



In the Name of Allah The Most Kind and The Most Merciful

BAITUL ILM
— A C A D E M Y —

485 S.Bartlett Road. Streamwood Illinois 60107

ISLAMIC MISSION AND MOSQUE INC

Resource List for Medical, Legal, Economic and Spiritual Needs During COVID-19

This time is challenging, and we are all taking this head on together. Blessed are we to have a community at this time of confusion and need. We have created a list of resources below to meet the needs of our community members that includes resources to medical, economic, legal, counseling and spiritual needs. If there is anything we can do to improve our list, please inform us at info@baitulilm.org.

MEDICAL RESOURCES

General and Updated Information From the Centers for Disease Control and Prevention (CDC), for an in depth overview and resources for further information about COVID-19.

City of Chicago and surrounding local areas, for local COVID-19 tools and resources for protection against COVID 19 and treatment recommendations.

Mental Health:

COVID 19 has challenged us in many ways causing high level of stress for all of us, including our children. The following links provide further guidance in this regard:

- [Tips to Manage Anxiety.](#)
- [Coping with Stress.](#)
- [How to Talk to Children About COVID-19:](#)

SAFETY & WELL BEING

This period of time is brand new, confusing, and overwhelming for all of us. In this time if any one of our community members is enduring mental stress or other issues relating to a hostile home environment, please refer to the following list:

- **In case of an emergency please call 911**
- National Domestic Violence Hotline, 1-800-799-SAFE (7233)
- National Suicide Prevention Lifeline, 1-800-273-8255



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LEGAL ASSISTANCE RESOURCES

Free or low-cost legal assistance during the COVID-19 Pandemic

- **CARPLS Legal Aid Hotline**, for legal information, advice and referrals for Cook County residents, 312-738-9200.
- **Illinois Legal Aid Online**, for online legal research, forms, guidance and statewide legal aid directory.
- **Prairie State Legal Services**, for free legal assistance in northern and western Illinois, 1-800-531-7057.
- **Illinois Armed Forces Legal Aid Network**, for free legal assistance for veterans, active service members, reservists and their dependents, 1-855-452-3526.
- **Illinois Free Legal Answers**, a virtual legal clinic where low-income Illinois residents can submit a question online to ask a lawyer for help with a civil legal issue.
- **Rentervention.com** is a free, online chatbot that can assist Chicago renters 24/7 by providing legal information about renters' rights and connecting tenants that need help with free lawyers.



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ECONOMIC RESOURCES

General Resources on Unemployment and Tax Refunds:

- [Unemployment Benefits Guide.](#)
- [Applying for Unemployment Benefits.](#) (go to bottom and click [File a UI Claim Online](#) read 10 steps and make sure you click “I certify” before applying for benefits)
- [Individual Stimulus Tax Refund.](#)

Small Business Resources:

Small businesses are especially vulnerable to the economic impacts from Covid-19 and the state and federal government have introduced initiatives to help them weather these difficult times. These resources are available for businesses with less than 500 employees. These programs are being administered through banks and lending institutions and you should speak with a representative from your bank for additional information. Below are links that can provide you with information on what is available and how to get started.

- [Coronavirus Emergency Loans Small Business Guide and Checklist](#)
- [U.S. Chamber of Commerce Small Business Survival Guide](#)
- [Paycheck Protection Program,](#)
- [Economic Injury Disaster Loan Emergency Advance.](#)
- [Illinois Small Business Emergency Loan Fund](#)



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Housing and Loan Relief:

Many banks and lending institutions are offering to work with borrowers to help them manage through the COVID-19 crisis. To obtain relief contact your lender to find out how they are providing relief. If you are a renter contact your landlord and also reference the renter protection regulations that have been put in place due to COVID-19.

- [COVID-19 Resources Related to Housing.](#)
- [Renter's Rights, Avoiding Eviction in Cook County During the COVID-19 Crisis.](#)
- [Student Loan Forbearance Information During Coronavirus.](#)

SPIRITUAL RESOURCES

As Muslims and followers of Ahlulbayt (as), we believe that the ultimate cure of all diseases and solution to all problems is in the hand of almighty Allah (swt). We are taught that it is necessary to take preventive measures and seek proper treatment to cure illnesses; however, we must also seek help from Allah (swt) by giving sadaqah and doing du'a.

In light of this guidance, we have compiled the following few selected resources to help our community members in these difficult times.

Peace and protection

- Give sadaqah according to your means, ideally on daily or weekly basis.
- Recite **Surah Yasīn** (chapter 36 of Qur'ān) every day, ideally in the morning and evening.



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- Recite **Du‘ā No. 7** from Şaḥīfah of Imām Sajjad (as).
- Recite the following Du‘ā on daily basis, found in the A‘māl of 15th of Sha‘bān ([Link](#))

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ، اللَّهُمَّ إِنَّكَ عَلِيمٌ حَلِيمٌ دُوْا أَنَا، وَ لَا طَاقَةَ لَنَا بِحُكْمِكَ، يَا اللَّهُ يَا اللَّهُ! الْأَمَانَ الْأَمَانَ الْأَمَانَ
مِنَ الطَّاعُونَ وَ الْوَبَاءَ وَ مَوْتِ الْفَجْأَةِ وَ سُوءِ الْقَضَاءِ وَ شِمَاتَةِ الْأَعْدَاءِ، رَبَّنَا اكْشِفْ عَنَّا الْعَذَابَ إِنَّا مُؤْمِنُونَ إِنَّا
مُوقِنُونَ، بِرَحْمَتِكَ يَا أَرْحَمَ الرَّاحِمِينَ.

