



Cook County DEPT. of
Public Health

BUILDING
HEALTHIER
COMMUNITIES

7556 W Jackson Blvd. Forest Park, IL
708-836-8600

[Contact Us](#)

Cook County is committed to supporting all people regardless of immigration or citizenship status. As the second largest county in the United States, and home to a diverse population with 21 percent of residents born outside the United States, there are a wide range of services for all, including immigrant individuals and families.

Below, you will find resources to help connect individuals with support.

Immigration Resources:

- **Immigration | Cook County**-This website includes Cook County Government resources for immigrants such as information on the Illinois Attorney General and local organizations that serve immigrants. [Immigration | Cook County](#)
- **Know Your Legal Rights**- Available in multiple languages: [PALMCARD_Jan2025](#)
- **Cook County Health**- CCH provides immigration and health related resources [Cook County Health: All Are Welcome Here/ Aquí todos son bienvenidos | Cook County Health](#)
- **City of Chicago Office of Immigrant Rights**- [Resource Hub](#)
- **Family Support Network and Hotline**-Request legal consultation for yourself or a loved one who is detained: **1-855-HELP-MY-FAMILY (1-855-435-7693)**.
- **Illinois Coalition for Immigrant and Refugee Rights (ICIRR)**- [Family Support Network & Hotline | ICIRR](#) Resources and information about legal rights.
- **Illinois Immigration Info Hub**- A centralized place to access to resources, legal guidance, and community support. [IL IMMIGRATION INFO | Know Your Rights](#)
- **2-1-1 Metro Chicago**-Chicago and Suburban Cook County residents can call 211 (or text their zip code to 898-211) to get connected to non-emergency health and social services, 24/7/365.

Additional Resources:

- [Resources for Immigrant-Serving Organizations in Illinois](#)
- **Fact Sheet:** Health Care and Coverage Options for Immigrants from the Shriver Center on Poverty Law
- **Fact Sheet for Enrollment Assistants on Data Privacy Protections for Medicaid in Illinois:** Guide for enrollment assistants/service providers so that families can assess their own levels of risk before applying for public benefits.

SNAP Benefits Resources:

Supplemental Nutrition Assistance Program (SNAP) benefits will not be sent out on Nov. 1. Starting next month, more than 527,000 families in Cook County will not be able to access the food aid they need. Access to food and health are inextricably linked, and we want to share resources for individuals who are food-insecure:

Reminder: While food benefits are issued monthly, they do not expire for a full calendar year. SNAP recipients may continue to use any remaining funds on their electronic benefits transfer (EBT) cards.

- **Greater Chicago Food Depository** – GCFD is a Cook County Department of Public Health partner organization in addressing food insecurity and will continue to serve the Cook County community through its local food pantries, soup kitchens and mobile distribution locations. Individuals can search for resources near them by visiting www.chicagosfoodbank.org/find-food
- Distribution hubs will begin November 1st. [GCFD- Distribution Hubs Starting November 1st](#)
- **Statement on benefit suspension:** [Food Depository statement on looming SNAP benefit suspension | Greater Chicago Food Depository](#)
- **SNAP Federal Impact Center** – As circumstances continue to evolve, we encourage everyone to stay informed and connected. The Illinois Department of Human Services will be providing real-time updates on SNAP benefits at snapfederalimpact.illinois.gov.
- **Illinois Department of Human Services Resources-** Updated information will be available at snapfederalimpact.illinois.gov
- **Find Food, Feeding Illinois-** An interactive map to help people find sources of free food. [Find Food — Feeding Illinois](#)
- **FoodCare** – CountyCare’s food assistance program remains in place. Eligible CountyCare members may continue to access emergency home-delivered meals up to three times per year, medically tailored meals and our digital platform for meal planning, budgeting and food delivery. Interested individuals can sign up for FoodCare by requesting an appointment with a nutrition coach at www.foodsmart.com/members/countycare.

- **Food As Medicine** – Cook County Health’s newly launched Food As Medicine webpage contains food resources available through CCH, through insurance plans- including CountyCare- and through our partners. Eligible and referred CCH patients may use the new onsite food pantries and medically tailored meals program. For information on eligibility and referral processes, please see the intranet page, Food As Medicine. More information can be found at www.cookcountyhealth.org/food-as-medicine.

Mental Health Resources

Living through trauma, loss, and the stress of current events can take a real toll on our mental and emotional health, and it is completely normal to need support, to talk to someone, and to reach out for help when things feel overwhelming. The following are free and available resources in suburban Cook County:

- **9-8-8 Crisis Help Line** - If you or someone you know is having thoughts of suicide or experiencing a mental health or substance use crisis, 988 provides a connection to free, confidential support.
- **Call:** 988. Press 2 to reach Spanish-speaking counseling.
- **Text:** 988. Text “Ayuda” or chat online at 988lifeline.org
- **NAMI Helpline** - Whether seeking help for yourself or for someone else the NAMI Helpline is a free and confidential resource that provides a listening ear, guidance and connection to the right mental health and social service resources, over the phone.
Call: 833-NAMI-CHI (626-4244).
Hours: Monday-Friday, 9AM-8PM, Saturday and Sunday 9AM-5PM
- **Spanish Speaking Behavioral Health Resources**-Cook County Department of Public Health (CCDPH) has listed some easily accessible local and national mental health resources that provide support in Spanish. CCDPH encourages all community members to take advantage of the resources for support.
- [English \(PDF Link\)](#)
- [Spanish \(PDF Link\)](#)