

### **Advocacy - Justice Involved Organizations**

Prisoner Visitation and Support (PVS) is a volunteer visitation program to Federal and Military prisoners throughout the United States.

1501 Cherry St  
Philadelphia PA 19102  
Phone: (215) 241-7117  
PVS@afsc.org

<http://www.prisonervisitation.org/>

### **Advocacy - Justice Involved Organizations**

Are you facing a legal issue, or just looking for more information about a specific legal topic? FindLaw's Learn About the Law section is the perfect starting point. Learn About the Law features informational articles about a wide variety of legal topics, as well as specific information about subjects such as how to hire an attorney and understanding your state's unique laws.  
<http://www.findlaw.com/>

### **Citizenship - Birth Certificate**

Lucas State Office Building  
321 E. 12th Street  
Des Moines, IA 50319-0075  
Phone: (515) 281-7689

Hearing or Speech Impaired: 711 or 1-800-735-2942

Certified copies of birth, death, or marriage certificates may be obtained from the state office of vital records by telephone, in-person, or through a postal service.

<https://idph.iowa.gov/health-statistics/vital-records>

### **Citizenship - Birth Certificate**

We work directly with hundreds of government agencies nationwide to provide consumers with the ability to securely order their vital records online. Government agencies across the nation trust VitalChek to handle your vital record orders, and you can too.

[https://www.vitalchek.com/order\\_main.aspx?event type=birth](https://www.vitalchek.com/order_main.aspx?event type=birth)

### **Citizenship - Consumer Services**

The Consumer Services Guide is searchable directory of resources which can help you with consumer problems and questions. This link directs you to the Categories page, where you can search topics to find national, state and local resources.

<http://www.consumerservicesguide.org/resources/national/browse/category/>

### **Citizenship - Consumer Services**

Consumer Services!  
[http://www.iowa.gov/government/ag/protecting\\_consumers/index.html](http://www.iowa.gov/government/ag/protecting_consumers/index.html)

### **Citizenship - Consumer Services**

NACAs mission is to promote justice for all consumers. We provide a forum for communication, education, networking, and information-sharing among consumer advocates across the country. We also serve as a voice for consumers in the ongoing struggle to curb unfair or abusive business practices that harm consumers. The National Association of Consumer

### **Advocacy - Justice Involved Organizations**

122 Commerce Street  
Montgomery, AL 36104  
(334) 269-1803

EJI is committed to ending mass incarceration and excessive punishment in the U.S., challenging racial and economic injustice, and protecting basic human rights for the most vulnerable people in American society. EJI is working to end our misguided reliance on over-incarceration.  
<https://eji.org/criminal-justice-reform/>

### **Citizenship - Birth Certificate**

Find a way to get a copy of your legal birth certificate in the state of Illinois by following this link.

<http://www.idph.state.il.us/vitalrecords/default.htm>

### **Citizenship - Birth Certificate**

Division of Vital Records  
Illinois Department of Public Health  
925 E Ridgely Avenue  
Springfield, IL 62702  
<https://dph.illinois.gov/topics-services/birth-death-other-records/birth-records.html>

### **Citizenship - Community Involvement**

Serve Illinois Volunteer website.  
<http://www2.illinois.gov/serve/Pages/default.aspx>

### **Citizenship - Consumer Services**

For the state of Illinois  
<http://www.illinoisattorneygeneral.gov/consumers/index.html>

### **Citizenship - Consumer Services**

Consumer advice, including what to do if you were scammed.  
<http://www.consumer.ftc.gov/>

### **Citizenship - Consumer Services**

Toll-Free Consumer Hotline: 800-638-2772 (TTY 800-638-8270) 8 a.m. - 5.30. p.m. ET  
CPSC is committed to protecting consumers and families from products that pose a fire, electrical, chemical, or mechanical health hazard.  
<http://www.cpsc.gov/>

### **Citizenship - Department of Motor Vehicles**

Springfield office:  
2701 S. Dirksen Pkwy.  
Springfield, IL 62723  
217-782-6212

Chicago office:  
17 N. State, Ste. 1100  
Chicago, IL 60602  
312-793-1010  
<https://www.ilsos.gov/departments/drivers/home.html>

### **Citizenship - Department of Motor Vehicles**

800 Lincoln Way  
Ames, IA 50010  
515-244-8725  
Driver's license and ID  
<https://iowadot.gov/mvd/driverslicense>

### **Citizenship - Legal Assistance**

Advocates (NACA) is a nonprofit association of more than 1,500 attorneys and consumer advocates committed to representing consumers interests.  
<http://www.consumeradvocates.org/>

**Citizenship - Department of Motor Vehicles**  
Vehicle registration, drivers licensing information, manuals and resources  
<http://www.iowadot.gov/mvd/index.htm>

**Citizenship - Department of Motor Vehicles**  
Illinois drivers licenses, instruction permits and identification cards and all services can be found on the website.  
[https://www.ilsos.gov/departments/drivers/drivers\\_license/home.html](https://www.ilsos.gov/departments/drivers/drivers_license/home.html)