O Allah, verily you are Sublime, Patient, gives respite, (because) we do not have the capacity to withstand the conditions that take effect under Thy authority. O Allah! O Allah! O Allah! Mercy! Mercy! Mercy! (Safety from the) rampant epidemics, accidental death, evil events, and rejoicing of enemies at (our) misfortune. O our Lord take away from us the pain and torment, truly we believe in Thy Mercy, O the most Merciful!

Employment, business and other needs

- Recite the following Du‘ā of Imām al-Kādhim which achieves swiftness in response on daily basis: ([Link](#))

اللَّهُمَّ إِنِّي أَسْأَلُكَ فِي أَحَبِّ الْأَشْيَاءِ إِلَيْكَ وَ هُوَ التَّوْحِيدُ وَ لَمْ أَغْصِكَ فِي أَبْغَضِ الْأَشْيَاءِ إِلَيْكَ وَ هُوَ الْكُفْرُ فَاعْفُورْ لِي
مَا بَيْنَهُمَا يَا مَنْ إِلَيْهِ مَقَرِّي أَمَلِي مِمَّا فَرَعْتُ مِنْهُ إِلَيْكَ اللَّهُمَّ اغْفِرْ لِي الْكَثِيرَ مِنْ مَعَاصِيكَ وَ اقْبَلْ مِنِّي الْيَسِيرَ مِنْ
طَاعَتِكَ يَا عَدِّي دُونَ الْعَدَدِ يَا رَجَائِي وَ الْمُعْتَمِدُ يَا كَهْفِي وَ السِّنْدُ يَا وَاحِدُ يَا أَحَدُ يَا قُلْ هُوَ اللَّهُ أَحَدُ اللَّهُ الصَّمَدُ
لَمْ يَلِدْ وَ لَمْ يُولَدْ وَ لَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ أَسْأَلُكَ بِحَقِّ مَنْ اصْطَفَيْتَهُمْ مِنْ خَلْقِكَ وَ لَمْ تَجْعَلْ فِي خَلْقِكَ مِثْلَهُمْ أَحَدًا أَنْ
تُصَلِّيَ عَلَى مُحَمَّدٍ وَ آلِهِ وَ أَنْ تَفْعَلَ بِي مَا أَنْتَ أَهْلُهُ اللَّهُمَّ إِنِّي أَسْأَلُكَ بِالْوَحْدَانِيَّةِ الْكُبْرَى وَ بِالْمُحَمَّدِيَّةِ الْبَيْضَاءِ وَ
الْعُلُويَّةِ الْعُلْيَا وَ بِجَمِيعِ مَا احْتَجَجْتَ بِهِ عَلَى عِبَادِكَ وَ بِالْأَسْمِ الَّذِي حَبَّبْتَهُ عَنْ خَلْقِكَ فَلَمْ يَخْرُجْ مِنْكَ إِلَّا إِلَيْكَ صَلِّ عَلَى
مُحَمَّدٍ وَ آلِهِ وَ اجْعَلْ لِي مِنْ أَمْرِي قَرَجًا وَ مَخْرَجًا وَ ارْزُقْنِي مِنْ حَيْثُ أَحْتَسِبُ وَ مِنْ حَيْثُ لَا أَحْتَسِبُ إِنَّكَ تَرْزُقُ مَنْ
تَشَاءُ بِغَيْرِ حِسَابٍ ثُمَّ سَلْ حَاجَتَكَ تُقْضَى إِنْ شَاءَ اللَّهُ.

Increased sustenance

- Recite **Surah al-Wāqī‘ah** (chapter number 56 of Qur‘ān) after every evening prayer or nightly before going to bed
- Recite the 2nd verse of **Surah at-Talāq 65:2-3** every day after morning and evening prayers, 3 times.



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Whoever is wary of Allah, He shall make for him a way out [of the adversities of the world and the Hereafter] and provide for him from whence he does not count upon. And whoever puts his trust in Allah, He will suffice him. Indeed Allah carries through His commands. Certainly, Allah has ordained a measure for everything.

- Recite the 87th verse of **Surah al-Anbiyā 21:87**, a few times every day, ideally in Qunūt of prayers.

وَدَا النُّونَ إِذْ ذَهَبَ مُغَاضِبًا فَظَنَّ أَنْ لَنْ نَقْدِرَ عَلَيْهِ فَنَادَىٰ فِي الظُّلُمَاتِ أَنْ لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

- Recite the 29th verse of **Surah al-Mu'minūn 23:29** when leaving home for work.

وَقُلْ رَبِّ أَنْزِلْنِي مُنْزَلًا مُبَارَكًا وَأَنْتَ خَيْرُ الْمُنْزِلِينَ

- Ziyarat of 'Āshūrā' is also highly recommended for any Ḥājāt ([Link](#))