Mental Health & Wellness
2015 Chicago Area Resource Guide
<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction-Mental Health</td>
<td>4</td>
</tr>
<tr>
<td>Emergency Services &amp; Crisis Lines</td>
<td>5</td>
</tr>
<tr>
<td>MHAI Education &amp; Screenings</td>
<td>7</td>
</tr>
<tr>
<td>Illinois Counseling Association</td>
<td>8</td>
</tr>
<tr>
<td>Community Mental Health Centers</td>
<td>8</td>
</tr>
<tr>
<td>Private Practice Therapists</td>
<td>9</td>
</tr>
<tr>
<td>Financial Assistance for Medication</td>
<td>10</td>
</tr>
<tr>
<td>Northside Chicago Resources</td>
<td>11</td>
</tr>
<tr>
<td>Westside Chicago Resources</td>
<td>15</td>
</tr>
<tr>
<td>Southside Chicago Resources</td>
<td>19</td>
</tr>
<tr>
<td>North Suburban Resources</td>
<td>21</td>
</tr>
<tr>
<td>West Suburban Resources</td>
<td>24</td>
</tr>
<tr>
<td>South Suburban Resources</td>
<td>27</td>
</tr>
<tr>
<td>Illinois Resources by County (Outside Cook)</td>
<td>31</td>
</tr>
<tr>
<td>Norwest Indiana Resources</td>
<td>48</td>
</tr>
<tr>
<td>Support Groups &amp; Group Therapy</td>
<td>49</td>
</tr>
<tr>
<td>Alternative Wellness Providers</td>
<td>50</td>
</tr>
</tbody>
</table>
Mental health is defined as a psychological state where a person is functioning at a reasonable level of emotional and behavioral regulation; meaning a person is able to reasonably control their emotions and behavior under changing extraneous circumstances. It’s seen in our ability to make rational decisions and how we handle stress. Affecting every stage in our lives from childhood to our elderly years, mental health is influenced by many different factors, including family history, personal experiences, and genes.

The good news is there are many resources available to help detect early warning signs, offer counseling, and empower those with mental health concerns with the tools they need.

The purpose of this booklet is to inform on the numerous mental health services, resources, and information available within the Chicago-land area. The guide also provides a partial listing of resources in every county throughout Illinois and Northwest Indiana. For additional resources, please visit the Mental Health America of Illinois (MHAI) website at: mhai.org
BE PERSISTENT! DON’T BE DISCOURAGED

The mental health service system can be confusing and difficult to navigate. You may need to make a number of phone calls inquiring about services. You may be confronted with waiting lists at community mental health centers, which may prevent you from getting services immediately. DON’T BE DISCOURAGED! Be persistent to get the help you need. Don't forget- mental illnesses are treatable.

EMERGENCY SERVICES

National Suicide Prevention Lifeline:

1-800 273 TALK (8255)

You will be connected to a trained counselor at a crisis center in your area anytime 24 hours a day, 7 days a week.

EMERGENCY SERVICES-CHICAGO

Advocate Illinois Masonic Medical Center
836 W. Wellington
Chicago, IL, 60657
(773) 296-7078
www.advocatehealth.com/immc

Northwestern Memorial Hospital
251 E. Huron St
Chicago, IL, 60611
(312) 926-9670
www.nmh.org

Chicago Lakeshore Hospital
4840 N. Marine Drive
Chicago, IL, 60640
(773) 878-9700
www.chicagolakeshorehospital.com

Riveredge Hospital
8311 W. Roosevelt
Forest Park, IL 60130
(708) 771-7000
www.riveredgehospital.com
Hartgrove Hospital
5730 W. Roosevelt
Chicago, IL 60644
(800) 478-4783
www.hartgrovehospital.com

Stroger Hospital
1969 W. Ogden Ave
Chicago, IL 60612
(312) 864-0060
www.cookcountyhhs.org/locations/john-h-stroger-jr-hospital

Jackson Park Hospital
7531 S. Stony Island
Chicago, IL 60649
(773) 947-7270
www.jacksonparkhospital.org

Rush University Medical Hospital
1653 W. Congress Pkwy
Chicago, IL 60612
(312) 942-5000
www.rush.edu

Central Dupage Hospital
25 Winfield Road
Winfield, IL 60190
(630) 933-4234
www.cdh.org

Evanston Hospital Northwestern
1000 Central Street
Evanston, IL 60201
(847) 570-2500
www.northshore.org

St. Francis Hospital
2222 W. Division Street
Chicago, IL 60622
(847) 316-4000
saintfrancishospital.reshealth.org

Linden Oaks Hospital
801 S. Washington Street
Naperville, IL 60540
(630) 527-3000
www.edward.org/lindenoaks

Alexian Brothers Behavioral Health
1650 Moon Lake Blvd
Hoffman Estates, IL 60169
(847) 882-1600
www.alexianbrothershealth.org

Loyola University Hospital
2160 S. 1st Avenue
Maywood, IL 60153
(888) 584-7888
www.oyolamedicine.org

EMERGENCY SERVICES - SUBURBAN CHICAGOLAND
Did you know?

- 1 in 4 adults suffer from a diagnosable mental disorder worldwide
- Mental disorders are the leading cause of disability in U.S.
- Major Depressive Disorder is the leading cause of disability in U.S.
- Suicide is the No. 1 cause of injury-related deaths in the United States; greater than auto-accidents
- Mental Illnesses are treatable and some conditions have treatment success rates of 80-90%. This is greater than treatment success rates for other medical conditions such as heart diseases
- 66% of individuals with a diagnosable mental disorder DO NOT seek treatment because of stigma

EDUCATION & SCREENINGS

Mental Health America of Illinois (MHAI) can help your community/organization (church group, work place, professional organization, club, etc.) learn more about mental illness, and/or conduct free and voluntary mental health screenings.

Contact MHAI at (312) 368-9070 ext. 322 to schedule a speaker for your group.
The Illinois Counseling Association (ICA) is a professional association that works to enhance the quality of life in society by encouraging the development of professional counselors, advancing the counseling profession, and promote respect for human dignity and diversity.

- **ICA is vigilant in our monitoring of legislation that can affect the Counseling Profession in Illinois and Nationally.**
- **Acts as a provider for resources and services for its members throughout the state of Illinois.**
- **Members are able to access timely information from ICA through all available means of communication.**

**Services Include:** Development of professional counselors, progression of the counseling profession, endorsement for the use of professional counseling services, providing resources and specialized services for registered members.

**Service Area:** Throughout the state of Illinois

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**Helpful Tip:** The ICA website has a “Find a Counselor” option to locate a mental health provider in private practice. You can also search for college and career counselors via this tool. Go to the ICA website at: www.ilcounseling.org and click on “Find a Counselor”

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**COMMUNITY MENTAL HEALTH CENTERS**

**DID YOU KNOW?**

- Some provide counseling centers based on your ability to pay
- Medicaid, Medicare & private insurance are often accepted payment
• They can help you apply for a medical card
• To find additional centers not listed below, visit our website at www.mhai.org, the Illinois Department of Human Services website at dhs.state.il.us, or call the DHS helpline at (800) 843-6152.