**Citizenship - Legal Assistance**  
Princeton Public Library  
698 East East Peru St  
Princeton, IL 61356  
Phone: 815.875.1331  
<http://bureau.illinoislegalaid.org/>

**Citizenship - Legal Assistance**  
Colona District Public Library  
911 1st St.  
Colona, IL 61273  
309.792.0548  
<http://henry.illinoislegalaid.org/>

**Citizenship - Legal Assistance**  
Viola Public Library District  
1705 14th St.  
Viola, IL 61486  
309.596.2620  
<http://mercer.illinoislegalaid.org/>

**Citizenship - Legal Assistance**  
The ACLU has an affiliate in every state and Puerto Rico. Affiliates handle requests for legal assistance, lobby the state legislatures and host public forums throughout the year. Find your local affiliate by visiting their website.  
<https://www.aclu.org/affiliates>

**Citizenship - Protection from Discrimination**  
National Headquarters  
4805 Mt. Hope Drive  
Baltimore, MD 21215  
(877) NAACP-98 (toll free)  
(410) 580-5777 (local)  
Works to eliminate disparate treatment in all aspects of law enforcement and criminal-justice systems, including capricious racial profiling practices. Works to ensure fair and equitable trials and sentences. Works to ensure felony re-entry. Promotes a moratorium on the death penalty. The NAACP has offices in all 50 states, including Washington, DC. Please see their website for information on your local office.  
<http://www.naacp.org/>

**Citizenship - Social Security Card**  
Getting a replacement Social Security number (SSN) card has never been easier. As long as you're only requesting a replacement card, and no other changes, you can use our free online

Geneseo Public Library District  
218 South State St.  
Geneseo, IL 61254  
309.944.6452  
<http://henry.illinoislegalaid.org/>

**Citizenship - Legal Assistance**  
Dixon Public Library  
221 S. Hennepin Avenue  
Dixon, IL 61021  
Phone: 815.284.7261  
<http://lee.illinoislegalaid.org/>

**Citizenship - Legal Assistance**  
Rock Island County Courthouse  
Third Floor  
210 15th Street  
Rock Island, IL 61201  
Phone: 309.558.3313  
<http://rockisland.illinoislegalaid.org/>

**Citizenship - Legal Assistance**  
Operate legal clinic in areas of criminal defense, immigration, disability rights, and workers' rights. University of Iowa College of Law, Legal Clinic  
290 Boyd Law Building  
Iowa City, IA 52242-1113  
Phone: (319) 335-9034  
Fax: (319) 335-9019  
Email: [law-webmaster@uiowa.edu](mailto:law-webmaster@uiowa.edu)  
<http://law.uiowa.edu/>

**Citizenship - Protection from Discrimination**  
The ACLU works in courts, legislatures, and communities to defend and preserve the individual rights and liberties that the Constitution and the laws of the United States guarantee everyone in this country.  
<https://www.aclu.org/issues/smart-justice/re-entry>

**Citizenship - Voting Rights**  
ACLU Voting Rights and Restrictions

<https://www.aclu.org/issues/voting-rights/voter-res-toration/felony-disenfranchisement-laws-map?redirect=maps/map-state-criminal-disfranchisement-laws>

**Citizenship - Voting Rights**  
ACLU Voting Rights and Restrictions

<https://www.aclu.org/issues/voting-rights/voter-res-toration/felony-disenfranchisement-laws-map?redirect=maps/map-state-criminal-disfranchisement-laws>

**Computers and Technology - Equipment Internet and Training**  
Everyone On helps unlock social and economic opportunity by connecting low-income people to affordable internet service and computers, and delivering digital skills trainings. Find Low-Cost Internet Service, Computers and Free Training in Your Area!  
<https://www.everyoneon.org/find-offers>

**Education - Free Audio Books**  
Free cultural and educational media access.

services from anywhere.

<https://www.ssa.gov/myaccount/replacement-card.html>

### **Citizenship - Voting Rights**

ACLU Voting Rights and Restrictions

<https://www.aclu.org/issues/voting-rights/voter-registration/felony-disenfranchisement-laws-map?redirect=maps/map-state-criminal-disfranchisement-laws>

### **Clothing - Interview and Career Clothing**

The mission of Dress for Success is to empower women to achieve economic independence by providing a network of support, professional attire, and the development tools to help women thrive in work and in life.

<https://dressforsuccess.org/affiliate-list/>

### **Education - Free Audio Books**

Free public domain audiobooks. LibriVox has a huge selection of free audiobooks that are recordings of volunteers who have read chapters from books that are in the public domain.

<https://librivox.org/>

### **Education - Higher Education**

A university that works for you. Our 100% online, tuition-free degree programs are designed to fit your life.

Programs: Business Administration, Computer Science, Health Science, Education, Associate Degree, Bachelor Degree, Master Degree

<https://www.uopeople.edu/>

### **Employment - Employment Services**

Information about State Department of Labor resources may be of interest to potential employers looking for incentives to hire individuals with criminal histories and to service providers and individuals with criminal histories who are looking for assistance in finding employment.

