

SAFE AND HEALTHY LIVING:

A Resource Guide for Immigrant
Families, Providers, & Advocates

February 2025



SAFE AND HEALTHY LIVING:

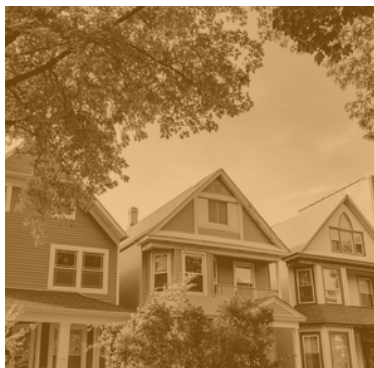
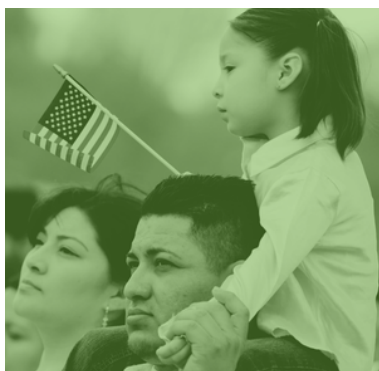
A Resource Guide for Immigrant Families, Providers, & Advocates

Introduction

Every child and family deserves to feel welcome, safe, and valued regardless of their actual or perceived immigration status. Unfortunately, anti-immigration policies, rhetoric and uncertainty are increasingly impacting the overall well-being of families across Illinois. There are nearly two million foreign-born individuals living in Illinois, about 14 percent of the total state population, with 34 percent coming from Mexico alone. Close to 200,000 children in Illinois live with at least one undocumented parent who has DACA.

In this Guide, you will find cost-friendly, culturally and linguistically informed resources in the areas of legal, housing, food, and mental health, including tips and strategies on how to prepare yourselves and your families for uncertain times ahead. Resources were created and developed by trusted Forum partners that work directly with immigrant and Latino communities.

Whether you're an immigrant, a family member, an educator, or an ally, these resources are for you. *An informed community is an empowered community.*



Please note: This Guide is for general information purposes only. If you have specific questions pertaining to any of the resources or services included in this guide, please contact the organization directly. For specific legal questions, please consult an immigration attorney or reputable legal service organization.

TABLE OF CONTENTS

Immigration & Legal	4
Housing & Food	7
Mental Health & Wellbeing	9
Family Safety Planning 101	11
Well-being Strategies & Activities	13
Appendix	15
Immigrant Protections & Legislation in Illinois	
Public Charge: What is it?	

IMMIGRATION & LEGAL

All people in the United States have certain rights guaranteed under the U.S. Constitution, regardless of immigration status, such as the right to remain silent.

KNOW YOUR RIGHTS (KYR) MATERIALS

National:

- **American Civil Liberties Union (ACLU):** What are my Constitutional rights? Learn more in [English](#) | [Spanish](#).
- **Immigrant Defense Project:** Learn how to defend yourself against [ICE Ruses](#).
- **Immigrant Legal Resource Center (ILRC):** ILRC “Red Cards” helps people assert their rights and defend themselves in many situations, such as when ICE agents go to a home. Available in [English](#) | [Spanish](#) | [Haitian Creole](#) | [Arabic](#) | [Korean](#) | and [more](#).
 - **Fact Sheet: [How to Avoid Fraud](#).**
 - **Fact Sheet: [The Basics on ICE Warrants & ICE Detainers](#).**
- **National Immigrant Justice Center (NIJC):** Know Your Rights if You Encounter ICE in [English](#) | [Spanish](#)
- **National Immigration Law Center (NILC):** Learn how to protect immigrants outside the home.
 - A Guide for Employers available in [English](#) | [Spanish](#) | [Chinese](#) | [Korean](#) | and [Thai](#).
 - [A Guide for Health Care Providers](#).
 - [Recommendations](#) for supporting immigrants in schools, places of worship, health centers (“protected areas”).
- **National Partnership for New Americans (NPNA)/Ready to Stay: [Immigrant Legal Protection Guide](#)**
- **Presidents’ Alliance on Higher Education and Immigration:** Learn how to protect student data in the [Guidance for Institutions and Immigrant Students](#).

