

Dear Parents and Guardians,

We hope this letter finds you and your family well. We know this time can be difficult physically, emotionally and financially as everyone learns to navigate this new normal. We wanted to provide a list of community resources to assist you with needs you may have. If you need help navigating one of these resources or have a specific situation, please reach out, and we will be happy to help you. Additionally, if you need any school supplies or hygiene supplies, please let us know, and we will arrange to get these supplies to you. We are thinking of you and are here for you.

Sincerely,

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**Basic Needs Resources: (food, utilities, and internet):**

<p><b>G.O.D.'s Food Pantry located at St. Paul's Lutheran Church</b>          116 N Thomas Street Gilman, IL          815-265-4133          Open: Tuesday 9-noon &amp; last Tuesday of the month 4-6:30pm          *bring proof of address*</p>	<p><b>United Way Covid-19 response fund</b> (Iroquois-Kankakee county)          Call 211  <a href="https://www.myunitedway.org/C/OVID-19-RESPONSE-FUND">https://www.myunitedway.org/C/OVID-19-RESPONSE-FUND</a></p>	<p><b>Iroquois Public Health Department</b>          815-432-2483  <b>Seniors Services:</b> Iroquois County residents aged 60+: resources for groceries-drop off, medical supplies, and/or personal items.</p>
<p><b>East Central Illinois Community Action Agency</b>          210 North Central          Gilman, IL          (815) 265-4479  <a href="http://www.comaction.org/">http://www.comaction.org/</a>          *Services: Emergency cash, low income home energy, rent assistance*</p>	<p><b>Low income home energy assistance program (LI HEAP)</b>          Help with energy bills  <a href="https://liheapch.acf.hhs.gov/help">https://liheapch.acf.hhs.gov/help</a></p>	<p><b>AT&amp;T low income assistance for Internet</b>  <a href="https://m.att.com/shopmobile/internet/access/">https://m.att.com/shopmobile/internet/access/</a></p>

**Mental Health Crisis/Counseling Supports:**

<p><b>Mental Health Crisis</b>          SASS (Screening, Assessment, Support Services) for children and adolescents 1-800-345-9049.          *You should call SASS when a child is at risk to harm themselves or others and any time you think a child is having a mental health crisis.*</p>	<p><b>Iroquois Mental Health Center</b>          (Accepts Medicaid)          323 West Mulberry, PO Box 322, Watseka, IL 60970 815-432-5241          – Press 0 for the operator. Their services include psychiatry and psychotherapy.  <a href="https://www.iroquoismhc.com/">https://www.iroquoismhc.com/</a></p>	<p><b>Gibson City Hospital Behavioral Wellness Center</b>          (217) 784-4540          Provides psychiatry and counseling services. Offices in Onarga &amp; Watseka.  <a href="https://www.gibsonhospital.org/locations/profile/behavioral-wellness-center">https://www.gibsonhospital.org/locations/profile/behavioral-wellness-center</a></p>
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<p><b>Crisis Text Line</b> Text HOME to 741741 Or In an emergency, dial 911 immediately. An emergency is any situation that requires immediate assistance from the police, fire department or ambulance.</p>	<p><b>Harbor House of Kankakee serving Iroquois County</b> Phone: 815-932-5814 24-Hour Hotline:815-932-5800 Website: <a href="https://www.harborhousedv.org/">https://www.harborhousedv.org/</a></p>	<p><b>Iroquois Sexual Assault Services</b> Office #: 815-432-2779 24 Hour Hotline: 815-432-0420 email: info@kc-casa.org Website: <a href="http://www.kc-casa.org/isas">http://www.kc-casa.org/isas</a></p>
<p><b>Illinois Department of Child &amp; Family Services (DCFS)</b> If you suspect a child is being abused or neglected, please call the Illinois Child Abuse Hotline at 1-800-25ABUSE (1-800-252-2873)</p>		