

LaSalle County Resources			
Type	Name	Resource Information	Notes
Health Care	LaSalle County Health Department	707 E. Etna Rd Ottawa, IL 61350 <a href="https://lasallemounty.org/lasalle-county-health-department-2/">https://lasallemounty.org/lasalle-county-health-department-2/</a> 815-433-3366 Hours of Operation: Mon – Fri: 8:00 am – 4:30 pm	Provides traditional public health services like environmental, immunizations, infectious disease, and maternal/child health, but it also provides primary and preventative medical, dental and behavioral health
Food Assistance	Community Food Basket	519 W Madison St Ottawa, IL 61350 815-431-0155 Hours of Operation: Tuesday 9:00am – 11:00am Thursday 3:00 pm – 6:00pm	
Housing Assistance	Housing Authority of LaSalle County  Tri-County Opportunities Council	526 E. Norris Drive Ottawa, IL 61350 <a href="http://www.halc.org">www.halc.org</a> 815-434-0380  308 N 30 <sup>th</sup> Rd LaSalle, IL 61301 <a href="http://www.tcochelps.org">www.tcochelps.org</a> 815-223-2333	Housing, rent, living assistance
Energy Assistance	Tri-County Opportunities Council  ComEd	LIHEAP Program 308 N 30 <sup>th</sup> Rd LaSalle, IL 61301 <a href="http://www.tcochelps.org">www.tcochelps.org</a> 815-223-2333  800-334-7661	Energy Bill assistance
Human Services Assistance	Department of Human Services (DHS) Family Resource Center  United Way of Illinois Valley	1560 First Ave. Ottawa, IL 61350 <a href="http://www.dhs.state.il.us/">http://www.dhs.state.il.us/</a> 815-433-1572 Hours of Operation: Mon – Fri: 9:00 am – 4:30 pm  2220 Marquette Road – Ste 102 Peru, IL 61354 <a href="http://www.unitedwayiv.org">www.unitedwayiv.org</a> 815-223-8339 Hours of Operation: Mon – Fri 8:00 am – 4:00 pm	Assistance with cash, food, medical assistance, health and medical, parenting, mental health, addiction

Employment Services	Express Employment Professionals  Shafer Staffing	2711 North Columbus Street Ottawa, IL 61350 <a href="http://www.expresspros.com">www.expresspros.com</a> 815-306-0250 Hours of Operation: Monday – Friday: 8:00am – 5:00pm  149 E Walnut St Oglesby, IL 61348 815-780-8730 Hours of Operation: Monday – Friday: 9:00am – 4:30pm	Full-time, part-time, and temporary employment opportunities
Volunteer Opportunities	Volunteer Match	<a href="http://www.volunteermatch.org">www.volunteermatch.org</a>  <a href="https://coronavirus.illinois.gov/s/volunteer-opportunities">https://coronavirus.illinois.gov/s/volunteer-opportunities</a>	Search for volunteer opportunities in various locations
Internet Access	Xfinity Internet Essentials	Xfinity's internet for lower cost	<a href="http://www.internetessentials.com">www.internetessentials.com</a> English 1-855-846-8376 Spanish 1-855-765-6995

#### Other Resources

- What To Do if You Are Sick  
[https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fsteps-when-sick.html](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fsteps-when-sick.html)
- Safer at Home 101  
<https://publichealthmdc.com/documents/Safer%20at%20Home%20101%202020-03-25.pdf>
- Caring for Yourself at Home  
<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/caring-for-yourself-at-home.html>
- What is Social Distancing?  
<https://files.constantcontact.com/4dd633cd501/c5b172eb-afbd-4096-8dbf-f7d72e22e47c.pdf>
- Taking Care of Your Mental Health in the Face of Uncertainty  
<https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/>
- Managing Anxiety & Stress during COVID-19  
<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
- Disinfecting Your Home if Someone is Sick  
<https://www.cdc.gov/coronavirus/2019-ncov/prepare/disinfecting-your-home.html>
- Talking with Children about COVID-19: Messages for parents, school staff, and others working with children  
<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>
- National Alliance on Mental Illness (NAMI) COVID-19 Information & Resources Guide  
<https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf?lang=en-US>
- Cleaning  
<https://www.cdc.gov/coronavirus/2019-ncov/community/home/cleaning-disinfection.html>
- Household Readiness  
<https://www.cdc.gov/coronavirus/2019-ncov/community/home/get-your-household-ready-for-COVID-19.html>
- Managing Your Personal Finances in Tough Times  
<https://fyi.extension.wisc.edu/toughtimes/>
- Financial Resources to Help Get Through COVID-19  
<https://fyi.extension.wisc.edu/toughtimes/covid-19-financial-resources/>

- Illinois Department of Financial and Professional Regulation - Help for Consumers Struggling to Make Payments on their Debts  
<https://www2.illinois.gov/Pages/news-item.aspx?ReleaseID=21322>