



19th District Senior Resource List



Resource	What do they do?	Phone Number	Email	Website
IL Senior Helpline	Offer information on services available, such as, food, transportation, and medical	800-252-8966 or 888-206-1327 (toll-free)	N/A	https://www2.illinois.gov/aging/Resources/Pages/helpline-main.aspx
Chicago Services for Seniors	Offers information on services available through Chicago, ex. meals and transportation	312-744-4016	N/A	https://www.chicago.gov/city/en/depts/fss/provdrs/senior/svcs/benefits_checkup.html
Lakeview Food Pantry	Food pantry has Senior Home Delivery options	773-525-1777 x224	eva@lakeviewpantry.org	https://www.lakeviewpantry.org/get-food/home-delivery/
COVID-19 Helpline	Speak with a registered nurse about symptoms and answer questions	630-444-7411	N/A	N/A
IL Dept of Public Health	Updates and references to stay up-to-date on COVID-19	800-889-3931	N/A	http://www.dph.illinois.gov/
Disaster Crisis Counseling	Disaster Distress Helpline - if you are feeling anxious during the pandemic reach out	800-985-5990	N/A	N/A
Domestic Violence Hotline	Resource on how to get help if you or someone you know is a victim of Domestic Violence	877-863-6338	N/A	https://www.dhs.state.il.us/page.aspx?item=31886
Chicago Coronavirus Response Center	Information regarding Chicago and COVID-19 updates	311 or 312-746-4835	coronavirus@chicago.gov	https://www.chicago.gov/city/en/sites/covid-19/home.html
National Suicide Prevention Lifeline	Hotline to call if you are feeling anxiety, depressed, or suicidal.	800-273-TALK (8255)	N/A	N/A
SAGE National LGBT Elder Hotline	Hotline for elderly LGTQ, call if you are feeling anxiety, depressed, or suicidal.	877-360-LGBT (5428)	N/A	N/A
TELEGROCER	Online services to have groceries delivered	847-726-1481	N/A	http://www.telegrocers.com/
INSTACART	Online services to have groceries delivered	N/A	N/A	https://www.instacart.com/