Administrative Offices:

Iowa Workforce Development

1000 East Grand Avenue

Des Moines, Iowa 50319-0209

Telephone: (515) 281-5387 or (800) JOB-IOWA

<http://www.iowaworkforce.org/files/contiwd.htm>

### **Employment - Employment Services**

33 South State Street

Chicago, IL 60603

(312) 793-1597

(312) 793-1871 fax

Web Site

[www.ides.state.il.us/ExOffenders/default.asp](http://www.ides.state.il.us/ExOffenders/default.asp)

Information about State Department of Labor resources may be of interest to potential employers looking for incentives to hire individuals with criminal histories and service providers and individuals with criminal histories who are looking for assistance in finding employment.

<http://www.hirenetwork.org/>

<https://www.openculture.com/freeaudiobooks>

### **Education - Higher Education**

Freshman Year for Free. Take tuition-free, high quality courses online from top institutions for college credit. Modern States Education Alliance is a non-profit dedicated to making a high quality college education free of cost and accessible to any person who seeks one. Its founding principle is that access to affordable education is fundamental to any philosophy that respects all individuals, and fundamental to the American dream. Modern States' initial program, Freshman Year for Free, is intended to let students earn up to one year of college credit without tuition or textbook expense. Modern States hopes to provide links for students to tutoring, mentoring and college advising groups as well.

[https://modernstates.org/?gclid=EAlaQobChMIoIO16uee9gIVl\\_3jBx34gQCHEAAYASAAEgKfRfD\\_BwE](https://modernstates.org/?gclid=EAlaQobChMIoIO16uee9gIVl_3jBx34gQCHEAAYASAAEgKfRfD_BwE)

### **Employment - Employment Services**

We are dedicated to helping you find your next career! The National Urban League is a historic civil rights organization dedicated to elevating the standard of living in historically underserved urban communities. Founded in 1910, the National Urban League spearheads the effort of its local affiliates through the development of programs, public policy research and advocacy.

<http://www.nuljobsnetwork.com/>

### **Employment - Employment Services**

The Re-Entry Employment Service Program (RESP) (English and Spanish) is an employment program dedicated to the formerly incarcerated or any individual with a criminal conviction who may need help finding employment.

[http://www.ides.illinois.gov/Pages/Re-Entry\\_Employment\\_Service\\_Program.aspx](http://www.ides.illinois.gov/Pages/Re-Entry_Employment_Service_Program.aspx)

### **Employment - Employment Services**

America Works includes work readiness training, vocational training, career placement, career advancement, and employment retention services. Our mission is to equip each individual who comes to our offices with the right tools so that they are able to provide for themselves and their loved ones. People find employment, and employers find talent! Due to the Coronavirus Pandemic, you must contact the office first before you can engage in in-person services. Click on the link above to find the location nearest to you.

<https://americaworks.com/virtual-contact-info/>

### **Employment - Job Training**

301 Avenue of the Cities

East Moline, IL 61244

309-796-4816

<http://www.bhc.edu/venue/outreach-center/>

### **Employment - Licensing Information**

Iowa Workforce Development contributes to the economic security of Iowans workers, businesses and communities through a comprehensive statewide system of employment services, education and regulation of health, safety and employment laws.

**Employment - Employment Services**

The Re-Entry Employment Service Program (RESP) (English and Spanish) is an employment program dedicated to the formerly incarcerated or any individual with a criminal conviction who may need help finding employment.

33 South State Street

Chicago, IL 60603

312-793-1107 or 312-793-1597

The following steps are recommended

1. Start by watching the Re-entry Employment Service Program Video
2. Call or apply in person at an IDES office nearest you.
3. Request an interview with a local RESP Liaison.
4. Complete and print the Job-Readiness Checklist

[http://www.ides.illinois.gov/Pages/Re-Entry\\_Employment\\_Service\\_Program.aspx](http://www.ides.illinois.gov/Pages/Re-Entry_Employment_Service_Program.aspx)

**Employment - Job Listings**

Search the data base to find a job near you.

<https://illinoisjoblink.illinois.gov/ada/r/search/jobs>

**Employment - Licensing Information**

Professional Licensing Information for the state of Illinois.

<http://www.idfpr.com/>

**Employment - Staffing Agency**

PeopleReady has re-imagined and simplified the path that connects people and work. Whether you need workers or you're looking for new job opportunities, we're ready to deliver results for you today.

<https://www.peopleready.com/>

**Employment - Temporary Staffing Agency**

208 Stevens Drive

Iowa City, Iowa 52240

Phone: 319-430-6863

<http://www.qpsemployment.com>

**Employment - Workforce Development**

Iowa manufacturers are the driving force behind the state's labor market. Fueled by heavy expansion in durable goods production, during the past decade, the number of Iowa manufacturing jobs grew by 3.4 percent and accounted for nearly three-fourths of the state's employment increase. Today, more than 200,000 Iowans are employed by the 4,000 manufacturers throughout the state. Please visit the website for more information!