Local:

- **Alianza Americas:** a network of Latin American and Caribbean migrant-led organizations whose mission is to foster an inclusive, equitable, and sustainable way of life for communities in the U.S. and our countries of origin. Learn [more](#).
- **Illinois Coalition for Immigrant and Refugee Rights (ICIRR):**
 - [Request a KYR Training](#) including “Train the Trainer”.
 - [Model Policies & Protocol](#), Illinois Alliance for Welcoming Health Care.
- **The Resurrection Project (TRP):**
 - [Request a KYR Training](#).
 - Download and print the KYR Toolkit in [English](#) | [Spanish](#).
- **Organizing Communities Against Deportation (OCAD):** a group of organizers against deportations and the criminalization of immigrants and people of color. Learn [more](#).
 - Get connected to your local ICE rapid response team by [reaching out to your alderperson](#).



“Red Cards”

LEGAL ASSISTANCE AVAILABLE IN ILLINOIS

General:

- **American Immigration Lawyers Association (AILA):** Find a private immigration lawyer in Illinois [here](#).
- **ICIRR:** Call the 24-Hour [Family Support Hotline](#) at 1-855-435-7693 to report any ICE activity or connect with an immigration attorney. Available in English, Spanish, Korean, and Polish.
 - [Non-Profit Agencies Providing Free or Low-Cost Assistance with Immigration Matters](#).
 - **Need to renew your DACA?** Visit icirr.org/daca. Scholarships may be available.
- **Increase the Peace (ITP):** in partnership with Beyond Legal Aid Clinic, ITP is providing legal consultations that take place every Monday from 3-8 pm at 1900 W 48th Street. Sign up [here](#).
- **NIJC:** Chicago residents are eligible for free legal services from NIJC through the [City of Chicago Legal Protection Fund](#).
- **The Immigration Project (TIP):** TIP is providing low-cost, high-quality immigration legal services in [Central and Southern Illinois](#), with offices in the Bloomington-Normal and Champaign-Urbana areas. To schedule an appointment, call **309-829-8703** during business hours.
- **TRP:** In partnership with Illinois Access (A2J) to Justice, TRP is providing [free immigration application workshops](#) to eligible immigrants living in Illinois.
 - If you have already attended a workshop and have questions about the status of your application or need additional assistance, call **312-668-0114 Monday-Friday, 12pm-4pm**.
 - For a list of A2J Partners, click [here](#).
 - [Schedule an appointment](#) with TRP's in-house legal clinic. Services are offered in English & Spanish.
 - For more information on the legal clinic, please call **312-666-3062 Monday-Friday**.

Deportation Defense:

- **Midwest Immigrant Defenders Alliance (MIDA):** MIDA provides free legal services to eligible immigrants in detention through NIJC, TRP, The Immigration Project (TIP), and the Law Office of the Cook County Public Defender (CCPD). Learn more [here](#).
 - The Immigration Division of the CCPD office can be reached at pdimmigrationunit@cookcountyil.gov and at **312-603-0636** on Wednesdays between 9-11 am.
- **NIJC:** If you are detained or are calling about someone in detention: **Call the NIJC Detention Project at (773) 672-6599 on Tuesdays from 11:00 a.m. to 2:00 p.m.** Detained immigrants call collect at (312) 583-9721 or use the pro bono platform and NIJC's 3-digit code, 565.
 - For more information, read: [What to Do if You or a Loved One is Detained](#).
- **If you need to locate a loved one being detained, please use this ICE [locator system](#).**

ICIRR/OCAD Family Support Hotline:

1-855-435-7693

Available 24/7 in English/Spanish/Korean/Polish

ADDITIONAL RESOURCES

City/State Agencies:

