></td>
<td><strong>1135 W 63rd St</strong></td>
<td><strong>1135 W 63rd St</strong></td>
</tr>
<tr>
<td><strong>115 N Parkside, 1st Floor</strong> Chicago, IL 60644</td>
<td><strong>Chicago, IL 60621</strong></td>
<td><strong>773-483-5011</strong></td>
</tr>
<tr>
<td><strong>773-921-9669</strong></td>
<td><strong>COMMUNITY HEALTH CENTER</strong></td>
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<tr>
<td><strong>773-921-9669</strong></td>
<td><strong>ENGLEWOOD</strong></td>
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<tr>
<td><strong>773-921-9669</strong></td>
<td><strong>COOK COUNTY ENGLEWOOD HEALTH CENTER (County Government Clinic)</strong></td>
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<tr>
<td><strong>773-921-9669</strong></td>
<td><strong>CHICAGO FAMILY HEALTH CENTER - EAST SIDE</strong></td>
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<tr>
<td><strong>773-768-5000</strong></td>
<td><strong>10536 S Ewing Ave Chicago, IL 60617</strong></td>
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</tbody>
</table>
Going to your community health center for regular checkups or at the first sign of a health problem can save you money and avoid bigger health issues.

What Community Health Centers Offer
- Wellness checkups
- Treatment, if you are ill
- Vaccines and checkups for your children
- Care when you are pregnant
- Dental care
- Medicines
- Help and treatment for substance abuse (alcohol and drugs)

Lo que ofrecen los Centros de salud comunitarios
- Exámenes médicos
- Tratamiento, si está enfermo(a)
- Vacunas y controles médicos para sus hijos
- Atención médica cuando esté embarazada
- Servicios dentales
- Medicinas
- Ayuda y tratamiento para el abuso de sustancias tóxicas (bebidas alcohólicas y drogas)
Additional city resources
Great information on Health and Wellness from the City of Chicago is as easy as a phone call or a click of the mouse. The goal is to make Chicago “The Healthiest City in the US!” We can all help make that happen and make certain we take care of our family’s health and wellness.

Services available include among others
- Adolescent School Health
- Apply for Public Aid/Child Support
- Assisted Living Information
- Benefits Checkup
- Caregiving Assistance

Visit www.cityofchicago.org
Click on: Programs and Initiatives Tab Then scroll down: to Health and Wellness.
You can also call: 3-1-1

> Get Care Community Health Centers

> Busque atención médica Centros de salud comunitarios

- UIC MILE SQUARE HEALTH CENTER - HUMBOLDT PARK
  3240 W Division St
  Chicago, IL 60615
  312-413-7425

- Hyde Park
  FRIEND FAMILY HEALTH CENTER - COTTAGE GROVE
  800 E 55th St
  Chicago, IL 60615
  773-702-0660

- Kenwood
  NEAR NORTH - COTTAGE VIEW HEALTH CENTER
  4829 S Cottage Grove Ave
  Chicago, IL 60615
  773-548-1170

- Lake View
  HEARTLAND HEALTH CENTER - LAKE VIEW
  Pediatric Care Only
  3048 W Wilton Ave
  2nd Floor
  Chicago, IL 60657
  773-296-7580

- Howard Brown Health Center
  3245 N Halsted St
  Chicago, IL 60657
  773-388-1600

- Lincoln Park
  ACCESS AT ANIXTER CENTER
  2020 N Clybourn Ave
  Chicago, IL 60614
  773-404-5277

- Lincoln Square
  ERIE FAMILY HEALTH CENTER - FOSTER
  5215 N California, 7th Flr
  Chicago, IL 60625
  312-666-3494

- Logan Square
  HEARTLAND HEALTH CENTER - LINCOLN SQUARE
  2645 W Lawrence Ave
  Chicago, IL 60625
  773-275-1680

- Mckinley Park
  ACCESS PILSEN FAMILY HEALTH CENTER
  1817 S Loomis St
  Chicago, IL 60608
  773-523-1000

- Near North Side
  NEAR NORTH - DENNY COMMUNITY HEALTH CENTER
  30 W Chicago Ave
  Chicago, IL 60610
  312-926-3964

- Near South Side
  MERCY FAMILY HEALTH CENTER
  @ MERCY HOSPITAL
  2525 S Michigan Ave
  Chicago, IL 60608
  312-337-1073

- Near West Side
  ACCESS PILSEN FAMILY HEALTH CENTER
  966 W 21st St
  Chicago, IL 60625
  312-666-6511

- NEAR NORTH - WINFIELD MOODY HEALTH CENTER
  1276 N Clybourn St
  Chicago, IL 60610
  312-337-1073

- NEAR SOUTH SIDE
  MERCY FAMILY HEALTH CENTER
  @ MERCY HOSPITAL
  2525 S Michigan Ave
  Chicago, IL 60616
  312-567-2000

- ALIVIO MEDICAL CENTER - WESTERN
  2355 S Western Ave
  Chicago, IL 60608
  773-254-1400

