

These organizations offer valuable services for children and adults. Molina Healthcare encourages you to inform your Molina Healthcare members about these services when clinically appropriate.

# Women, Infants & Children (WIC) Program

Website: www.dhs.il.state.us

Phone: (217) 782-2166

WIC seeks to improve the health status of women, infants and children, promote breastfeeding, reduce the incidence of infant mortality, premature births and low birth weight, and to aid in the development of children. The WIC target populations are low-income, nutritionally at-risk pregnant women, breastfeeding women, non-breastfeeding postpartum women, infants, and children up to their fifth birthday.

## text4baby

Website: www.text4baby.org

# **Phone:** 511411

Expecting parents can sign up for text4baby which provides free text messages with tips, information and reminders throughout pregnancy and the child's first year of life. Parents can expect three messages per week. Text "Baby" (or "Bebe" for Spanish) to 511411 to sign up, and when prompted, enter due date and zip code. Providers can request free materials from text4baby website.

## Family Case Management

Website: www.dhs.il.state.us

#### **Phone:** (800) 843-6154

Family Case Management serves pregnant women, infants and children with high-risk medical conditions. Patients are eligible for FCM if pregnant, on Medicaid, from low-income family or a child less than 1-year-old. Services include nutritional counciling, education about prenatal care, education about well-child care, education about immunizations, parenting classes, and referrals to other medical and anciallary services.

## Illinois Tobacco Quitline

Website: www.quityes.org Phone: (866) 784-8937

The Illinois Tobacco Quitline is a free resource for tobacco users who want to quit for good. Registered nurses, respiratory therapists, and certified tobacco-treatment counselors are on call seven days a week, from 7 a.m. to 11 p.m. to answer tobacco-related questions and provide the support needed to break the habit. Spanish-speaking counselors and live translation services for more than 200 languages are available.

## **Early Intervention**

Website: www.dhs.il.state.us Phone: (217) 782-1981

Early Intervention is for children less than 36 months of age who have disabilities, delays or are at a substantial risk of delays, including but not limited to cognitive development, physical development, language and speech development, and psychosocial development. Families access EI services through Illinois Department of Human Services locations throughout the state.

#### The Warm Line

Website: www.illinoismentalhealthcollaborative.com

**Phone:** (866) 359-7953

The Warm Line is not a crisis hotline, but is a source of support for Illinois residents with mental health challenges and their families. Peer and family support specialists have been trained in recovery support, mentoring, advocacy, and are ready to listen. These professionals have experienced mental health recovery in their own lives as an individual or with a family member.

## NAMI Illinois

#### Website: il.nami.org

NAMI Illinois and its local chapters throughout the state offer support groups created to improve the lives of individuals and families challenged by mental illness. Support groups include programs for young adults, veterans, peers and families.

## Health & Disability Advocates

Website: www.hdaadvocates.org Phone: (312) 223-9600

HDA attorneys advise and represent low-income children and adults in Illinois on their individual rights to receive health care coverage and other public benefits. In addition to offering direct legal representation, HDA provides easily accessible information on the various public benefits and services available in Illinois.

# The ARC of Illinois

Website: www.thearcofil.org

Phone: (815) 464-1832

The ARC of Illinois works to improve the quality of life for people with disabilities and their families. This work is done through direct financial support, programs and other community supports.

## Illinois HIV Care Connect

Website: www.hivcareconnect.com

Illinois HIV Care Connect is an extensive, statewide network of medical case management, health care and support services for people living with HIV. By enrolling, HIV+ individuals can find the services they need to achieve optimal health and self-sufficiency. Health care providers treating HIV+ individuals are encouraged to refer them to Illinois HIV Care Connect.

## Depression and Bipolar Support Alliance

Website: www.dbsalliance.org Phone: (800) 826-3632 DBSA provides support and education to improve the lives of people with mood disorders. Peer-based, wellnessoriented services and materials are available online and in local support groups.

## Suicide Prevention Services of America

Website: www.spsamerica.org Phone: (800) 273-8255

Suicide Prevention Services works to save lives and restore hope through prevention, intervention, education, advocacy and collaboration. SPS offers a prevention hotline, local support groups, workshops, ASIST training and referrals.