Iowa Economic Development Authority

200 East Grand Avenue

Des Moines, Iowa 50309 USA

Call: 1.515.725.3000

e-mail: [info@iowa.gov](mailto:info@iowa.gov)

<http://www.iowaeconomicdevelopment.com/>

**Employment - Workforce Development**

Explore virtual job fairs, resources, available services, & register to receive alerts to the latest info on finding a job. Find training programs as well as local work support services to develop skills for high demand roles.

<https://www.illinoisworknet.com/>

**Family - Child Care**

The Illinois Dept. of Human Services Child Care

<http://www.iowaworkforce.org/>

**Employment - Staffing Agency**

Manpower is dedicated to enriching people's lives with meaningful employment and development opportunities, as we have done for more than 60 years.

<https://www.manpower.com/ManpowerUSA/home>

**Employment - Workforce Development**

Labor services, unemployment, workers comp. and more

<http://www.iowaworkforce.org/>

**Employment - Workforce Development**

Employment Training Center (IETC)

Contact Re-entry Employment Service Program

33 South State Street

Chicago, IL 60603

312-793-1107

312-793-1871 fax

Web Site [www.ides.state.il.us/exoffenders](http://www.ides.state.il.us/exoffenders)

<http://www.hirenetwork.org/>

**Employment - Workforce Development**

All services for employment and training can be found on the website.

<https://www.iowaworkforcedevelopment.gov/>

**Family - Child Support**

Child Support Services and Resources

<http://www.childsupportillinois.com/>

**Family - Family Services**

All services can be found on the website.

<https://www2.illinois.gov/hfs/Pages/default.aspx>

**Family - Family Support**

On any given day, an estimated 2.7 million children in America have at least one parent in prison or jail.

NRCCFI is the oldest and largest organization in the U.S. focused on children and families of the incarcerated and programs that serve them.

Disseminating accurate and relevant information Guiding the development of family strengthening policy and practice

Training, preparing, and inspiring those working in the field

Including the families in defining the issues and designing solutions

<https://nrccfi.camden.rutgers.edu/>

**Family - Parenting**

For the entire state of Illinois

<http://www2.illinois.gov/hfs/Pages/default.aspx>

**Food - Food Pantry**

WhyHunger Hotline: 866-348-6479

Call, text or click on the link to their website to find food pantries, soup kitchens, summer meals sites, government nutrition programs and grassroots organizations.

<http://www.whyhunger.org/find-food>

**Food - Food Pantry**

Ample Harvest works to reduce food waste by connecting gardeners to their local food pantries

Assistance Program provides low-income, working families with access to quality, affordable child care that allows them to continue working and contributes to the healthy, emotional and social development of the child.  
<http://www.dhs.state.il.us/page.aspx?item=30355>

### **Family - Child Support**

Child Support Recovery Unit (CSRU) is responsible for assisting families to achieve and maintain economic self-sufficiency by establishing and enforcing child and medical support orders and processing support payments.  
If you have questions, call your local CSRU office. Our local CSRU offices are open 8:00 a.m. to 4:30 p.m. central time Monday - Friday, except state holidays. You can also call the child support automated information line 24 hours a day, 7 days a week at 1-888-229-9223 (toll free nationwide) for additional information.  
<http://dhs.iowa.gov/>

### **Family - Family Services**

All services can be found on the website.  
<https://dhs.iowa.gov/node/5>

### **Family - Parenting**

Call us at 855-427-2736 - English and Spanish 8 am - 8 pm Pacific Standard Time  
We offer free emotional support through innovative, evidence-based programs proven to strengthen the empowerment journey of parents, children, youth, and communities.  
Parents Anonymous is now a Free Evidence-Based family strengthening program for Parents or anyone in a parenting role, and Children and Youth, to address personal, psychological, peer, mental health, or substance abuse concerns.

<https://www.raisingfuture.org/>

### **Family - Parenting**

1-855-427-2736  
Weekdays: 10:00 am pst to 7:00 pm pst  
The National Parent Helpline is here for you and is open to parents and caregivers of children and youth of all ages. They offer Resources, a Helpline and Printable Materials!  
<https://www.nationalparenthelpline.org/find-support>

### **Food - Food Pantry**

Find a food bank near you! The Feeding America nationwide network of food banks secures and distributes more than 3 billion meals each year. Contact your local community food bank to find food.  
<http://www.feedingamerica.org/find-your-local-food-bank/>

### **Food - Food Pantry**

Find local pantries, soup kitchens, food shelves, food banks and other food help.  
<https://www.foodpantries.org/st/iowa>

### **Food - Free Meals**

Get or donate food.  
<http://www.foodbankiowa.org/>

so that excess garden bounty can be shared with those in need. Use the search tool to look for a local food pantry near you.  
<https://ampleharvest.org/find-food/>

### **Food - Food Pantry**

Find local pantries, soup kitchens, food shelves, food banks and other food help.  
<https://www.foodpantries.org/st/illinois>

### **Free - Free Phone**

Assurance Wireless  
P.O. Box 5040  
Charleston, IL 61920-9907  
1-888-321-5880  
Assurance Wireless provides eligible consumers with free monthly data, unlimited texting, free monthly minutes plus a free Smartphone. Lifeline enrollment is available to individuals who qualify based on federal or state-specific eligibility criteria. Residents of homeless shelters, nursing homes and temporary addresses may also be eligible.  
<https://www.assurancewireless.com/lifeline-service/what-lifeline>