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Number</th>
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</thead>
<tbody>
<tr>
<td>Auburn-Gresham Public Health Center</td>
<td>1140 W. 79th Street, Chicago, IL 60643</td>
<td>(312) 747-0881</td>
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<tr>
<td>Bette D. Harris Family &amp; Child Clinic</td>
<td>Chicago, Evanston, LaGrange, &amp; Northbrook Locations</td>
<td>(847) 733-4300</td>
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<tr>
<td>Cathedral Counseling Center</td>
<td>Chicago &amp; Evanston Locations</td>
<td>(312) 252-9500  ext. 130</td>
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<tr>
<td>Chicago Center for Family Health</td>
<td>20 N. Wacker, Suite 1442, Chicago, IL</td>
<td>(312) 372-4745</td>
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<tr>
<td>Chicago Women’s Health Center</td>
<td>3435 N. Sheffield Suite 206A, Chicago, IL</td>
<td>(773) 935-6126</td>
</tr>
<tr>
<td>Community Counseling Centers of Chicago (C4)</td>
<td>Several Locations Throughout Chicago</td>
<td>(773) 769-0205</td>
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<tr>
<td>Greater Grand/Mid-South MHC</td>
<td>4314 S. Cottage Grove, Chicago, IL 60653</td>
<td>(312) 747-0036</td>
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<tr>
<td>Greater Lawn MHC</td>
<td>4150 W. 55th Street, Chicago, IL 60632</td>
<td>(312) 747-1020</td>
</tr>
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<td>Holbrook Counseling Center</td>
<td>Several Locations in Cook and Lake Counties</td>
<td>(312) 655-7725</td>
</tr>
<tr>
<td>Lutheran Social Services</td>
<td>Several Locations Throughout Illinois</td>
<td>(847) 390-1409</td>
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<tr>
<td>North River MHC</td>
<td>5801 N. Pulaski Road, Chicago, IL 60646</td>
<td>(312) 744-1906</td>
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<tr>
<td>Roseland MHC</td>
<td>28 E. 112th Place, Chicago, IL 60637</td>
<td>(312) 747-7320</td>
</tr>
<tr>
<td>Woodlawn MHC</td>
<td>6337 S. Woodlawn Ave, Chicago, IL 60637</td>
<td>(312) 747-0059</td>
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</tbody>
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**DID YOU KNOW?**

• Services typically range from $50-$150 per session
• Individuals sometimes can be seen on a sliding fee scale,
based on individual’s ability to pay

- Therapists in private practice may also accept insurance

### Associations:

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<thead>
<tr>
<th>Association</th>
<th>Phone Number</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Illinois Psychiatric Society</td>
<td>(312) 224-2600</td>
<td><a href="http://www.illinoispsychiatricsociety.org">www.illinoispsychiatricsociety.org</a></td>
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<tr>
<td>Illinois Psychological Association</td>
<td>(312) 327-7610</td>
<td><a href="http://www.illinoispsychology.org">www.illinoispsychology.org</a></td>
</tr>
<tr>
<td>National Association of Social Workers</td>
<td>(312) 212-3717</td>
<td><a href="http://www.naswil.org">www.naswil.org</a></td>
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<tr>
<td>American Association of Pastoral Counselors</td>
<td>(703) 385-6967</td>
<td><a href="http://www.aapc.org">www.aapc.org</a></td>
</tr>
</tbody>
</table>

**Click membership directory** to find a counselor in your area.

### FINANCIAL ASSISTANCE FOR MEDICATION

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<thead>
<tr>
<th>Service</th>
<th>Website</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Partnership for Prescription Assistance</td>
<td><a href="http://www.pparx.org">www.pparx.org</a></td>
<td>(888) 4PPA-NOW (477-269)</td>
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<tr>
<td>Illinois Cares RX</td>
<td><a href="http://www.illinoiscaresrx.com">www.illinoiscaresrx.com</a></td>
<td>(800) 226-0768</td>
</tr>
<tr>
<td>Illinois Cares Senior Helpline</td>
<td><a href="http://www.illinoiscaresrx.com">www.illinoiscaresrx.com</a></td>
<td>(800) 252-8966</td>
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<tr>
<td>Community Counseling Centers of Chicago</td>
<td><a href="http://www.c4chicago.org">www.c4chicago.org</a></td>
<td>(773) 769-0205</td>
</tr>
</tbody>
</table>

**Call your local county health department, ask your doctor for samples, or ask your pharmacist for discount cards for medication**
RESOURCES BY REGION

NORTHSIDE CHICAGO RESOURCES:

CHICAGO LAKESHORE HOSPITAL  (773) 878-9700

4840 N. Marine Drive, Chicago, IL 60640
Free 24 hour private and confidential assessments and referrals:
1(800)888-0560  www.chicagolakeshorehospital.com
Services Include: Mental health services; substance abuse
treatment; detoxification; children’s partial & inpatient hospital
programs; children’s outpatient; adolescent partial & inpatient
hospital; adolescent chemical dependency & behavior disorders;
adult intensive outpatient, partial, & inpatient hospital.

The following are Community Counseling Centers of Chicago
(C4), which accept consumers from Chicago who have a medical
card. If no insurance, then the consumer must live in the
Catchment area, which refers to the geographical region.

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>C4 Clark</td>
<td>4740 N. Clark, Chicago, IL 60640</td>
<td>(773) 769-0205</td>
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<tr>
<td>C4 Recovery Point</td>
<td>5691 N. Ridge Ave., Chicago, IL, 60660</td>
<td>(773) 303-3000</td>
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<tr>
<td>C4 Broadway</td>
<td>5710 N. Broadway, Chicago, IL, 60660</td>
<td>(773) 728-1000</td>
</tr>
<tr>
<td>C4 North</td>
<td>5242 W. North Ave, Chicago, IL, 60647</td>
<td>(773) 365-7277</td>
</tr>
<tr>
<td>C4 Peterson</td>
<td>2525 W. Peterson, Chicago, IL, 60659</td>
<td>(773) 506-2525</td>
</tr>
</tbody>
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PILSEN WELLNESS CENTER  (773) 579-0832

2319 S. Damen Avenue, Chicago, IL 60608
www.pilsenwellnesscenter.org

THRESHOLDS

4101 N. Ravenswood Avenue, Chicago, IL 60613
Phone Numbers:
Main: (773) 572-5500
Intake: (773) 572-5400
www.thresholds.org
Services Include: Case management, psychiatry, outreach programs, housing, educational advancement, social opportunities, substance-use disorder treatment, and employment services.

METROPOLITAN FAMILY SERVICES

One N. Dearborn Street, Chicago, IL 60602 (7 Community Centers in the Chicagoland area. Call the general number and they will connect you to the center nearest to you)
Phone Numbers:
General: (312) 986-4000
In-Home Senior Respite: (630) 784-4875
www.metrofamily.org
Services Include: ACES (At Risk Counseling and Educational Services), ACS (Acute Community Services), adoption preservation, adult mental health, adult protective services, all out kids early childhood network, child and adolescent mental health, CILA (Community Integrated Living Arrangement), CLASS (Community Leaders Achieving School Success), community based care transition program, counseling, elderly victims of crime, extended family support, family support and prevention, family violence intervention
program, integrated health care services, mental health juvenile justice, safe start, senior counseling, youth intervention.

ADA S. MCKINLEY COMMUNITY SERVICES

Main Location:
1359 W. Washington Boulevard, Chicago, IL 60607

Intervention Services Division:
2715 W. 63rd Street, Chicago, IL 60629

Phone Numbers:
Administrative Offices: (312) 554-0600
Intervention Services Division: (773) 918-6100
www.advocatehealth.com

Services Include: Children & adolescent counseling for substance abuse, violence, emotional problems, and family issues. Screening, assessment, and supportive services (SASS) including crisis pre-hospitalization and stabilization. Comprehensive intake assessments, outpatient mental health and substance abuse services (dual-diagnosis), outpatient mental health services, unified delinquency intervention services for adjudicated youth, outpatient developmental disability services.

ADVOCATE ILLINOIS MASONIC MEDICAL CENTER-BEHAVIORAL HEALTH

938 W. Nelson Street, Chicago, IL 60657

Phone Numbers:
Main Hospital: (773) 975-1600
Outpatient Behavioral Health: (773) 296-3220
Pharmacy Line: (773) 769-6200
www.advocatehealth.com/immc/behavioralhealth

Outpatient Services ONLY. Services include: Individual and group drug/alcohol abuse services. Adolescent and child outpatient behavioral health, including substance abuse services.
Spanish speaking outpatient services available. Public aid and some insurance accepted. There is NO sliding scale fee.

