Immigration problems can impact your health or the health of a family member or neighbor. Your doctor and the clinic team can help. This doctor’s office is a safe place to discuss your concerns and find resources.

If you would like to talk to your doctor or any of us here at Access to Care about immigration-related problems, just hand this brochure to the doctor or any of the staff.

**ADDITIONAL RESOURCES**

**Social and Educational Information for Undocumented Youth**

Undocumented young people, sometimes called Dreamers, often face considerable stress for a number of reasons. Their own future prospects for things such as higher education can seem limited and they, of course, fear the deportation of loved ones or themselves. A number of advocacy organizations can provide information on navigating potential opportunities and can help individuals to understand that others have faced similar barriers and there can be strategies to address them. Finding local youth advocacy organizations for undocumented youth can be helpful. There are also important national organizations that can provide helpful information and guidance, especially regarding educational opportunities.

**National Resources**
- United We Dream
  [http://unitedwedream.org/toolbox](http://unitedwedream.org/toolbox)
- Scholarships A – Z
  www.scholarshipsaz.org
- Educators for Fair Consideration (EF4C)
  www.e4fc.org
- US Department of Education, Supporting Undocumented Youth
  www2.ed.gov/about/overview/focus/supporting-undocumented-youth.pdf

**Local Educational Resources**
- Illinois Coalition for Immigrant and Refugee Rights Education Initiatives (Has a guide to Illinois colleges for Dreamers)
- DePaul University
  [https://offices.depaul.edu/diversity/advocacy/Pages/depaul-dream.aspx](https://offices.depaul.edu/diversity/advocacy/Pages/depaul-dream.aspx)
- Dominican University
  [http://www2.dom.edu/diversity/sanctuary-campus/immigrant-resources](http://www2.dom.edu/diversity/sanctuary-campus/immigrant-resources)
- Loyola University Chicago
  [https://www.luc.edu/diversity/resources/undocumentedstudentresources/](https://www.luc.edu/diversity/resources/undocumentedstudentresources/)
You do not have to talk to your doctor about your immigration status. However, all of us here at the Access To Care clinic (ATC) - all the doctors and staff - pledge to be as helpful as we can be in assisting persons who are suffering from stress and health problems caused by anxieties related to immigration status. If you are suffering from such stressors, you are welcome to discuss them with us. We have taken a pledge in order to help you feel safe in any such discussion with them.

**Legal Resources:**

**Know Your Rights**

We recommend that you find and attend a “Know Your Rights” training conducted by a qualified legal services provider. It may help to view online know-your-rights resources if you are unable to find an in-person training session. It is important to know what to do if federal agents come to your door. This information usually includes making a “safety plan” regarding what to do if you are detained and you have dependent children in need of care.

- **ACLU** [www.aclu.org/know-your-rights](http://www.aclu.org/know-your-rights)

**Immigration Attorney Services**

- **National Immigrant Justice Center – Call 312-660-1370 or visit** [http://www.immigrantjustice.org/contact/apply_for_legal_aid](http://www.immigrantjustice.org/contact/apply_for_legal_aid)

---

**Our Pledge to You**

We caregivers at the Access to Care Clinic pledge to do our best:

- To listen to you express the ways that problems related to immigration may be adversely affecting you.
- To **not** record your immigration status in any medical records
- To work with you to find ways to reduce the stress that immigration issues might be causing you, your family, and your community.
- To refer you to resources in the community that may be available to assist with social or legal support.