### **Free - Free Phone**

Bureau of Health Statistics  
Lucas State Office Building, 1st Floor  
321 E. 12th Street  
Des Moines, Iowa 50319-0075  
How to request a certified record by phone: Call VitalChek toll-free at (866) 809-0290 from 6:00 a.m. CST through 7:00 p.m. CST, Monday through Friday, except holidays.  
<https://idph.iowa.gov/health-statistics/request-record>

### **Free - Free Stuff**

We are a grassroots and entirely nonprofit movement of people who are giving and getting stuff for free in their own Towns. It's all about reuse and keeping good stuff out of landfills. Membership is free.  
<https://www.freecycle.org/>

### **Health - Addiction Recovery**

SMART Recovery is the leading self-empowering addiction recovery support group. Our participants

learn tools for addiction recovery based on the latest scientific research and participate in a world-wide community which includes free, self-empowering, science-based mutual help groups.

The SMART Recovery 4-Point Program helps people recover from all types of addiction and addictive behaviors, including: drug abuse, drug addiction, substance abuse, alcohol abuse, gambling addiction, cocaine addiction, prescription drug abuse, sexual addiction, and problem addiction to other substances and activities. SMART Recovery sponsors face-to-face meetings around the world, and daily online meetings. In addition, our online message board and 24/7 chat room are excellent forums to learn about SMART Recovery and obtain addiction recovery support. If you're new to SMART Recovery, get started with our introduction on the website.  
<http://www.smartrecovery.org/>

### **Free - Free Phone**

Assurance Wireless

P.O. Box 5040

Charleston, IL 61920-9907

1-888-321-5880

Assurance Wireless provides eligible consumers with free monthly data, unlimited texting, free monthly minutes plus a free Smartphone. Lifeline enrollment is available to individuals who qualify based on federal or state-specific eligibility criteria. Residents of homeless shelters, nursing homes and temporary addresses may also be eligible. <https://www.assurancewireless.com/lifeline-service/s/what-lifeline>

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### **Health - Alcoholics Anonymous**

Welcome to AA Iowa, a state-wide recovery resource devoted to supporting the men and women of Iowa. AA Iowa helps individuals struggling with alcoholism find the help they need on a local basis. Discover Iowa Alcoholics Anonymous meetings per county or city, and take the next step to overcome alcohol addiction. <https://alcoholicsanonymous.com/aa-meetings/iowa/>

### **Health - Crisis Hotline**

### **Health - Alcoholics Anonymous**

There are over 118,000 Alcoholics Anonymous groups around the world. To find a local AA meeting today you can search by state, city, and day of the week. Can't find one close enough? Consider online AA meetings which offer the same wonder community from the comfort of your own home. [https://findrecovery.com/aa\\_meetings/](https://findrecovery.com/aa_meetings/)

### **Health - Alcoholics Anonymous**

AA Illinois, a state-wide recovery resource devoted to supporting the men and women of Illinois. AA Illinois helps individuals struggling with alcoholism find the help they need on a local basis. Discover Illinois Alcoholics Anonymous meetings per county or city, and take the next step to overcome alcohol addiction. <https://alcoholicsanonymous.com/aa-meetings/illinois/>

### **Health - Department of Human Services**

All services can be found on the website. <https://www2.illinois.gov/hfs/Pages/default.aspx>

### **Health - Free/Sliding Scale Clinic**

Aunt Marthas Health and Wellness Locator  
19990 Governors Highway  
Olympia Fields, IL 60461  
(708) 747-7100

Aunt Marthas is a health and wellness not-for-profit organization serving over 105,000 children and adults throughout over 600 communities in Illinois. Through our Integrated Care Model, we provide primary and family health care, including behavioral health, pediatrics, family planning, parent support, and womens health. We are also a licensed child welfare provider with foster care and intact family services. Our Integrated Care Center serves to stabilize DCFS involved youth and prepare them for long term placement.

Services / Servicios:

Primary Care / Atencion primaria  
Behavioral Health / Salud mental  
Women's Health / Salud de mujer  
Pediatric Health / Pediatria  
Family Practice / Prctica Familiar

Aunt Marthas Health and Wellness boldly commits to supporting the well-being of our communities, ensuring equity in access and delivering exceptional care inspired by a culture of innovation. We envision strong, healthy communities, where everyone has access to high quality health and wellness care, leading to better social and emotional health. <https://www.auntmarthas.org/>

### **Health - Free/Sliding Scale Clinic**

1,400 Free and Charitable Clinics and Pharmacies provide access to healthcare for uninsured and underinsured people in communities across the U.S. Find one near you! <https://nafcclinics.org/>

### **Health - Free/Sliding Scale Clinic with Dental**

Listings that can help low-income and uninsured people connect with a clinic or community health center in their area. These clinics offer free and