NORTHWESTERN MEMORIAL HOSPITAL

Stone Institute of Psychiatry, 446 E. Ontario Street, Suite 300 (6th Floor), Chicago, IL 60611
Phone Numbers:
Main Hospital: (312) 926-2000
www.nmh.org
Intake: (312) 926-8100 (or 8200 for Outpatient Psychiatry Clinic only)
*In the event of a crisis, patient must go to the emergency room.
Rehab and Psychosocial Rehab Services: (312) 926-8638
NOTE: rehab services persons must live in NHM’s service area
Satellite Clinic: (312) 926-8300
Specialties Include: Community Mental Health Center, Dual Diagnosis Services, Geriatric Services, and Psychopharmacology.
Services Include: Adult and older adult outpatient & inpatient, and adolescent outpatient. Outpatient Psychiatric Clinic- age 13 and older who do not need as extensive care as provided by other three programs offered. Rehabilitation Program for Adults- 18 and older diagnosed with severe, persistent mental illness who may have a concurrent substance abuse diagnosis; includes Diagnostic Assessment and Psychological Evaluations, Medication Evaluation and Management, Individual/Group Therapy, Outreach and Case Management. Psychosocial Rehab Services Day Treatment Program- adults 18 and older with long-standing severe psychiatric illnesses and recurrent psychiatric symptoms, who may have a concurrent substance abuse diagnosis. Includes Individual Supportive Treatment, Psychosocial Skills Training Group Treatment, Collaborative Psychiatric Treatment Planning and Treatment Interventions, and Assessment and Improvement of Functional Skills.
Satellite Clinic for Homeless Adults- 18 years and older with severe and persistent mental illness and possible concurrent substance
abuse (located at Lawson House YMCA, 30 W. Chicago Ave, Chicago, IL 60610).

WESTSIDE CHICAGO RESOURCES:

HARTGROVE HOSPITAL

5730 W. Roosevelt Road, Chicago, IL 60644
Phone Numbers:
Main Hospital: (773) 722-3113
Intake/Assessment & Referral: (773) 722-3113 ext. 239
Crisis Number: 1(800) 478-4783
www.hartgrovehospital.com
Specialties Include: Crisis Intervention, Neuropsychiatry, Sexual Aggression Evaluation, Substance Abuse, and 24hr Assessment Services Include: Acute care for children, adolescents, and adults, child, & adolescent inpatient, and adult inpatient

RUSH UNIVERSITY MEDICAL CENTER

Rush University Medical Center Clinical Ambulatory Psychiatric Services
Marshall Field IV Building, 1720 W. Polk Street, Chicago, IL 60612
Psychiatric Clinical Research Center, 2150 W. Harrison Street, Suite 018, Chicago, IL 60612
Phone Numbers: Intake: (312) 942-5375 (Department of Psychiatry, Adult Outpatient, Press 1)
Specialties Include: Outpatient Psychotherapy and Psychopharmacology

RUSH UNIVERSITY MEDICAL CENTER

1653 W. Congress Parkway, Chicago, IL 60612
Phone Numbers:
Main Hospital/Intake: (312) 942-5000
Rush Behavioral Health: (312) 942-4000
www.rush.edu

Specialties Include: Geriatric Services

Services Include: Adult inpatient, Child & adolescent inpatient at the Medical Center.

Rush Behavioral Health Network at RUMC in Chicago Includes: addiction treatment, programs for professionals, psychiatric day treatment program for professionals, inpatient hospital medical stabilization, outpatient ambulatory detox, partial hospitalization program, intensive outpatient program, youth chemical dependency program, family program and independent living community. Mental Health Services include: psychiatric intensive outpatient program, dialectical behavioral therapy (DBT), brief, focused individual psychotherapy, child and adolescent services, group therapy for mood disorders and anger management, and mindfulness based cognitive therapy for stress management.

RUSH BEHAVIORAL HEALTH NETWORK

Part of Rush Behavioral Health Systems Access Center

Locations: Chicago, Oak Park, Downer’s Grove, Lake Forest, Palos Heights, Arlington Heights, and Des Plaines

Suburban Rush locations only accept Blue Cross Blue Shield insurance for Outpatient Psychiatry

Services Include: Individual Assessment, Brief Focused Therapy, Specialized Group Treatment

Specialized: Independent Living Community (ILC)= supportive living environment in neighborhood apartment for Substance Abuse Patients (OAK PARK LOCATION ONLY)

Chemical Dependency Services: Same as Rush Behavioral location at RUMC

RUSH BEHAVIORAL HEALTH- DOWNTOWN
JOHN H. STROGER JR., HOSPITAL OF COOK COUNTY

1969 W. Ogden, Chicago, IL 60612

Phone Numbers:
General: (312) 864-6000
Adult Outpatient Psychiatry: (312) 864-7937 (by appointment only)
Hours: Monday- Friday 8:00am – 4:00 pm ONLY

If an adult is a current patient at one of the Stroger Medical Clinics, he/she must obtain a referral from their clinical doctor to Outpatient Psychiatry.

New clients without an appointment must go to the emergency room (1901 W. Harrison).

ASC Fantus Adult Screening Clinic Walk-in Hours:
Monday thru Saturday 7:00am-11:00pm
Child/ Adolescent Outpatient Psychiatry: (312)-864-6310

Services Include: New adult walk-ins accepted, but must go to the emergency room. Adult Outpatient and Child and Adolescent Outpatient (NO IN-PATIENT SERVICES)

*NO PERSON WILL BE DENIED TREATMENT AT JOHN H. STROGER JR., HOSPITAL
UNIVERSITY OF ILLINOIS MEDICAL CENTER ADULT OUTPATIENT PSYCHIATRY

912 S. Wood, Chicago, IL 60625

Phone Numbers:
Main Hospital/Referral/Appt Center: 1(866) 600-2273
Intake: (312) 996-2200 or (312) 996-1682
Emergency Room: (312) 996-7000 *(ask to page psychiatrist on call)*
In-Touch Hotline: (312) 996-5535 *(staffed by trained volunteers & accepts calls from all over the nation. Hours of operation- 6:00pm to 10:30pm)*
Community Reintegration Program for Adults ONLY: (312) 996-4553 or (312) 996-1065
hospital.uillinois.edu

Services Include: Adult outpatient/inpatient, intensive outpatient therapy, community reintegration program for adults 18 and over (similar to partial hospitalization & psycho-social rehab programs), psychosocial testing, psychotherapy, addiction services, anxiety disorders clinic, affective disorders clinic, center for children’s health, eating disorders clinic, medication management clinic, pediatric mood disorders, pediatric bipolar research program, pediatric stress and anxiety disorders clinic, women’s mental health and counseling service, neuropsychiatry services and neuropsychological services.

UNIVERSITY OF ILLINOIS MEDICAL CENTER CHILD & ADOLESCENT OUTPATIENT PSYCHIATRY

1747 W. Roosevelt Road, Chicago, IL 60612

Phone Numbers:
Intake: (312) 996-7723
Emergency Room: (312) 996-7000 *(ask to page psychiatrist on call)*
Pediatric Mood Disorders Clinic: (312)996-7723 *(also anger management for 3-17 yrs)*
Autism Clinic: (312) 413-1490 *(clinic located at 912 S. Wood Street)*
Specialties Include: Child & adolescent psychiatry, mood & anxiety disorders, neurobehavioral disorders, psychotic disorders, women’s mental health, dual diagnosis, neuropsychiatry, neuropsychology, eating disorders, psychotherapy, chronic mental illness & depression, prevention & recovery of first episode psychosis, child & adolescent outpatient clinic. For further information, visit: www.psych.uic.edu/clinical.htm

ERIE NEIGHBORHOOD HOUSE- LITTLE VILLAGE

4225 W. 25th Street, Chicago, IL 60623
www.eriehouse.org

Services Include: Educational groups for parents, youth workshops on different topics like conflict resolution/healthy relationships, women’s well-being & empowerment groups, social work & counseling services, technology education program offering free computer classes for both basic & advanced levels, ESL classes, ESL tutoring for adults. (773)542-7617

MARYVILLE CRISIS NURSERY

4015 N. Oak Park Avenue, Building B, Chicago, IL 60634
www.maryvilleacademy.org/programs/maryville-family-support-services/maryville-crisis-nursery

Services Include: Short term emergency shelter for newborns and children up to six years old whose parents are in a crisis situation & need outside support. Service provided at no cost. Free monthly parenting classes, crisis counseling, & community assistance referrals are provided to families.