- **Chicago Public Schools**
 - [Guidance and Resources Regarding New Presidential Administration.](#)
- **Early Childhood, Illinois Care for Kids**
 - [Know Your Rights Page.](#)
- **Illinois Department of Human Rights**
 - The Illinois Human Rights Act prohibits discrimination in Illinois with respect to employment, financial credit, public accommodations and real estate transactions on the bases of race, color, religion, sex (including sexual harassment), national origin, and more.
 - Need to file a complaint? Learn more on how to do so [here](#).
 - Phone Number: (312) 814-6200 (Chicago office) | (217) 785-5100 (Springfield office), Available 8:30 am – 5 pm M-F.
- **Illinois Department of Human Services**
 - [Illinois Welcoming Centers](#) provide immigrants and refugees with comprehensive services.
 - Phone Number: 1-800-843-6154, available 8:30 am – 5 pm M-F.
- **Illinois State Board of Education**
 - [Non-Regulatory Guidance on Immigration Enforcement Actions.](#)
- **Office of the Attorney General of Illinois**
 - The Office’s Civil Rights Bureau protects the civil rights of all Illinois residents. Need to file a complaint? Click [here](#).
 - [Illinois Laws Governing Law Enforcement Interactions with Immigrant Communities](#), December 2021.
 - Phone Number: (312) 814-3000 (Chicago office) | (217) 782-1090 (Springfield office)
- **Office of Immigrant, Migrant, and Refugee Rights (IMRR), Mayor’s Office, City of Chicago**
 - [Recommended Guidelines for Visits by Federal Representatives](#), and [KYR Resources](#), January 2025.
 - For more information about city services, call 3-1-1.

Foreign Consulates in Chicago:

- **Mexico:** 204 S. Ashland Ave. Chicago, IL 60607 | (312) 738-2383
- **Colombia:** 500 N Michigan Ave # 1960 Chicago, IL 60611 | (312) 923-1196
- **Guatemala:** 5559 N Elston Ave #100 Chicago, IL 60630 | (312) 540-0781
- **El Salvador:** 8605 W Bryn Mawr Ave, Suite 310 Chicago, IL 60631 | (312)451-3330
- **Honduras:** 812 W Van Buren St 1st Floor, Chicago, IL 60607 | (470) 751-9077



For a list of other consulates, please visit this [website](#).

ICE Chicago Field Office:

- 101 W Ida B Wells Drive, Suite 4000, Chicago, IL 60605 | (312) 347-2400.
- **If you need to locate a loved one being detained, please use this ICE [locator system](#).**

HOUSING & FOOD

*The Illinois Human Rights Act prohibits housing discrimination based on immigration status. Utilizing housing and food assistance services and programs DOES NOT count toward public charge.**

EVICTION PREVENTION

- **Illinois Court-Based Rental Assistance Program (CBRAP):** Administered by Illinois Housing Development Authority (IHDA).
 - Services available in English, Spanish, and Polish. Call (866) 454-3571 for assistance. Apply **today**.
- **Eviction Help Illinois:** Provides free legal aid, mediation services, and connections to other resources including rental assistance to increase housing stability.
 - Call 1-855-631-0811 or [chat with an agent online](#) to find out if you're eligible for FREE help.
- **Cook County Legal Aid for Housing & Debt (CCLAHD):** Free legal assistance available to Cook County residents regardless of income, language, or immigration status.
 - Available in [English](#), [Spanish](#), and [Polish](#).

UTILITY/CASH ASSISTANCE

- **Low-Income Home Energy Assistance Program (LIHEAP):** Administered by the Illinois Department of Commerce and Economic Opportunity (DCEO).
 - [Applications are open now](#) - Oct. 1, 2024 - August 15, 2025, or until funding is exhausted.
 - If you need assistance with completing and submitting your Request for Services form, contact the call center at 1-833-711-0374 for live support.
- **Homeless Prevention Funds:** Administered by Illinois Department of Human Services (IDHS).
 - For services, contact one of these [Homeless Prevention Providers](#).
 - Chicago residents are encouraged to call 311. Cook County residents should call (877) 426-6515.

AFFORDABLE HOUSING

- **City of Chicago - Dept. of Housing (DOH):** A [comprehensive list of affordable rental housing](#) opportunities supported by the City of Chicago.
 - Contact DOH at 312-744-3653 with questions.
- **ILHousingSearch.org:** A free, [online resource](#) for renters and property providers in Illinois, offering detailed information about affordable, accessible, and market-rate housing.