Domestic Violence Hotline 1-800-799-7233(SAFE)  
StrongHearts Native Helpline 1-844-7NATIVE  
(1-844-762-8483)  
Runaway Safeline 1-800-RUNAWAY /  
1-800-786-2929  
Human Trafficking Hotline 1-888-373-7888  
Child Abuse Hotline - 1-800-4-A-CHILD  
(1-800-422-4453)  
Substance Abuse Treatment - 1-800-662-HELP  
(4357)  
Center for Missing and Exploited Children (NCMEC)  
Hotline - 800-8435678  
Sexual Assault Telephone Hotline - 800-656-HOPE  
(4673)  
Suicide Prevention Lifeline Hotline - 800-273-8255  
<https://www.acf.hhs.gov/acf-hotlines-helplines>

### **Health - Eating Disorder Help**

Our mission is to be guided by the Amy Helpenstell Foundation's message of help, hope and healing by promoting awareness, understanding, diagnosis and treatment for eating disorders in our community.

On this website you will find resources for those with eating disorders as well as for family and friends.

Robert Young Center  
4600 3rd St.

Moline, IL 61265

Please feel free to call or email with questions:

[info@amysgift.com](mailto:info@amysgift.com)

(309) 779-3077

(309) 779-5-AMY

<http://www.unitypoint.org/quadcities/services-eating-disorders.aspx>

### **Health - Free/Sliding Scale Clinic**

The largest network of free medical clinics in the state of Iowa, Free Clinics of Iowa is a donor-supported, not-for-profit organization, consisting of an administrative office and over 30 member free clinics

<http://www.freeclinicsofiowa.org/>

### **Health - Free/Sliding Scale Clinic**

Clinics listed on our website offer services for free or at a reduced rate. Many clinics are operate under a sliding scale schedule. This means that costs to patients are calculated based on income.

<https://www.freeclinics.com/>

### **Health - Free/Sliding Scale Clinic with Dental**

Listings that can help low-income and uninsured people connect with a clinic or community health center in their area. These clinics offer free and discounted rates for medical and dental care. Our county listings include contact information, a listing of services and any further remarks that may be pertinent to our users, such as free services provided, discounted services provided and clinic operating hours.

[https://freeclinicdirectory.org/illinois\\_care.html](https://freeclinicdirectory.org/illinois_care.html)

### **Health - Health Department**

The Iowa Departments of Public Health (IDPH) and Human Services (DHS) are one step closer to becoming a single agency. All services can be found on the website.

<https://idph.iowa.gov/>

discounted rates for medical and dental care. Our county listings include contact information, a listing of services and any further remarks that may be pertinent to our users, such as free services provided, discounted services provided and clinic operating hours.

[https://freeclinicdirectory.org/iowa\\_care.html](https://freeclinicdirectory.org/iowa_care.html)

### **Health - Free/Sliding Scale Dental Clinic**

We continuously update our website with new information on dental clinics. Many of the resources for dental care are free, but many are based on income and/or discounted in other manners. Please review the listings and contact the dental clinics through the websites provided (and/or phone numbers listed), to obtain full details. We do not offer guidance. If you find any of our information improper, or if you have any question, please email us at [support@thedentistsnearthome.com](mailto:support@thedentistsnearthome.com). We will immediately reply to your email.

[https://www.usdentalservice.com/?gclid=EAlaQobChMIyaH1p9\\_k9gIVWZcAAB0lrg1FEAEYASAAEgK7cvD\\_BwE](https://www.usdentalservice.com/?gclid=EAlaQobChMIyaH1p9_k9gIVWZcAAB0lrg1FEAEYASAAEgK7cvD_BwE)

### **Health - HIV/AIDS Services**

The human immunodeficiency virus (HIV) is the virus that causes AIDS, or acquired immunodeficiency syndrome, a disease that causes the body to lose its natural protection against infection. The disease is one of the most devastating epidemics in modern history. The Illinois Department of Public Health administers the AIDS Drug Assistance Program (ADAP), which currently serves on average 4,100 clients each month, accessing an average of 141,100 prescriptions annually.

<http://www.idph.state.il.us/aids/default.htm>

### **Health - Narcotics Anonymous**

Find Illinois NA Meetings Near You

<https://www.narcotics.com/na-meetings/illinois/>

### **Health - Reduced Cost Medication**

Iowa Health and Wellness Plan: Beginning on January 1, 2014, Medicaid will provide health care coverage to adults age 19-64 with income up to and including 133 percent of the Federal Poverty Level. To learn more about Iowa Health and Wellness Plan view the Iowa Health and Wellness Plan plan comparison.

Medically Needy: If your income is too high for Medicaid but your medical costs are so high that it uses up most of your income. You may qualify for some payment help through the Medically Needy plan. If you qualify you are responsible for paying some of the costs of your medical expenses.

Medicare Assistance: If your income is low and you have a hard time paying Medicare premiums, Medicaid may be able to help pay the premiums.

Iowa.