SOUTHSIDE CHICAGO RESOURCES:

MERCY HOSPITAL & MEDICAL CENTER
2525 S. Michigan Avenue, Chicago, IL 60616

Phone Numbers:
Main Hospital: (312) 567-2000
Intake: (312) 567-2295 *(Adult Outpatient, Child & Adolescent Clinic)*
Intake 2: (312) 567-2448 *(Adult Substance Abuse & MH Day Hospital)*

[www.mercy-chicago.org](http://www.mercy-chicago.org)

**Services Include:** Adult outpatient, adult inpatient psychiatry services, inpatient drug & alcohol treatment, outpatient child & adolescent psychiatric services.

**Note:** Mercy Hospital will only take clients within a certain geographical area.

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**JACKSON PARK HOSPITAL**

7531 Stony Island, Chicago, IL 60649

Phone Numbers:
Main Hospital: (773) 947-7500
Intake: (773) 947-7900 *(Outpatient Psychiatry for Adults)*
New Vision: (773) 947-7347 *(Adult Inpatient service for Drugs, Alcohol, Health Issues)*

[www.jacksonparkhospital.org](http://www.jacksonparkhospital.org)

*(Accepts pregnant mothers who test positive for opiates without medical card)*

**Specialties Include:** Inpatient adult drug, alcohol, and health treatment, crisis intervention.

**Services Include:** Adult outpatient/inpatient, ER services for adults, adolescents, & children, five detox sites, counseling & referrals to other mental health centers.

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**UNIVERSITY OF CHICAGO HOSPITALS**

5841 S. Maryland, Chicago, IL 60637

*Does Not Have a Crisis Line*
No catchment area restrictions, except for foster children who are assigned to treatment centers based on their zip code.

University of Chicago Hospitals Phone Numbers:
Main Hospital: (773) 702-1000
Intake: (772) 702-3858 (Adult, Adolescent, & Children Outpatient)
Adult Outpatient Psychiatry General Number: (773) 702-6199
www.uchospitals.edu

Specialties Include: Developmentally disabled, affective disorders, anxiety, phobia, OCD, ADD, behavioral medicine, family therapy, geriatric psychiatry, intensive psychotherapy, medical psychiatry, neuropsychiatry, neuropsychological service, psychological assessments, schizophrenia, sleep disorders, social work psychotherapy, special pre-school behavioral program (includes anger management for 3-6 year olds only), and substance abuse outpatient.

Services Include: Adult outpatient/inpatient, child & adolescent outpatient

NORTH SUBURBAN RESOURCES:

ST. FRANCIS HOSPITAL OF EVANSTON-RESURRECTION BEHAVIORAL HEALTH CARE

355 Ridge Avenue, Evanston, IL 60202

Phone Numbers:
Main Hospital: (847) 316-4000
Central Access Intake: (708) 410-0615
Comprehensive Mental Health Center: (847) 316-6250
Crisis Line (Suburbs ONLY): (708) 681-4357
www.presencehealth.org

Services Include: Behavioral Health Services, Adult, Child, & Adolescent Outpatient. NO INPATIENT SERVICES.
The Comprehensive Mental Health Center provides outpatient therapy for individuals of all ages. After an initial assessment a counselor develops a treatment plan designed to promote a patient’s personal growth, emotional well-being, and daily functioning.

**2650 Ridge Avenue, Evanston, IL 60201**

**Phone Numbers:**

Main Hospital: (847)570-2000

Access & Crisis Intervention: (847) 570-2500 (*Intake for Adults, Adolescents & Children*)

Adult Outpatient: (847) 570-2720

Chapman Center: (847) 480-3720

Crisis Line for Postpartum Depression: (866) 364-6667

Young Adult Services: (847) 570-2500

Adolescent Day School: (847) 480-2892 (*Now Located in Highland Park*)

**Specialties Include:** Geriatric services and adult/adolescent partial hospitalization. The **Adolescent Day School**, a therapeutic educational program, officially approved by the Illinois State Board of Education, is designed to serve behaviorally and emotionally disordered, learning disabled, and other health impaired adolescents ages 11-18 whose progress in the traditional school setting has been impeded by emotional, behavioral, and learning difficulties. A school district must be involved which funds the program.

**Bridges Early Childhood and Adolescent Outpatient Program** serves the needs of children/adolescents, insured and uninsured children between the ages of 2 and 17 who have been diagnosed with, or at risk for, emotional, behavioral, and/or developmental delay.

**Services Include:** 24 hour crisis dept., partial hospitalization
programs, eating disorders program, chemical dependency evaluation and treatment. Outpatient medical evaluations and/or psychotherapy, psychopharmacology second opinions, outpatient clinic for adult community services, outpatient partial hospitalization program for adults 18 and over with serious mental disorders, Phoenix program for adult community services - the CMHC for more chronically ill adults, Chapman Center - outpatient treatment for addictions for adults & teens. Adult inpatient, child/adolescent outpatient, adolescent inpatient.

**Adult Outpatient Day Program offered at Highland Park Hospital Only.**

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**ADVOCATE LUTHERAN GENERAL HOSPITAL**

1775 W. Dempster, Park Ridge, IL 60068

**Phone Numbers:**
- Outpatient Counseling Center: (847) 518-1800
- Inpatient Child & Adolescent Unit: (847) 723-5437
- Outpatient Day Hospital: (847) 723-6590 *(for child & adolescents ages 5-17 only)*
- Advocate Addiction Treatment Program Evaluation & Assessment: (847) 795-3900
- [www.advocatehealth.com/luth/](http://www.advocatehealth.com/luth/)

**Specialties Include:** Geriatric Services & Advocate Addiction Treatment Program- 701 Lee St., Suite 800, Des Plaines, IL 60016; call (847) 795-3900

**Services Include:** Adult outpatient/inpatient, child & adolescent outpatient/inpatient, **Outpatient Counseling Center** - 1610 Luther Lane, Park Ridge
- Child & Adolescent Outpatient Psychiatric Day Hospital - 1775 W. Dempster, 5th Floor, Park Ridge
- Child & Adolescent Inpatient Psychiatry Unit - 1675 W. Dempster,
Park Ridge, for children ages 5-17 requiring short-term, acute care for psychiatric disorders.

WEST SUBURBAN RESOURCES:

RIVEREDGE HOSPITAL

8311 W. Roosevelt Road, Forest Park, IL 60130
Phone Numbers:
Main Hospital: (708) 771-7000
Intake/Access: (708) 209-4181 or 1(800) 252-2540
www.riveredgehospital.com
Specialties Include: Geriatric Services - inpatient only, dual diagnosis, abuse issues, pre-screening and referral department
Services Include: Adult inpatient, and child/adolescent inpatient. NO OUTPATIENT SERVICES.

HINSDALE HOSPITAL

120 N. Oak Street, Hinsdale, IL 60521
Phone Numbers:
Main Hospital: (630) 856-9000
Intake: (630) 856-6531 (Inpatient for adult & adolescents)
New Day Center: (630) 856-7700
Inpatient SA Adult Detox: (630) 856-6531
www.keepingyouwell.com/ahh

Services Include: Adult & adolescent inpatient, adult & adolescent day hospital, inpatient substance abuse and adult detox. Substance abuse outpatient program (New Day Center) for adults only, located at 1 Salt Creek Lane, Suite 202, Hinsdale, IL 60521
No one under the age of 12 is provided services.
LINDEN OAKS HOSPITAL AT EDWARD BEHAVIORAL HEALTH SERVICES

852 S. West Street, Naperville, IL 60540
Main Phone: (630)305-5500
www.edward.org/lomg

Specialties Include: Mental Health, substance abuse, & eating disorders
Services Include: Free assessments, adult outpatient/inpatient/partial hospitalization, child & adolescent outpatient/inpatient/partial hospitalization. Partial hospitalization (PHP) for adults and adolescents for substance abuse, and intensive outpatient treatment (IOP) for substance abuse.

