

# HOUSING FORWARD CAN HELP YOU RESPOND TO THE COVID-19 CRISIS

*We realize this is a challenging time.*  
**We are here to help.**

Suffering from job loss or loss of income?  
Don't wait to get the help you need. Get organized  
and take action to get available help now.

## 1. Assess Your Finances

- a. If you have lost your job or have had your hours reduced due to COVID-19, apply for unemployment. This program has been expanded to meet the needs of COVID-19 job losses. [Click here.](#)
- b. Determine other benefits you can receive such as [SNAP](#). Previously called food stamps, it helps pay for groceries.
- c. Determine if you can defer any bills - utilities and other companies might have programs in place for COVID-19/ Coronavirus relief)
- d. Write down all the expenses that you still will owe month to month and update your budget. Non-profit financial counselors are available to assist at [www.nfcc.org](http://www.nfcc.org)
- e. If loss of childcare has impacted your ability to get to work and you are an essential job – [search here](#) for those still providing childcare.

Assistance is available for essential needs such as:

[SNAP](#) - Previously called food stamps, this program helps pay for groceries.

[WIC](#) - Help with healthy food for children & pregnant women

[Food Pantries](#) - Many area pantries are still operating

Medical Insurance: [Medicaid](#) - Low income, full coverage health insurance. Income too high? Click here for [Health Insurance Marketplace](#)

## 2. Emergency Rental Assistance

Contact your landlord to explain how your income has been affected by the Coronavirus pandemic and inquire if they are offering a rent reduction or deferment for those affected.



COVID-19 / C.A.R.E.S.  
Coronavirus Aid, Relief, and Economic Security

Behind on rent? Notice of eviction? Call the Suburban Cook Call Center at **877.426.6515** for phone pre-screening over to determine initial eligibility for services or visit The HUB: [www.bit.ly/HF\\_COVIDEmergencyRentalAssistance](http://www.bit.ly/HF_COVIDEmergencyRentalAssistance) to complete the online referral form.

[Click here](#) for information about our **Emergency Rental Assistance Program** in English y en Español.

## 3. Immediate Shelter Needs

Are you in an unstable living situation? Call Housing Forward **(708) 338-1724** and ask about immediate shelter and outreach services.

## 4. Cash Assistance

If you have children, are disabled or are a senior you may qualify for cash assistance through the Illinois Department of Human Services website [found here](#). Help may also be available through the townships in our service area.

[Oak Park Township](#) ▪ [River Forest Township](#) ▪ [Leyden Township](#) ▪ [Lyons Township](#) ▪ [Norwood Park Township](#) ▪ [Proviso Township](#) ▪ [Riverside Township](#) ▪ [Stickney Township](#) ▪ [The Town of Cicero](#) ▪ [Berwyn Township](#)

Not sure your Cook County township? [Check here.](#)

## 5. Help Finding Employment

Many essential businesses are hiring to meet the needs of the community. Online work from home jobs are still available too. Unemployment resources at [Illinois Job Link](#).

Information about Housing Forward [Employment Programs](#) can be found [here](#).

Housing Forward is the only nonprofit organization in west suburban Cook County with a comprehensive, long-term solution for preventing and ending homelessness. Founded in 1992, the agency provides integrated services to at-risk and homeless individuals and families in six areas: Emergency Assistance, Employment Readiness, Supportive Housing, Outreach & Engagement, Supportive Services, and Emergency Shelter. Housing Forward's mission is to transition people from financial and housing crisis to stability. For more information, visit [www.housingforward.org](http://www.housingforward.org).

**housing  
FORWARD**  
ending homelessness