Medicaid Enterprise

100 Army Post Road

Des Moines, Iowa 50315

Phone Number 515-256-4600

Operating Hours are Monday through Friday 8:00 AM to 4:30 PM

<http://dhs.iowa.gov/ime/members/who-receives-medicare>

**Health - Narcotics Anonymous**

Join the millions who have found comfort and hope within these nonjudgmental communities and have successfully freed themselves from the struggles of addiction. Find local NA meetings by location, day of the week, and time.  
<https://findrecovery.com/na-meetings/>

**Health - Reduced Cost Medication**

(888) 311-6224 x115  
Save an average of 15-55% on your prescriptions! Print a free card or download the app to your phone.  
<https://www.americasdrugcard.org/index.aspx>

**Health - Reduced Cost Medication**

HELPLINE (800) 503-6897 in English or Spanish. Find help with the cost of medicine! We offer a free drug discount card that may help you obtain a substantially lower price on your medications.  
<https://www.needymeds.org/drug-discount-card>

**Money - Finances/Budgeting**

GreenPath will work with you to build a personalized plan of action for regaining control of your debt. We assess your household budget, find places for you to save, and help you prioritize your payments to creditors and plan a lifestyle that you can afford. It all works toward helping you achieve your financial goals, better manage debt and avoid problems in the future. Available in Spanish.  
<http://www.greenpath.com/>

**Money - Finances/Budgeting**

800.388.2227  
Free Credit Counseling! Our mission is to help all Americans gain control over their finances. For over 60 years, NFCC and its member agencies have helped people just like you pay off debt and grow in their financial capability. Our services help people overcome financial challenges at nearly every stage of life.  
<https://www.nfcc.org/>

**Money - Free Credit Report**

Free credit reports authorized by federal law. Federal law allows you to get a free copy of your credit report every 12 months from each credit reporting company.

<https://www.annualcreditreport.com/index.action>

**Money - Free Credit Report**

Get a free copy of your credit report every 12 months from each credit reporting company.  
<https://www.annualcreditreport.com/index.action>

**Reentry Resource - Multiple Resources Available**

Search for benefits in Education, Grants, Loans, Social Security, Housing and Utilities, Employment and Career Development, Financial Assistance and more.  
<https://www.benefits.gov/categories>

**Reentry Resource - Multiple Resources Available**

Our findhelp technology powers Americas leading

**Money - Finances/Budgeting**

5306 Avenue of the Cities - Suite A  
Moline, IL 61265  
[www.greenpath.com](http://www.greenpath.com)  
GreenPath will work with you to build a personalized plan of action for regaining control of your debt.

**Money - Finances/Budgeting**

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<https://www.nfcc.org/>

**Money - Free Credit Report**

Free credit reports authorized by federal law. Federal law allows you to get a free copy of your credit report every 12 months from each credit reporting company.

<https://www.annualcreditreport.com/index.action>

**Money - Social Security Benefits after Incarceration**

Social Security and Supplemental Security Income Benefits  
Individuals released from incarceration may be eligible for Social Security retirement, survivors, or disability benefits if you have worked or paid into Social Security enough years or Supplemental Security Income benefits if you are 65 or older, or are blind, or have a disability and have little or no income and resources.  
If you believe you qualify, call our toll-free telephone number, 1-800-772-1213.  
If you are deaf or hard of hearing, call TTY 1-800-325-0778.  
<https://www.ssa.gov/reentry/benefits.htm>

**Reentry Resource - Multiple Resources Available**

Our findhelp technology powers Americas leading social care network. Our network features more than 300,000 free and reduced-cost programs in all 50 U.S. states, territories, and Puerto Rico, powering social care systems for hundreds of customers nationwide.  
<https://www.findhelp.org/find-social-services/iowa>

**Reentry Resource - Multiple Resources Available**

Scroll down the page to find your state. Titles in



social care network. Our network features more than 300,000 free and reduced-cost programs in all 50 U.S. states, territories, and Puerto Rico, powering social care systems for hundreds of customers nationwide.  
<https://www.findhelp.org/find-social-services/illinois>

### **Reentry Resource - Multiple Resources Available**

211 connects you with thousands of nonprofit and government services in your area. If you want personal assistance call the three-digit number 211 or 877-947-2211. A friendly voice to talk with you 24/7/365.  
<https://www.unitedwayillinois.org/211-2/>

### **Shelter - Energy Assistance**

The State of Illinois offers services to help you weatherize your home.  
<http://www.illinois.gov/dceo/CommunityServices/HomeWeatherization/Pages/default.aspx>

### **Shelter - Financial Counseling**

HUD sponsors housing counseling agencies throughout the country that can provide advice on buying a home, renting, defaults, foreclosures, and credit issues. This link sends you to a page that allows you to select a list of agencies for each state. You may search more specifically for a reverse mortgage counselor or if you are facing foreclosure, search for a foreclosure avoidance counselor.  
<http://hud.gov/offices/hsg/sfh/hcc/hcs.cfm?weblistaction=summary>

### **Shelter - Housing Authority**

Find a HUD location near you.  
<https://www.hud.gov/states>

### **Shelter - Low Income Housing**

Mercy Housing Gives a Home to Low-Income Families, Seniors, Individuals, and People with Special Needs Nationwide. Our mission is to create stable, vibrant and healthy communities by providing affordable, service-enriched housing.  
<https://www.mercyhousing.org/regional-offices/>