LOYOLA UNIVERSITY HEALTH SYSTEM - PSYCHIATRY & BEHAVIORAL SERVICES

2160 S. First Avenue, Maywood, IL 60153 - Loyola Outpatient Center

Phone Numbers:
Main Hospital: (708) 216-9000
Outpatient Scheduling: (708) 216-3750
Physician Consultation & Referral: (708) 216-3272
After Hours PC & Referral: (708) 216-9000
www.loyolamedicine.org

Specialties Include: Geriatric services, residency continuity clinic program - senior residents in training conduct group therapy sessions at the Senior Health Center at Forest Park, the Primary Care Center at Darien, the Center for Health at LaGrange Park and the Oakbrook Terrace Medical Center. The sessions address depression and senior related issues such as coping with losses and social activity limitations. The Cardinal Bernardin Cancer Center Psychosocial Oncology Service providing psychological assessments for adult cancer patients and their families in individual, group, or family sessions.
Services Include: **NO INPATIENT SERVICES.** Initial evaluation of mental health problems, mood and anxiety disorder evaluation and treatment services for adults, psychotherapy, psychological testing, child & adolescent services, women’s mental health, sleep disorders in children, adult outpatient, child & adolescent outpatient psychiatric services, geriatric services or older adult including memory and cognitive retraining. **Services provided only to Loyola patients.**

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**PROVENA MERCY CENTER- BEHAVIORAL HEALTH SERVICES**

1325 N. Highland Avenue, Aurora, IL 60506

Phone Numbers:

- **Main Hospital:** (630) 859-2222
- **24hr Outpatient Psychological Assessment:** (630) 801-2657

[www.provena.org](http://www.provena.org)

**Specialties Include:** Intensive outpatient therapy, addiction assessments for adults & adolescents, fully accredited school for inpatient children & teens, entire life span behavioral health services (ages 3 through older adult).

**Services Include:** Highly structured adult, child, & adolescent intensive outpatient services, individual & group intensive outpatient counseling for adults, children, & adolescents. Adult, child, & adolescent inpatient, partial hospitalization for adults, children & adolescents; Intensive outpatient for older adults, and intensive outpatient program for cognitively impaired older adults, child development program for ages 3-12 for children struggling with depression, anxiety, behavioral problems and attention disorders, detox, inpatient services, intensive outpatient program for adult addicts, and inpatient addiction program for adults 18 & older.
RESURRECTION BEHAVIORAL HEALTH AT PROCARE CENTERS

1414 Main Street, Melrose Park, IL 60160 -or-
9845 Roosevelt Road, Westchester, IL 60154

Phone Numbers:
Central Access & Intake: (708) 410-0615
Crisis Line: (708) 681-4357 (24 hours/7 days a week)
www.reshealth.org/rhcservices/behavioral/behavioral_health_services.cfm

Services Include: Adult outpatient/inpatient, family therapy, geriatric services, assessments, emergency psychiatric services. Child Advocacy Center (for Abused Children)- 1820 S. 25th Ave., Broadview, IL 60155 (708) 338-3806 ext. 302

SOUTH SUBURBAN RESOURCES:

ADVOCATE CHRIST HOSPITAL & MEDICAL CENTER

4700 W. 95th Street,
Oak Lawn, IL 60453

Phone Numbers:
Main Hospital: (708) 684-8000
Intake: (708) 684-5221 www.advocatehealth.com/cmc/

Services Include: Adult outpatient/inpatient, adolescent outpatient/inpatient, geriatric services, substance abuse, partial hospitalization, intensive outpatient therapy

ADVOCATE FAMILY CARE NETWORK

4400 W. 95th Street, Oak Lawn, IL 60453
www.advocatehealth.com/familycarenetwork

Specialties Include: Sexual Abuse Issues
METHODOIST HOSPITAL-BEHAVIORAL MEDICINE SERVICES

600 Grant Street, Gary, IN 46402

Phone Numbers:
Main Hospital: (219) 886-4000
Adult Inpatient Care Unit/treatment Program: (219) 886-4740
Adolescent Inpatient Care Unit/treatment Program: (219) 886-4562
(Youth Ages 13-17)

www.methodistchicago.org

Services Include: Geriatric, adolescent outpatient, and adult outpatient.
At RMB Capital, We understand serving others’ best interests.

We’re proud to support the important work of Mental Health America of Illinois.

RMB Capital is an independent investment advisory firm that provides comprehensive wealth management services to high-net-worth individuals and families. Our team strives to develop a deep understanding of your personal situation in order to create customized planning and investment recommendations that are designed with your best interests, your unique needs, and your long-term objectives in mind.

Laura Hearn, CFP®
Wealth Advisor, RMB Capital
Board Member, MHAI
312.993.5813
lhearn@rmbcap.com
rmbcap.com

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Cultivate your center.
Beginning therapy can feel overwhelming. Rachel will help you learn powerful tools for attaining balance, wisdom, and self-acceptance.

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1625 N. Clark, Suite 202
Chicago, Illinois 60614
773-270-3778
rachel@mindbodycentered.com
www.mindbodycentered.com
WALKING MAN

ONE IN FIVE AMERICANS SUFFER FROM A MENTAL DISORDER.
THIS IS ONE FAMILY’S STORY.

Walking Man, a documentary film by Joshua Saltzberg, chronicles the journey of a father and son as they embark on a two week, 200-miles walk to bring awareness to the reality that is mental illness.

Though the pair set out to help others, they soon uncover long kept family secrets about their own mental health struggles.

To find out more, and to join Team Walking Man visit:

WALKINGMANMOVIE.COM

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THE CENTER

for Self-Actualization

3317 W. 95th Street
Suite #101
Evergreen Park, IL 60805
www.forSelfActualization.com

Cristin McAuley, MA
Licensed Professional Counselor
Cristin@forselfactualization.com

708-250-6532 phone
708-529-3207 fax
ILLINOIS COUNTIES (OUTSIDE COOK):

ADAMS COUNTY:

**BLESSING BEHAVIORAL CENTER**

Broadway at 14th Street, Quincy, IL 62301
Phone Number: (217) 224-4453  [www.blessinghospital.org/behavioralcenter](http://www.blessinghospital.org/behavioralcenter)

**TRANSITIONS OF WESTERN ILLINOIS**

4409 Maine St, PO Box 3646, Quincy, IL 62305
Phone Number: (217) 223-0413  [www.twi.org](http://www.twi.org)

ALEXANDER COUNTY:

**DELTA CENTER INCORPORATED**

1400 Commerical Ave., Cairo, IL 62914
Phone Number: (618) 734-2665  [www.deltacenter.org](http://www.deltacenter.org)

BOND COUNTY:

**CHESTNUT HEALTH SYSTEMS**

50 Northgate Industrial Dr., Granite City, IL 62040
Phone Number: (618) 877-4420  [www.chestnut.org](http://www.chestnut.org)

**PRAIRIE COUNSELING CENTER**

503 S. Prairie St., Greenville, IL 62246
Phone Number: (618) 664-1442  [www.bchd.us/pcc.htm](http://www.bchd.us/pcc.htm)

BOONE COUNTY:

**ROSECRACTANCE BELVIDERE CLINIC**

915 Alexandra Drive, Belvidere, IL 61008
Phone Number: (815) 544-4849  [www.rosecrance.org/facilities](http://www.rosecrance.org/facilities)

BROWN COUNTY:

**BROWN COUNTY MENTAL HEALTH CENTER**

700 Se Cross St., Mt. Sterling, IL 62353
Phone Number: (217) 773-3325
BUREAU COUNTY:

NORTH CENTRAL BEHAVIORAL HEALTH SYSTEMS
2960 Chartres St., La Salle, IL 61301
Phone Number: (815) 224-1610  www.ncbhs.org

CALHOUN COUNTY:

TRI-COUNTY COUNSELING CENTER
220 E County Rd, PO Box 381, Jerseyville, IL 62052
Phone Number: (618) 498-9587  tricountycounseling.org

CARROLL COUNTY:

SINNISIPPI CENTERS
1122 Healthcare Dr., MT. C, IL 61053
Phone Number: (815) 244-1376  www.sinnissippi.com