EMERGENCY & TRANSITIONAL HOUSING

- **IDHS:** [List](#) of providers in alphabetical order and Homeless Youth Provider Agencies [List](#)

ADDITIONAL HOUSING RESOURCES



Housing Rights for Immigrant Tenants Handbook

Provides information on housing rights, responsibilities, and protections for both tenants and landlords. The handbook covers general housing protections under Illinois state law, as well as local and county level ordinances for a number of local jurisdictions that have them.

Available in [English](#) | [Spanish](#).

FOOD PANTRIES

- **Feeding Illinois:** [The State's Food Bank Network](#). This website will connect you with Illinois locations and food resources.
 - Call (630) 768-8068 with any questions.
- **Greater Chicago Food Depository (GCFD):** Use their find [food map](#) to view hours, locations and information for all of our Cook County and Chicago food pantries, meal programs and distribution partners.
 - Call 773-247-3663 Monday through Friday from 8:30 a.m. to 5 p.m. at 773-247-3663 for help applying for SNAP/Link (Food Stamps) and Medicaid.

***Public charge** is a part of federal immigration law that applies to certain immigrants applying for legal permanent residency (green card). Learn more in the Appendix.

MENTAL HEALTH & WELLBEING

You do not have to disclose any immigration information to anyone while seeking mental health services. Utilizing mental health services DOES NOT count toward public charge.

EMERGENCY/CRISIS HOTLINES

National Suicide Prevention Lifeline:

1 (800) 273-TALK (8255) OR Dial 988

Available 24/7 & in Spanish

Crisis Text Line:

Text "HELLO" to 741741, Available 24/7 & in Spanish

Screening, Assessment, and Support Services (SASS): For children & adolescents

1 (800) 345-9049

National Domestic Violence Hotline (24 Hours):

1 (800) 799-SAFE (7233), Available 24/7 & in over 140 languages

National Sexual Assault Hotline:

1 (800) 656-HOPE (4673), Available 24/7 & in Spanish

The Trevor Project for LGBTQ+ Youth:

(866) 488-7386 or Text "START" to 678-678, Available 24/7

National Runaway Safeline:

1 (800) 786-2929, Available 24/7



You are not alone.

MENTAL HEALTH SERVICE PROVIDERS

City/State Providers:

- **Illinois Department of Human Services**
 - **BEACON (Behavioral Health Care and Ongoing Navigation):** A new centralized resource for Illinois youth and families seeking services for behavioral health needs. Learn [more](#).
- **Chicago Department of Public Health (CDPH):** CDPH Mental Health Centers offer support for emotional, traumatic, or behavioral difficulties based on needs identified by the consumer, including goals, objectives, and specific mental health services. These services are provided free of charge to all Chicagoans.
 - Unsure who to call, and for what services? Call the Greater Lawn Clinic at **312-747-1020**.
 - For a list of CDPH Mental Health Centers, visit their [website](#). Nearly all of the Centers offer services in Spanish.
 - Get connected to mental health services in your neighborhood by calling **2-1-1**. It is a free, local, 24/7/365 service available to all Cook County residents.



Local Providers

- **[Coalition for Immigrant Mental Health \(CIMH\)](#):** A collaborative community based and research informed initiative that is a partnership between immigrants regardless of status, mental health practitioners, community organizers, researchers, and allies.
 - In 2021, CIMH developed a directory of mental health providers in Chicago and surrounding suburbs that serve diverse and intersecting populations. This resource is continuously being updated. Access the directory in [English](#) | [Spanish](#).

It's okay not to be okay.

FAMILY SAFETY PLANNING 101

In the event of a crisis or family emergency, a safety plan establishes **safety, well-being** and **continuity of care** for undocumented family members in case of detention, deportation or other emergencies. This tool describes basic features of a safety plan and resources to support the development of your plan.

- Display your Safety Plan in a visible location.
- Keep a binder with all the backup materials you need readily available to all family members.
- Update your school emergency contact information.
- Share your plan with family and trusted members of your network.

