

## New to the industry?

These HUD resources are essential for housing counselors and agencies to stay informed, certified, and well-equipped to provide valuable assistance to individuals and families seeking housing-related guidance and support.

1. [HUD Exchange](#) - Housing Counseling: The HUD Exchange website offers a comprehensive section dedicated to housing counseling. It includes program guidance, training materials, and updates on HUD's housing counseling program. HUD Exchange - Housing Counseling
2. [HUD Housing Counseling Handbook](#): This handbook provides detailed guidance on HUD's housing counseling program, including program requirements, certification standards, and reporting procedures. HUD Housing Counseling Handbook
3. [HUD Certified Housing Counselor Search](#): This online tool allows individuals to search for HUD-certified housing counselors by location. Counselors who meet HUD's certification standards can provide valuable assistance to homebuyers and renters.
4. [HUD Housing Counseling Webinars](#): HUD periodically hosts webinars and training sessions on housing counseling topics. These webinars cover various aspects of housing counseling, including foreclosure prevention, rental counseling, and program updates. HUD Housing Counseling Webinars
5. [HUD Housing Counseling Certification Exam](#): Information about the housing counseling certification exam, including study materials, exam schedules, and registration details, can be found on the HUD Exchange website. HUD Housing Counseling Certification Exam
6. [HUD Housing Counseling National Standards](#): HUD sets national standards for housing counseling agencies to ensure quality and consistency in the services provided. Review these standards to understand the requirements for housing counseling agencies. HUD Housing Counseling National Standards
7. [HUD Housing Counseling Training](#): HUD offers training opportunities for housing counselors to enhance their skills and knowledge. This includes online courses, in-person training, and resources for self-study. HUD Housing Counseling Training
8. [HUD Housing Counseling Program Contacts](#): Contact information for HUD's Office of Housing Counseling is available on the HUD Exchange website. This is useful for inquiries, guidance, and assistance related to housing counseling. HUD Housing Counseling Program Contacts

## Protect Your Mental Health

### [Chicago Department of Public Health - Mental Health Services:](#)

- The CDPH offers information and access to various mental health services in Chicago, including crisis helplines and community resources.

### [Chicago Behavioral Hospital:](#)

- A psychiatric hospital providing a range of mental health services, including inpatient and outpatient care.

### [Mental Health America of Illinois:](#)

- This organization offers advocacy, education, and resources for mental health professionals and individuals seeking support.

### [Chicago School of Professional Psychology - Chicago Campus:](#)

- Website: The Chicago School - Chicago Campus • Provides graduate programs in psychology and related fields, along with mental health resources for students and professionals.

### [Illinois Society for Clinical Social Work \(ISCSW\):](#)

- A professional organization for clinical social workers in Illinois, offering networking opportunities, conferences, and resources.

### [Chicago Area Project:](#)

- A nonprofit organization working to improve the quality of life for youth and families in Chicago through community-based initiatives.

### [Lurie Children's Hospital - Department of Psychiatry and Behavioral Sciences:](#)

- Offers child and adolescent psychiatry services, research, and educational resources.

### [Therapist Directories:](#)

- Consider using therapist directories like Psychology Today or GoodTherapy to find mental health professionals in the Chicago area.

### [Chicago Public Library - Social Work and Health Services:](#)

- Some library branches offer social work and health services with trained staff to assist individuals in accessing resources.

### [Chicago Support Groups:](#)

- Search for local support groups on platforms like Meetup or inquire at local community centers for listings.

Please note that availability and services offered by these resources may vary, so it's advisable to contact them directly or visit their websites for the most up-to-date information.

## Offering Employee Assistance Programs (EAPs)

Offering Employee Assistance Programs in a nonprofit setting is not just a benefit but a strategic investment in the mental health and well-being of counselors and staff. It supports a healthy workplace culture, improves job satisfaction, and ultimately enhances the organization's ability to fulfill its mission effectively.

1. **Mental Health Support:** In the high-stress environment of nonprofit work, counselors and staff often face emotional and psychological challenges. EAPs offer a safe space for us to seek help when needed.
2. **Burnout Prevention:** EAPs can help employees manage stress and prevent burnout by providing coping strategies and tools to maintain their well-being.
3. **Increased Job Satisfaction:** Knowing that our organization cares about their well-being can boost employee morale and job satisfaction. EAPs demonstrate a commitment to the mental health of staff, which can lead to higher retention rates.
4. **Enhanced Productivity:** Employees who have access to EAPs are more likely to address personal issues promptly. This can prevent personal problems from affecting job performance and productivity.
5. **Conflict Resolution:** EAPs often offer conflict resolution services. This can be valuable in addressing workplace conflicts or challenges among team members, creating a healthier work environment.
6. **Reduced Absenteeism:** EAPs can help reduce absenteeism related to mental health concerns, further supporting a productive work atmosphere.
7. **Retaining Talent:** In the nonprofit sector, it's essential to retain experienced and passionate staff. EAPs contribute to employee retention by offering resources to help staff navigate the demands of their roles.
8. **Stigma Reduction:** EAPs help reduce the stigma around seeking help for mental health issues.
9. **Crisis Management:** In times of crisis, such as natural disasters or unexpected organizational challenges, EAPs can provide critical support to help employees cope and recover.
10. **Legal and Ethical Considerations:** Providing EAPs can also have legal and ethical implications. It demonstrates an organization's commitment to meeting its duty of care towards its staff well-being.