

## **Resources for DACA Recipients, Undocumented Students & Mixed Status Families:**

### **COVID 19 Resources**

Understanding the pandemic and resources that are available in a diverse bilingual format for the State of IL. <https://www2.illinois.gov/sites/coronavirus/Pages/default.aspx>

Useful tools and information for immigrant families. <https://www.icirr.org/community-resources>

The Coalition for Immigrant Mental Health provides links to resources and organizational websites that are disseminating critical public health information regarding the Coronavirus Disease (COVID-19) and updated frequently. <https://ourcimh.org/covid19-resources>

Access free health clinics in your area by zip code. <https://freeclinicdirectory.org/>

Food Pantry Pick Up locations near campus. <https://www.chicagosfoodbank.org/find-food/>

Immigrants Rising PPT on alternative employment options.  
[https://immigrantsrising.org/resources/?\\_sft\\_keyword=making-money](https://immigrantsrising.org/resources/?_sft_keyword=making-money)

NATIONAL: Created by and for undocumented immigrants.

[ICIRR Know Your Rights Card](#)– A printable card useful to have on your person should you need to defend your rights

[Action Plan](#)– Key information in case you or a family member is detained by ICE agents

### **Mental Health Resources**

[Illinois Childhood Trauma Coalition: Preliminary Messaging to Raise Awareness about the Significant Impact of the Presidential Election on Youth Health and Well-Being](#)

[Raise Awareness about the Significant Impact of the Presidential Election on Youth Health and Well-Being](#)

[Mental Health Providers in Illinois \(List will be updated regularly\)](#)

[Roots to Wellness Resource Guide](#) | (Spanish)

[Community Health – Free Social Services for Low-Income Individuals](#)

[Supporting Immigrant and Refugee Children: A Guide for Parents and Caregivers](#) | (Spanish)