CASS COUNTY:

CASS COUNTY MENTAL HEALTH ASSOCIATION
121 E 2nd St, Beardstown, IL 62618
Phone Number: (217) 323-2980

CHAMPAIGN COUNTY:

DIVISION OF MENTAL HEALTH-REGION THREE
5407 N University St, Peoria, IL 61614
Phone Number: (309) 693-5228

CHRISTIAN COUNTY:

CHRISTIAN COUNTY MENTAL HEALTH ASSOCIATION
730 N Pawnee St, PO Box 438, Taylorville, IL 62568
Phone Number: (217) 824-9675  www.ccmha.net

CLARK/EDGAR COUNTY:

HUMAN RESOURCES CENTER OF EDGAR/CLARK
118 E Court St, PO Box 1118, Paris, IL 61944
Phone Number: (217) 465-4118  www.hrcec.org

CLAY COUNTY:
SOUTHEASTERN ILLINOIS COUNSELING CENTER
901 W 3rd St, Flora, IL 62839
Phone Number: (618) 662-2871

CLINTON COUNTY:

COMMUNITY RESOURCE CENTER
580 8th St, Carlyle, IL 62231
Phone Number: (618) 594-4581  www.seicc.org

COLES COUNTY:

LIFELINKS
750 Broadway Ave E, Mattoon, IL 61938
Phone Number: (217) 238-5700  www.lifelinksinc.net

CRAWFORD COUNTY:

SOUTHEASTERN ILLINOIS COUNSELING CENTER
204 W Highland Ave, Robinson, IL 62454
Phone Number: (618) 546-1021  www.seicc.org

CUMBERLAND COUNTY:

CUMBERLAND ASSOCIATES INCORPORATED
120 Court House Sq, PO Box 385, Toledo, IL 62468
Phone Number: (217) 849-3803  www.cumberland.k12.il.us

DEKALB COUNTY:

BEN GORDON CENTER
12 Health Services Dr, Dekalb, IL 60115
Phone Number: (815) 756-4875  bengordoncenter.org

DEWITT COUNTY:

DEWITT COUNTY HUMAN RESOURCES CENTER
1150 State Route 54 W, PO Box 616, Clinton, IL 61727
Phone Number: (217) 935-9496  www.dchrc.org

DOUGLASS COUNTY:

DOUGLASS COUNTY MENTAL HEALTH CENTER
114 W Houghton St, Tuscola, IL 61953
Phone Number: (217) 253-4731

DUPAGE COUNTY:

<table>
<thead>
<tr>
<th>DUPAGE COUNTY BEHAVIORAL HEALTH SERVICES</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>111 N County Farm Rd, Wheaton, IL 60187</strong></td>
</tr>
<tr>
<td>Phone Number: (630) 682-7979 <a href="http://www.dupagehealth.org/mental-health">www.dupagehealth.org/mental-health</a></td>
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</tbody>
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LEYDEN FAMILY SERVICES

| 10001 Grand Ave, Franklin Park, IL 60131 |
| Phone Number: (847) 451-0330 [www.leydenfamilyservice.org](http://www.leydenfamilyservice.org) |

EDWARDS COUNTY:

<table>
<thead>
<tr>
<th>SOUTHEASTERN ILLINOIS COUNSELING CENTER</th>
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<tbody>
<tr>
<td><strong>254 S 5th St, Albion, IL 62806</strong></td>
</tr>
<tr>
<td>Phone Number: (618) 445-3559 <a href="http://www.seicc.org">www.seicc.org</a></td>
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EFFINGHAM COUNTY:

<table>
<thead>
<tr>
<th>HEARTLAND HUMAN RESOURCES</th>
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<tbody>
<tr>
<td><strong>1200 N 4th St, PO Box 1047, Effingham, IL 62401</strong></td>
</tr>
<tr>
<td>Phone Number: (217) 347-7179 <a href="http://www.heartlandhs.org">www.heartlandhs.org</a></td>
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</tbody>
</table>

FAYETTE COUNTY:

<table>
<thead>
<tr>
<th>COMMUNITY RESOURCE CENTER</th>
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<tbody>
<tr>
<td><strong>421 W Main St, Vandalia, IL 62471</strong></td>
</tr>
<tr>
<td>Phone Number: (618) 283-4229 <a href="http://www.vandaliaillinois.com/commresource.html">www.vandaliaillinois.com/commresource.html</a></td>
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FORD COUNTY:

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<tr>
<th>COMMUNITY RESOURCE AND COUNSELING CENTER</th>
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<tbody>
<tr>
<td><strong>1510 W Ottawa St, PO Box 162, Paxton, IL 60957</strong></td>
</tr>
<tr>
<td>Phone Number: (217) 379-4302 <a href="http://www.4crcc.org">www.4crcc.org</a></td>
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FRANKLIN COUNTY:

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<tr>
<th>FRANKLIN-WILLIAMSON HUMAN SERVICES</th>
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<tbody>
<tr>
<td><strong>902 W Main St, W Frankfort, IL 62896</strong></td>
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</tbody>
</table>
FULTON COUNTY:

NORTH CENTRAL BEHAVIORAL HEALTH SYSTEMS
727 E Etna Rd, Ottawa, IL 61350
Phone Number: (815) 434-4727  www.ncbhs.org

GALLATIN COUNTY:

EGYPTIAN HEALTH DEPARTMENT
112 E Main St, PO Box 181
Ridgway, IL 62979
Phone Number: (618) 272-4691  www.egyptian.org

GREENE COUNTY:

TRI-COUNTY COUNSELING CENTER
220 E County Rd, PO Box 381, Jerseyville, IL 62052
Phone Number: (618) 498-9587

GRundy COUNTY:

GRUNDY COUNTY DEPARTMENT OF PUBLIC HEALTH
1320 Union St, Morris, IL 60450
Phone Number: (815) 941-3400  www.grundyhealth.org

HAMILTON COUNTY:

JEFFERSON COUNTY COMPREHENSIVE
Route 14 East, P.O. Box 295, McLeansboro, IL 62859
Phone Number: (618) 643-3103  www.jeffersoncomprehensivehealthcenter.com

HANCOCK COUNTY:

HANCOCK COUNTY MENTAL HEALTH CENTER
607 Buchanan St, Carthage, IL 62321
Phone Number: (217) 357-3176  www.hancockhealth.info

HARDIN COUNTY:

FAMILY COUNSELING CENTER
1st St and Locust St, PO Box 242, Elizabethtown, IL 62931
Phone Number: (618) 287-7010
HENDERSON COUNTY:

**BRIDGEWAY, INCORPORATED**

2323 Windish Dr, Galesburg, IL 61401
Phone Number: (309) 344-2323  www.bway.org

HENRY COUNTY:

**BRIDGEWAY LOCATIONS**

137 E. College, Kewanee, IL 61443
Phone Number: (309) 852-4331  www.bway.org

IROQUOIS COUNTY:

**IROQUOIS MENTAL HEALTH CENTER**

323 W Mulberry St, PO Box 322, Watseka, IL 60970
Phone Number: (815) 432-5241

JACKSON COUNTY:

**SOUTHERN ILLINOIS REGIONAL SOCIAL SERVICES**

604 E College St, Carbondale, IL 62901
Phone Number: (618) 457-6703

JASPER COUNTY:

**JASPER COUNTY HEALTH DEPARTMENT**

106 Edwards St, Newton, IL 62448
Phone Number: (618) 783-4154  health.jaspercounty.us

JEFFERSON COUNTY:

**JEFFERSON COUNTY COMPREHENSIVE SERVICES**

16342 N IL Highway 37, PO Box 428, Mount Vernon, IL 62864
Phone Number: (618) 242-1512  www.jeffersoncomprehensivehealthcenter.com

JERSEY COUNTY:

**TRI-COUNTY COUNSELING CENTER MENTAL HEALTH**

220 E County Rd, PO Box 381, Jerseyville, IL 62052
Phone Number: (618) 498-9587
JOE DAVIESS COUNTY:

FHN FAMILY COUNSELING CENTER
1133 W Stephenson St, Freeport, IL 61032
Phone Number: (815) 232-4183  www.fhn.org