Family Information

Create a detailed list of information for each member of the family, including each child:

- Name
- Date of Birth
- Phone Number (if applicable)
- School /Work
- Work/School Address
- Work/School Phone Number
- Teacher's Name, number, and Classroom Number
- Afterschool program, the schedule, address, and phone number

File of Important Documents

- Passports, Driver's License, and other identification cards
- Birth certificates
- Identification documents from your family's home country
- Marriage license (if applicable)
- Caregiver's Authorization Affidavit/ Power of Attorney
- A-number and any immigration documents (work permit, green card, visa, etc.)
- Documents demonstrating your residence in the United States and amount of time you have been physically present in the United States
- Contact information for family in home country, if possible (contact name, address, and phone number)

Health and Medical Information

- Include a history of health for your family, including name and type of medication, dosage
- Insurance
- Health center /Hospital information
- Prescribing physician's name and phone number
- pharmacy name and phone number
- List of medications that have not worked in the past, and known allergies.

Guardianship

Include information about appointing a trusted individual to take care of your children in the event of an emergency where you are unable to do so. This will require a power of attorney to allow this guardian to have legal authority to make decisions on your behalf in the event of an emergency or crisis. Speak with an attorney around your family's situation and the required legal documents that should be in your plan.

FAMILY SAFETY PLANNING RESOURCES

Preparedness Planning:

- **Applesseed Network:** A Guide for Practitioners Assisting Immigrant Families in [English](#) | [Spanish](#).
- **Immigrant Defense Project (IDP):** If you or a loved one are at risk of deportation, make an emergency plan. Learn more [here](#).
- **Immigrant Legal Resource Center (ILRC):** Step-by-Step Family Preparedness Plan in [English](#) | [Spanish](#).
- **Sesame Street:**
 - [Education Guide](#)
 - [Preparedness Plan Template](#)
 - [Planning Together Video](#)



Guardianship of a child:

- [Chicago Volunteer Legal Services](#)
 - Call 312-332-1624 to set up an appointment.
- **Illinois Legal Aid Online:** Learn about different types of guardianship and [how to apply](#) in the state of Illinois.
- **NIJC:** What is a Guardian? [Immigration FAQs](#)
- **North Suburban Legal Aid Clinic**
 - [How Can I Protect My Child If I'm Detained or Deported by Immigration?](#)

ADDITIONAL RESOURCES

Center for Law & Social Policy (CLASP):

- [A Guide to Creating "Safe Space" Policies for Early Childhood Programs Against Immigration Enforcement](#), January 2025
- [Policy Framework for Immigrant Mental Health](#), September 2024

Children Thrive Action Network (CTAN):

- CTAN is a network of advocates and service providers at the national, state, and local levels. Our mission is to defend and support children in the United States in immigrant families. Organizations who want to work as a network to further this goal can join CTAN [here](#).

Mexican American Legal Defense Fund (MALDEF):

- MALDEF is the nation's leading Latino legal civil rights organization.
- If parents learn of any immigration enforcement activity at or near a school, they should contact MALDEF immediately at [213.629.2512 x141](tel:213.629.2512) or info@maldef.org.
- Learn about important rights and protections for students and families [here](#).

SUPPORTING YOUR FAMILY'S HEALTH AND WELLBEING

During times of uncertainty and stress, adjusting to a new environment or navigating significant challenges, it's natural to feel emotions like worry, fear, or anxiousness. These emotions can impact our mental health and overall well-being, making it even more important to prioritize care and support for ourselves and our families.

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act, and helps determine how we handle stress, relate to others, and make choices.

What are some signs of stress?

Emotional signs:

- Excessive worry or fear
- Feelings of sadness or hopelessness
- Clinginess or withdrawal from others

Behavioral signs:

- Hypervigilance
- Avoidance of activities
- Increased frustration or anger

Physical signs:

- Stomachaches or headaches
- Trouble sleeping or changes in sleep patterns
- Fatigue or feeling drained

What are some coping strategies?

Promote Mindfulness & Stress Management

- Practice relaxation techniques like deep breathing, meditation, prayer, or yoga.
- Find healthy coping mechanisms like exercise, reading, journaling, cleaning, drawing or listening to music.