- ALIVIO MEDICAL CENTER
  JOSE CLEMENTE ORIZCO ACADEMY OF FINE ARTS AND SCIENCES
  1940 W 18th St
  Chicago, IL 60608
  773-254-1400

- BENITO JUAREZ COMMUNITY ACADEMY
  1450 W Cermak Rd
  Chicago, IL 60623
  773-534-703 #6

- MERCY FAMILY HEALTH CENTER
  LOWER WEST
  1713 S Ashland Ave
  Chicago, IL 60607
  312-746-4025

- INFANT WELFARE SOCIETY
  (Pediatric, Adolescent, Women Health Only)
  1940 W 21st St
  Chicago, IL 60608
  773-254-1400

- MERCY FAMILY HEALTH CENTER
  @ MERCY HOSPITAL
  2525 S Michigan Ave
  Chicago, IL 60608
  312-337-1073

- ALIVIO MEDICAL CENTER - WESTERN
  2355 S Western Ave
  Chicago, IL 60608
  773-254-1400

- ALIVIO MEDICAL CENTER
  JOSE CLEMENTE ORIZCO ACADEMY OF FINE ARTS AND SCIENCES
  1940 W 18th St
  Chicago, IL 60608
  773-254-1400

- BENITO JUAREZ COMMUNITY ACADEMY
  1450 W Cermak Rd
  Chicago, IL 60623
  773-534-703 #6

- MERCY FAMILY HEALTH CENTER
  LOWER WEST
  1713 S Ashland Ave
  Chicago, IL 60607
  312-746-4025

- INFANT WELFARE SOCIETY
  (Pediatric, Adolescent, Women Health Only)
  1940 W 21st St
  Chicago, IL 60608
  773-254-1400

- MERCY FAMILY HEALTH CENTER
  @ MERCY HOSPITAL
  2525 S Michigan Ave
  Chicago, IL 60608
  312-337-1073

- ALIVIO MEDICAL CENTER - WESTERN
  2355 S Western Ave
  Chicago, IL 60608
  773-254-1400

- ALIVIO MEDICAL CENTER
  JOSE CLEMENTE ORIZCO ACADEMY OF FINE ARTS AND SCIENCES
  1940 W 18th St
  Chicago, IL 60608
  773-254-1400

- BENITO JUAREZ COMMUNITY ACADEMY
  1450 W Cermak Rd
  Chicago, IL 60623
  773-534-703 #6

- MERCY FAMILY HEALTH CENTER
  LOWER WEST
  1713 S Ashland Ave
  Chicago, IL 60607
  312-746-4025

- INFANT WELFARE SOCIETY
  (Pediatric, Adolescent, Women Health Only)
  1940 W 21st St
  Chicago, IL 60608
  773-254-1400

- MERCY FAMILY HEALTH CENTER
  @ MERCY HOSPITAL
  2525 S Michigan Ave
  Chicago, IL 60608
  312-337-1073

- ALIVIO MEDICAL CENTER - WESTERN
  2355 S Western Ave
  Chicago, IL 60608
  773-254-1400

- ALIVIO MEDICAL CENTER
  JOSE CLEMENTE ORIZCO ACADEMY OF FINE ARTS AND SCIENCES
  1940 W 18th St
  Chicago, IL 60608
  773-254-1400

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  Chicago, IL 60608
  312-337-1073
Acudir a su centro de salud comunitario para exámenes rutinarios o cuando tenga el primer síntoma de un problema de salud puede ahorrarle dinero y evitarle mayores problemas de salud.

**Recursos municipales adicionales**

Obtener información útil sobre la salud y bienestar de la ciudad de Chicago es tan fácil como hacer una llamada telefónica o dar un clic. El objetivo es hacer de Chicago “La ciudad más saludable de los Estados Unidos.” Todos podemos aportar y asegurar que esto suceda y cerciorarnos de la salud y del bienestar de nuestra familia.

**Los servicios disponibles son, entre otros**

- Salud escolar para adolescentes
- Solicitud de ayuda pública y/o pensión para hijos menores
- Información sobre residencias de vida asistida
- Revisión de beneficios
- Asistencia para proveedores de cuidados

Visite [www.cityofchicago.org](http://www.cityofchicago.org)

Pulse en la pestaña: Programs and Initiatives [Programas e iniciativas] y Desplácese hacia abajo de la pantalla hasta llegar a: Health and Wellness [Salud y bienestar].

