



COALITION FOR IMMIGRANT MENTAL HEALTH

Resources for Immigrant Youth and Families in Illinois

Resources for Families, Parents, and Caregivers

Know Your Rights

- [American Civil Liberties Union \(ACLU\) Immigrants' Rights](#)
- Illinois Coalition for Immigrant & Refugee Rights:
 - [Immigrant Family Resource Program](#)
 - Family Support Hotline available in English, Spanish, Korean, Polish
1-855-HELP-MY-FAMILY (1-855-435-7693)

Legal Resources

- [National Immigrant Justice Center](#) or 312-660-1370
- [The Resurrection Project](#) or 312-666-3062
- [Lambda Legal](#)

Family Preparedness Plan

- [Immigrant Legal Resource Center](#)

Relaxation and Stress Management Apps and Websites

- [Guided Breathing and Relaxation Exercises](#)
- [Help Kids Cope](#)
- [Insight Timer](#)
- [This Way UP](#)
- [UCLA Mindful](#)
- [UndocuHealth](#)