Community & Resources

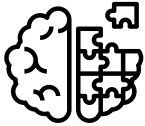
- Build connections with immigrant support groups, faith-based organizations, schools, or nonprofits that host community events, provide accurate information, and offer valuable resources.

The next page contains 3 activities you can practice with yourself and your families to de-stress.

The 3 C's

Catch the Emotion

Recognize and name the emotion you're feeling, whether it's worry, fear, or anxiety. Acknowledging it is the first step toward understanding and managing it.



Challenge the Emotion

Ask yourself if the emotion is based on facts or if it's amplified by assumptions. Challenging your thoughts can help you gain perspective on the situation and not react but reflect.

Change the Emotion

Find practical ways to reduce its intensity. This might include deep breathing, taking a break, seeking support from others, or engaging in self-care practices.



Balloon Activity



Objective: To teach families the importance of releasing stress and emotions in healthy ways while practicing deep breathing techniques to stay calm and in control.

- Use a balloon to practice learning about managing emotions.
- Holding too much air (Represents emotions or stress) can cause the balloon to pop.
- Breathing out teaches the importance of releasing stress and emotions in a healthy way.



Paint Activity

Objective: Use painting as a way to express emotions and release stress or negativity by creating art and then letting it go.

1. Set Your Intention:
 - Before you start, think about what you want to let go of—stress, anger, sadness, frustration, or anything else weighing on your mind.
2. Paint Freely:
 - Grab your supplies (paper, paint, and brushes).
 - Let your emotions guide your painting—don't worry about making it look "pretty" or perfect. Use colors, shapes, or patterns that reflect how you feel.
3. Release the Art:
 - When you're done, take a moment to reflect on what you've created. Then, decide how you want to let it go.

Immigrant Protections & Legislation in Illinois

Illinois is one of the most protective states in the nation for immigrants.

Illinois TRUST Act (2017-18)

Generally prohibits state and local law enforcement's participation in federal immigration enforcement.

Illinois VOICES Act (2017-18)

Provides immigrants who have experienced domestic violence, sexual assault, trafficking, and other crimes, and wish to cooperate with law enforcement, the resources they need to apply for a U or T-visa.

IL Way Forward Act (2021-22)

Strengthens the TRUST & the VOICES Act. It clarifies that state and local law enforcement should not collaborate with ICE on civil immigrant enforcement.

Chicago's Welcoming City Ordinance

Prohibits city agencies and their employees, including police officers, from participating and cooperating in civil immigration enforcement under any circumstances.

Housing

Illinois Human Rights Act (1979)

Prohibits discrimination in housing, employment, places of public accommodation, financial credit, and education.

- You cannot be denied housing based on national origin, sources of income, immigration status, and more.

Illinois Tenant Protection Act (ITPA) (2018-19)

Prohibits a landlord from disclosing or threatening to disclose, or attempting eviction, based on a tenant's immigration status.

- Landlords cannot require tenants to share their immigration status.
- Landlords cannot threaten to call ICE, increase rent, evict, or shut off utilities.
- Tenants have the right to safe and stable housing, and to ask for repairs without repercussions.

Landlord Retaliation Act (2023-24)

Prohibits landlords from terminating leases, increasing rent, decreasing services, or threatening lawsuits in response to tenant complaints.

Education

Federal Protections

Family Educational Rights & Privacy (FERPA) (1974)

A federal law that protects student education records and family information. FERPA supersedes state law and is applicable to schools and post-secondary institutions.

Plyler v. Doe (1982)

In a case brought by Mexican American Legal Defense Fund (MALDEF), the Supreme Court made access to a free, public education a constitutional right regardless of immigration status.

• IMMIGRATION ENFORCEMENT ACTIVITY AT A SCHOOL WOULD BE A VIOLATION OF THE U.S. CONSTITUTION BECAUSE IT WOULD DENY THE RIGHT TO ATTEND SCHOOL REGARDLESS OF IMMIGRATION STATUS.

• IMMIGRATION CUSTOMS AND ENFORCEMENT (ICE) CANNOT ENGAGE IN ACTIVITIES THAT DISCOURAGE STUDENTS FROM ATTENDING SCHOOL.