JOHNSON COUNTY:

FAMILY COUNSELING CENTER
408 E Vine St, Vienna, IL 62995
Phone Number: (618) 658-2611  www.fccinconline.org

KANE COUNTY:

ECKER CENTER FOR MENTAL HEALTH
1845 Grandstand Pl, Elgin, IL 60123
Phone Number: (847) 695-0484  www.eckercenter.org

GATEWAY/COMMUNITY COUNSELING CENTER
400 Mercy Ln, Aurora, IL 60506
Phone Number: (630) 966-7400  www.recovergateway.org

LARKIN CENTER
1212 Larkin Ave, Elgin, IL 60123
Phone Number: (847) 695-5656  www.larkincenter.org

THE ASSOCIATION MENTAL HEALTH
309 W New Indian Trl, Aurora, IL 60506
Phone Number: (630) 844-5040  www.the-association.org

KANKAKEE COUNTY:

HELEN WHEELER CENTER
275 E Court St, Kankakee, IL 60901
Phone Number: (815) 939-3543

KENDALL COUNTY:

GATEWAY/COMMUNITY COUNSELING CENTER
400 Mercy Ln, Aurora, IL 60506
Phone Number: (630) 966-7400  www.recovergateway.org
KNOX COUNTY:

BRIDGEWAY, INC.
2323 Windish Dr, Galesburg, IL 61401
Phone Number: (309) 344-2323  www.bway.org

LASALLE COUNTY:

NORTH CENTRAL BEHAVIORAL HEALTH SYSTEMS
2960 Chartres St, PO Box 1488, La Salle, IL 61301
Phone Number: (815) 224-1610  www.ncbhs.org

LAKE COUNTY:

LAKE COUNTY BHS
3012 Grand Ave, Waukegan, IL 60085
Phone Number: (847) 377-8297
health.lakecountyil.gov/Behavioral/Pages/default.aspx

LAWRENCE COUNTY:

LAWRENCE COUNTY HEALTH DEPARTMENT
Rr 3, PO Box 414, Lawrenceville, IL 62439
Phone Number: (618) 943-3302  www.lawcohd.org

LEE COUNTY:

SINNISSIPPI MENTAL HEALTH CENTER
325 IL Route 2, Dixon, IL 61021
Phone Number: (815) 284-9380  www.sinnissippi.com

LIVINGSTON COUNTY:

INSTITUTE FOR HUMAN RESOURCES
310 E Torrance Ave, PO Box 768, Pontiac, IL 61764
Phone Number: (815) 844-6109  www.ihrpontiac.com

LOGAN COUNTY:

MHC OF CENTRAL ILLINOIS
304 8th St, Lincoln, IL 62656
Phone Number: (217) 732-2161  www.mhcci.org
MACON COUNTY:

HERITAGE BEHAVIORAL HEALTH CENTER
151 N Main St, PO Box 710, Decatur, IL 62523
Phone Number: (217) 362-6262  www.heritagenet.org

MACOUPIN COUNTY:

LOCUST STREET RESOURCE CENTER
320 South Locust Street, Carlinville, IL 62626
Phone Number: (217) 854-3166  www.locuststreet.org

MADISON COUNTY:

CHESTNUT HEALTH SYSTEMS
50 Northgate Industrial Dr, Granite City, IL 62040
Phone Number: (618) 877-4420  www.chestnut.org

COMMUNITY COUNSELING CENTER
2615 Edwards St, Alton, IL 62002
Phone Number: (618) 462-2331

COMPREHENSIVE MENTAL HEALTH CENTER
3911 State St, E Saint Louis, IL 62205
Phone Number: (618) 482-7330  www.cmhsi.com

PRAIRIE COUNSELING CENTER
503 S Prairie St, Greenville, IL 62246
Phone Number: (618) 664-1442

MARION COUNTY:

COMMUNITY RESOURCE CENTER
904 E. Martin Luther King Drive, Centralia, IL 62801
Phone Number: (618) 533-1391
315 Westgate Avenue, Salem, IL 62881
Phone Number: (618) 548-2181  www.crconline.info

MARSHALL COUNTY:
NORTH CENTRAL BEHAVIORAL HEALTH SYSTEMS
2960 Chartres St, PO Box 1488, La Salle, IL 61301
Phone Number: (815) 224-1610  www.ncbhs.org

MASSAC COUNTY:
MASSAC COUNTY MENTAL HEALTH CENTER
206 W 5th St, Metropolis, IL 62960
Phone Number: (618) 524-9368
www.massaccountyunitedway.net/Massac County Mental Health.htm

MCDONOUGH COUNTY:
NORTH CENTRAL BEHAVIORAL HEALTH
301 E Jefferson St, Macomb, IL 61455
Phone Number: (309) 833-2191  www.ncbhs.org

MCHENRY COUNTY:
FAMILY ALLIANCE, INC.
301 E Jefferson St, Macomb, IL 61455
Phone Number: (309) 833-2191  www.familyallianceinc.org

FAMILY SERVICES & CMHC OF MCHENRY
5320 W Elm St, Mchenry, IL 60050
Phone Number: (815) 385-6400
www.communityresources.net/familyservicesmchenry.htm

MCHENRY COUNTY MENTAL HEALTH BOARD
620 Dakota St., Crystal Lake, IL 60012
Phone Number: (815) 455-2828
www.co.mchenry.il.us/county-government/departments-j-z/mental-health-board/

MCHENRY COUNTY YOUTH SERVICE BUREAU
101 S Jefferson St, Woodstock, IL 60098
Phone Number: (815) 338-7360
PIioneer Center

4001 W Dayton St, Mchenry, IL 60050
Phone Number: (815) 344-1230  www.pioneercenter.org

MCLEAN COUNTY:

MCLEAN County Center for Human Services

108 W Market St, Bloomington, IL 61701
Phone Number: (309) 827-5351  www.mcchs.org/wordpress/

Occupational Development Center

1201 Bell St, Bloomington, IL 61701
Phone Number: (309) 820-0723

MENARD COUNTY:

MHC of Central Illinois/Sangamon-Menard

710 N 8th St, Springfield, IL 62702
Phone Number: (217) 525-1064  www.mhcci.org

MERCER COUNTY:

Robert Young Center for Community Mental Health

4600 3rd St, Moline, IL 61265
Phone Number: (309) 779-2041
www.unitypoint.org/quadcities/services-mental-health-and-substance-abuse.aspx

MONROE COUNTY:

Human Support Services

988 N Illinois Route 3, Waterloo, IL 62298
Phone Number: (618) 939-4444  www.hss1.org

MONTGOMERY COUNTY:

Montgomery County Health Department

11191 Illinois Route 185, Hillsboro, IL 62049
Phone Number: (217) 532-2001  www.montgomeryco.com/health

MORGAN COUNTY:
ELM CITY CENTER
1314 W Walnut St, Jacksonville, IL 62650
Phone Number: (217) 245-9504  www.elmcity.org

MHC OF CENTRAL ILLINOIS/MORGAN-SCOTT
340 W State St, PO Box 370, Jacksonville, IL 62650
Phone Number: (217) 245-6126  www.mhcci.org

MOULTRIE COUNTY:

MOULTRIE COUNTY BEACON
401 W Water St, PO Box 406, Sullivan, IL 61951
Phone Number: (217) 728-7396  www.mcbeacon.org

MOULTRIE COUNTY COUNSELING
2 W Adams St, PO Box 163, Sullivan, IL 61951
Phone Number: (217) 728-4358  www.moultriecounseling.org

OGLE COUNTY:

SINNISSIPPI CENTER
125 S 4th St, Oregon, IL
Phone Number: (815) 732-3157  www.sinnissippi.com

PEORIA COUNTY:

CHILDREN’S HOME ASSOCIATION
2130 N Knoxville Ave, Peoria, IL 61603
Phone Number: (309) 685-1047  www.chail.org

COMMUNITY WORKSHOP AND TRAINING CENTER
3215 N University St, Peoria, IL 61604
Phone Number: (309) 686-3300  www.cwtc.org