### **Shelter - Low Income Housing**

Find low income apartments in Illinois along with non profit organizations that help with low income housing along with HUD apartments, public housing apartments, public housing authorities, and housing assistance agencies.  
<https://www.lowincomehousing.us/IL.html>

### **Shelter - Shelters**

We provide an online directory of shelters in Illinois.  
<https://www.shelterlist.com/state/illinois>

### **Shelter - Transitional Housing**

1-855-860-3119  
Transitional, sober housing provides supportive housing along with drug and alcohol treatment for selective locations  
<https://www.transitionalhousing.org/state/illinois>

### **Special Considerations - Disability Support**

the left column will lead you to resources available nationwide.  
If you scroll down the page to find your state name, you can click on that for statewide resources.

<https://www.needhelppayingbills.com/index.html>

### **Reentry Resource - Multiple Resources Available**

211 connects you with thousands of nonprofit and government services in your area. If you want personal assistance call the three-digit number 211 or 877-947-2211. A friendly voice to talk with you 24/7/365.  
<https://www.211iowa.org/>

### **Shelter - Energy Assistance**

The Low-Income Home Energy Assistance Program (LIHEAP) is a federally-funded program designed to assist low income families meet the cost of home heating by providing a one-time payment to the heating utility.  
[http://www.dcaa.iowa.gov/bureau\\_EA/index.html](http://www.dcaa.iowa.gov/bureau_EA/index.html)

### **Shelter - Homeless Shelter**

The Homeless Shelter Directory provides listings for Homeless Shelters and Homeless Service Organizations around the country. This includes supportive resources.  
<http://www.homelessshelterdirectory.org>

### **Shelter - Low Income Housing**

U.S. Department of Housing and Urban Development  
451 7th Street S.W.  
Washington, DC 20410  
Telephone: (202) 708-1112 TTY: (202) 708-1455  
Find the HUD office near you!  
<http://portal.hud.gov/hudportal/HUD>

### **Shelter - Low Income Housing**

Find low income apartments in Iowa along with non profit organizations that help with low income housing along with HUD apartments, public housing apartments, public housing authorities, and housing assistance agencies.  
<https://www.lowincomehousing.us/IA.html>

### **Shelter - Shelters**

We provide an online directory of shelters in Iowa.  
<https://www.shelterlist.com/state/iowa>

### **Shelter - Transitional Housing**

1-855-860-3119  
Transitional, sober housing provides supportive housing along with drug and alcohol treatment for selective locations  
<https://www.transitionalhousing.org/state/iowa>

### **Shelter - Transitional Housing**

Transitional housing is supportive housing that helps fight homelessness. Find transitional housing in your state by clicking on the link! We have over 6,864 transitional housing locations in our database. We also provide as much information on each housing location along with pictures.  
<https://www.transitionalhousing.org/>

Government agencies and disability rights organizations in Illinois.  
[https://www.olmsteadrights.org/self-helptools/advocacy-resources/item.6563-Illinois\\_Disability\\_Resources\\_and\\_Advocacy\\_Organizations](https://www.olmsteadrights.org/self-helptools/advocacy-resources/item.6563-Illinois_Disability_Resources_and_Advocacy_Organizations)

### **Volunteer - Volunteer Opportunities**

At JustServe, we believe that nothing should get in the way of organizations and volunteers coming together to do good things for the community.  
<https://www.justserve.org/>

### **Volunteer - Volunteer Opportunities**

We make it easy for good people and good causes to connect. We are a community that believes in the power of volunteering to enrich our lives and the world around us. Find locations to volunteer near you!

Virtual volunteer opportunities are also available -  
<https://www.volunteermatch.org/virtual-volunteering>  
<https://www.volunteermatch.org/>

### **Your Leisure Time - Leisure Activities**

Whatever you're looking to do this year, Meetup can help. For 20 years, people have turned to Meetup to meet people, make friends, find support, grow a business, and explore their interests. Thousands of events are happening every day—join the fun.  
<http://www.meetup.com/>

### **Volunteer - Habitat For Humanity**

Use this link to find a Habitat for Humanity chapter in your area.  
<http://www.habitat.org/local/affiliate?zip=52166&country=US>

### **Volunteer - Volunteer Opportunities**

We make it easy for good people and good causes to connect. We are a community that believes in the power of volunteering to enrich our lives and the world around us. Find locations to volunteer near you!

Virtual volunteer opportunities are also available -  
<https://www.volunteermatch.org/virtual-volunteering>  
<https://www.volunteermatch.org/>

### **Volunteer - Volunteer Opportunities**

Serve Illinois Volunteer website.  
<http://www2.illinois.gov/serve/Pages/default.aspx>

### **Your Leisure Time - Leisure Activities**

The mission of Meetup is to revitalize local community and help people self-organize. Meetup believes that people can change their personal world, or the whole world, by organizing themselves into groups that are powerful enough to make a difference. More than 9,000 groups get together in local communities each day, each one with the goal of improving themselves or their communities.

Please visit the website to join and find a Meetup group!  
<http://www.meetup.com/>