También puede llamar al: 3-1-1
>Get Care  Community Health Centers

>Busque atención médica  Centros de salud comunitarios

**HEARTLAND HEALTH CENTER**
2200 W Touhy Ave
Chicago, IL 60645
773-751-1875

**HEARTLAND HEALTH CENTER - DEVON**
1300 W Devon
Chicago, IL 60645
773-751-1875

**Roseland**

- **AUNT MARTHA’S ROSELAND COMMUNITY HEALTH CENTER**
  200 E 115th St
  Chicago, IL 60628
  877-652-8686

**Chicago Family Health Center - Roseland**
120 W 11th St
Chicago, IL 60628
773-768-5000

**South Chicago**

- **ACCESS BRANDON FAMILY HEALTH CENTER**
  8300 S Brandon Ave
  Chicago, IL 60617
  773-721-7600

**CHICAGO FAMILY HEALTH CENTER - SOUTH CHICAGO**
9119 S Exchange
Chicago, IL 60617
773-768-5000

**South Lawndale**

- **ACCESS CENTRO MEDICO**
  3700 W 26th St
  Chicago, IL 60623
  773-542-5203

**ACCESS CENTRO MEDICO SAN RAFAEL**
3204 W 26th St
Chicago, IL 60623
773-927-3100

**ACCESS PLAZA FAMILY HEALTH CENTER**
2533 W Cermak Rd
Chicago, IL 60608
773-523-0900

**West Garfield Park**

- **ACCESS MADISON FAMILY HEALTH CENTER**
  3800 W Madison Ave
  Chicago, IL 60624
  773-826-6600

**West Ridge**

- **ASIAN HUMAN SERVICES FAMILY HEALTH CENTER**
  2424 W Peterson
  Chicago, IL 60659
  773-761-0300

**West Town**

- **COMMUNITY HEALTH - WEST TOWN**
  (Volunteer-Based Free Clinic)
  2418 W Division
  Chicago, IL 60622
  312-666-3494

**ERIE FAMILY HEALTH CENTER - DIVISION ST.**
2750 W North Ave
Chicago, IL 60647
312-666-3494

**ERIE FAMILY HEALTH CENTER - HUMBOLDT PARK**
2750 W North Ave
Chicago, IL 60622
312-666-3494

**ERIE FAMILY HEALTH CENTER - WEST TOWN**
1701 W Superior, 2nd Flr
Chicago, IL 60622
312-666-3494

**PCC WALK-IN WELLNESS CENTER AT NORWEGIAN AMERICAN HOSPITAL (Urgent Care Center)**
1044 N Francisco Ave
Chicago, IL 60622
773-292-8348

**PCC WEST TOWN FAMILY HEALTH CENTER**
1044 N Mozart St # 100
Chicago, IL 60622
773-292-8300

**PRIMECARE WEST TOWN**
1431 W Western Ave # 406
Chicago, IL 60622
312-833-5841

**Woodlawn**

- **COOK COUNTY - WOODLAWN HEALTH CENTER**
  (County Government Clinic)
  6337 S Woodlawn Ave
  Chicago, IL 60637
  773-753-5500
Public hospitals and other health care delivery systems

HOSPITALES PÚBLICOS Y OTROS SISTEMAS DE ADMINISTRACIÓN DE SERVICIOS MÉDICOS

From immediate to preventive care, it’s comforting to know there is a hospital or other type of health care system near you.

Desde atención médica inmediata a cuidados preventivos, es reconfortante saber que existe un hospital u otro tipo de sistema de atención médica para la salud cercano a usted.
ST. ANTHONY HOSPITAL  
2875 W 19th St  
Chicago, IL 60623  
773-484-1000

ST. BERNARD HOSPITAL  
326 W 64th St  
Chicago, IL 60621  
773-362-3900

SWEDISH COVENANT HOSPITAL  
5145 N California Ave  
Chicago, IL 60625  
773-878-8200

THOREK MEMORIAL HOSPITAL  
850 W Irving Park Rd  
Chicago, IL 60613  
773-525-6780

UNIVERSITY OF ILLINOIS MEDICAL CENTER @ CHICAGO  
1740 W Taylor Ave  
Chicago, IL 60612  
866-600-2273

RML SPECIALTY HOSPITAL CHICAGO  
3435 W Van Buren St  
Chicago, IL 60624  
773-826-6300

ANN & ROBERT H. LURIE CHILDREN’S HOSPITAL OF CHICAGO  
225 E Chicago Ave  
Chicago, IL 60611  
312-227-4000

LARABIDA CHILDREN’S HOSPITAL  
6501 S Promontory Dr  
Chicago, IL 60649  
773-363-6700

SHRINERS HOSPITALS FOR CHILDREN CHICAGO  
2211 N Oak Park Ave  
Chicago, IL 60707  
773-622-5400

KINDRED CHICAGO CENTRAL HOSPITAL  
4058 W Melrose St  
Chicago, IL 60641  
773-736-7000

KINDRED HOSPITAL CHICAGO NORTH  
2544 W Montrose Ave  
Chicago, IL 60618  
773-267-2622

REHABILITATION INSTITUTE OF CHICAGO  
345 E Superior St  
Chicago, IL 60611  
312-238-1000

SCHWAB REHABILITATION CENTER  
1401 S California Ave  
Chicago, IL 60608  
773-522-2010

CHICAGO LAKESHORE HOSPITAL  
4840 N Marine Dr  
Chicago, IL 60640  
773-878-9700

UHS HARTGROVE HOSPITAL  
5730 W Roosevelt Rd  
Chicago, IL 60644  
773-413-1700