• MALDEF URGES PARENTS TO SEND THEIR KIDS TO SCHOOL. IF THEY DO NOT, THE INCOMING ADMINISTRATION WILL SUCCEED IN DENYING THEIR CHILDREN'S CONSTITUTIONAL RIGHTS.

What if I learned about immigration enforcement activity at a school?

PLEASE CONTACT INFO@MALDEF.ORG IMMEDIATELY

McKinney-Vento (1987)

Federal law also offers protections for children in temporary living situations.

State Protections

Early Childhood

- **Authorizing the Illinois Department of Early Childhood (PA 102 0174):** Establishes the Illinois Department of Early Childhood Effective 2026. Includes language that extends the scope of *Plyler V. Doe*. [This expansion ensures that access to these programs is available to children in birth-to five programs.](#)
- **State Statute on Bilingual Education: Article 14C of the Illinois School Code:** Mandates that preschool children receive screening for eligibility for bilingual education. Bilingual early childhood education is defined in the school code in terms of instructional programming and teacher qualifications

K-12

- **Illinois School Code (105 ILCS 5):** Affirms that no child, regardless of immigration status, can be excluded from enrolling in public schools.
- **Student information at Time of Enrollment:** Newcomer status is determined at time of enrollment and data on country of origin and date of enrollment in US schools is collected. However, that data is not released with personal identifiable information like name and address.
- **Racism-Free Schools Law (PA 103-0472):** Statue with a series of policy and training provisions to protect students from racial harassment, including national origin.

PUBLIC CHARGE

WHAT IS IT?

WHAT IS THE PUBLIC CHARGE?

Public charge is part of immigration law under which an immigrant applying for a visa or legal permanent residency (otherwise known as a (green card) can be denied if they are deemed likely to become a “public charge,” or primarily dependent on the government, in the future.

WHO DOES IT APPLY TO?

Not all immigrants seeking a green card are subject to the public charge. It primarily affects those seeking a green card through a family member.

WHO DOES IT NOT APPLY TO?

Some people who are exempt from the public charge rule are refugees, asylum seekers, certain T and U non-immigrant visa applicants, and self-petitioners under the Violence Against Women Act. If you are not sure if the public charge rule applies to you, we recommend contacting the resources on the back for more details.

NOW, IMMIGRATION OFFICIALS ONLY CONSIDER WHETHER OR NOT A GREEN CARD APPLICANT IS LIKELY TO USE ANY OF THE FOLLOWING **TWO** PROGRAMS AT SOME POINT IN THE FUTURE (PER THE PUBLIC CHARGE GUIDANCE OF 1999):

➔ Long-term institutionalization paid for by the government.

- Nursing home care or mental health institutionalization

➔ Cash assistance for income maintenance

- Supplemental Security Income (SSI)
- Temporary Assistance to Needy Families (TANF)
- State or local general relief or general assistance
- Cash assistance through Aid for the Aged, Blind and Disabled (AABD)]

Programs *no longer* included in the public charge test:



- Section 8 Housing Choice Vouchers
- Section 8 Project-Based Rental Assistance
- Federal public housing
- Supplemental Nutrition Assistance Program (SNAP)
- Medicaid (with the only exception of long-term institutionalization)

Immigration officials look at several factors about an applicant to determine whether or not the applicant is likely to become dependent on the government:

FINANCIAL SPONSORSHIP

This is the most important factor considered in applications because if the applicant has a financial sponsor, the sponsor (rather than the government) will be responsible for any assistance the applicant may need in the future.

OTHER FACTORS CONSIDERED

Age, income, health, English proficiency, education or skills, family situation, how long the person has used the benefit; and how recently they received it.



**17 North State Street, Suite #1705
Chicago, IL 60602**

info@latinopolicyforum.org
(312) 376-1766

www.latinopolicyforum.org

About the Latino Policy Forum: Through advocacy and analysis, the Forum builds a foundation for equity, justice and economic prosperity for the Latino community. By catalyzing policy change, the Forum works to improve education outcomes, advocate for affordable housing, promote just immigration policies and strengthen community leadership.