HUMAN SERVICE CENTER OF PEORIA MENTAL HEALTH
600 Fayette St, PO Box 1346, Peoria, IL 61603
Phone: (309) 671-8000  www.fayettecompanies.org

SOUTHSIDE OFFICE OF CONCERN
1316 Sw Adams St, Peoria, IL 61602
Phone Number: (309) 674-7310  www.ssocpeoria.org
PERRY COUNTY:

PERRY COUNTY COUNSELING CENTER
1016 S Madison St, Du Quoin, IL 62832
Phone Number: (618) 542-4357
www.perrycountycounselingcenter.webs.com

PIATT COUNTY:

PIATT COUNTY MENTAL HEALTH CENTER
1921 N Market St, Monticello, IL 61856
Phone Number: (217) 762-5371 www.piattmhc.org

PIKE COUNTY:

COUNSELING CENTER OF PIKE COUNTY
121 S Madison St, Pittsfield, IL 62363
Phone Number: (217) 285-4436

POPE COUNTY:

FAMILY COUNSELING CENTER
1125 N Market St, PO Box 759, Golconda, IL 62938
Phone Number: (618) 683-2461 www.fccinconline.org

PULASKI COUNTY:

DELTA CENTER MENTAL HEALTH
1400 Commercial Ave, Cairo, IL 62914
Phone Number: (618) 734-2665 www.deltacenter.org

PUTNAM COUNTY:

NORTH CENTRAL BEHAVIORAL HEALTH
2960 Chartres St, PO Box 1488, La Salle, IL 61301
Phone Number: (815) 224-1610 www.ncbhs.org

RICHLAND COUNTY:

SOUTHEASTERN ILLINOIS COUNSELING CENTER
901 W 3rd St, Flora, IL 62893
Phone Number: (618)-662-2871 www.seicc.org
ROCK ISLAND COUNTY:

ROBERT YOUNG CENTER FOR COMMUNITY HEALTH
4600 3rd St, Moline, IL 61265
Phone Number: (309)-779-2027
www.unitypoint.org/quadcities/services-mental-health-and-substance-abuse.aspx

TRANSITIONS MENTAL HEALTH REHABILITATION
805 19th St, PO Box 4328, Rock Island, IL 61201
Phone Number: (309)-793-4993   www.transrehab.org

ST. CLAIR COUNTY:

COMPREHENSIVE MENTAL HEALTH CENTER
3911 State St., E Saint Louis, IL 62205
Phone Number: (618)-482-7330   www.cbhc1.org

HUMAN SERVICE CENTER
3911 State St., E Saint Louis, IL 62205
Phone Number: (618)-482-7330

SALINE COUNTY:

EGYPTIAN MENTAL HEALTH DEPARTMENT
1412 US Highway 45 N, Eldorado, IL 62930
Phone Number: (618)-273-3326   www.egyptian.org

SANGAMON COUNTY:

MHC OF CENTRAL ILLINOIS
710 N 8th St., Springfield, IL 62702
Phone Number: (217)-525-1064   www.mhcci.org

SIU COMMUNITY SUPPORT NETWORK
801 N Rutledge St, PO Box 19230, Springfield, IL 62702
Phone Number: (217)-545-8251   www.siumed.edu/psych/csn.php

SCHUYLER COUNTY:

SCHUYLER COUNSELING AND HEALTH DEPT.
127 S Liberty St., PO Box 320, Rushville, IL 62681
Phone Number: (217)-322-4373
SCOTT COUNTY:

MHC OF CENTRAL ILLINOIS/MORGAN-SCOTT
340 W State St, PO Box 370, Jacksonville, IL 62650
Phone Number: (217)-245-6125  www.mhcci.org

SHELBY COUNTY:

SHELBY COUNTY COMMUNITY SERVICES
1810 W South 3rd St., PO Box 650, Shelbyville, IL 62565
Phone Number: (217)-774-5587  www.shelbycounty-il.com/sccs.htm

STARK COUNTY:

NORTH CENTRAL BEHAVIORAL HEALTH SYSTEMS
2960 Chartres St, PO Box 1488, La Salle, IL 61301
Phone Number: (815)-224-1610  www.ncbhs.org

STEPHENVSON COUNTY:

FHN FAMILY COUNSELING CENTER
1133 W Stephenson St., Freeport, IL 61032
Phone Number: (815)-232-4183  www.fhn.org

TAZEWELL COUNTY:

TAZWOOD MENTAL HEALTH CENTER
3248 Vandever, Pekin, IL 61554
Phone Number: (309)-347-5522  www.tazwoodcenterforwellness.org

UNION COUNTY:

UNION COUNTY COUNSELING SERVICE
204 South St, PO Box 548, Anna, IL 62906
Phone Number: (618)-833-8266  www.uccsinc.org

VERMILLION COUNTY:

CENTER FOR CHILDREN’S SERVICES
702 N Logan Ave, Danville, IL 61832
Phone Number: (217)-446-1325
<table>
<thead>
<tr>
<th><strong>CROSSPOINT HUMAN SERVICES</strong></th>
<th>210 Avenue C, Danville, IL 61832</th>
<th>Phone Number: (217)-442-3200</th>
<th><a href="http://www.co.vermilion.il.us/mental05.htm">www.co.vermilion.il.us/mental05.htm</a></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>WARREN COUNTY:</strong></td>
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<tr>
<td><strong>BRIDGEWAY, INCORPORATED</strong></td>
<td>2323 Windish Dr., Galesburg, IL 61401</td>
<td>Phone Number: (309)-344-2323</td>
<td><a href="http://www.bway.org">www.bway.org</a></td>
</tr>
<tr>
<td><strong>DIVISION OF MENTAL HEALTH – REGION THREE</strong></td>
<td>5407 N University St., Peoria, IL 61614</td>
<td>Phone Number: (309)-693-5228</td>
<td></td>
</tr>
<tr>
<td><strong>WABASH COUNTY HEALTH DEPARTMENT</strong></td>
<td>130 W 7th St., Mount Carmel, IL 62863</td>
<td>Phone Number: (618)-263-3873</td>
<td><a href="http://www.wabashhealth.org">www.wabashhealth.org</a></td>
</tr>
<tr>
<td><strong>WASHINGTON COUNTY:</strong></td>
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<tr>
<td><strong>WASHINGTON COUNTY COUNSELING</strong></td>
<td>781 E Holzhauer Dr., PO Box 273, Nashville, IL 62263</td>
<td>Phone Number: (618)-327-3348</td>
<td><a href="http://www.co.washington.or.us/CommunityCorrections/VolunteerInternship/counseling-services.cfm">www.co.washington.or.us/CommunityCorrections/VolunteerInternship/counseling-services.cfm</a></td>
</tr>
<tr>
<td><strong>WAYNE COUNTY:</strong></td>
<td></td>
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</tr>
<tr>
<td><strong>SOUTHEASTERN ILLINOIS COUNSELING CENTER</strong></td>
<td>407 N Basin Dr., Rural Route 3, Box 770, Fairfield, IL 62837</td>
<td>Phone Number: (618)-842-2125</td>
<td><a href="http://www.seicc.org">www.seicc.org</a></td>
</tr>
<tr>
<td><strong>WHITE COUNTY:</strong></td>
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<tr>
<td><strong>DIVISION OF MENTAL HEALTH – REGION FIVE</strong></td>
<td>1000 N Main St., Anna, IL 62906</td>
<td>Phone Number: (618)-833-8266</td>
<td></td>
</tr>
<tr>
<td><strong>EGYPTIAN HEALTH DEPARTMENT</strong></td>
<td>1705 College Ave., Carmi, IL 62821</td>
<td>Phone Number: (618)-382-7311</td>
<td><a href="http://www.egyptian.org">www.egyptian.org</a></td>
</tr>
</tbody>
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--- Page 46 ---
WILL COUNTY:

CORNERSTONE SERVICES, INCORPORATED
777 Joyce Rd., Joliet, IL 60436
Phone Number: (815)-727-6666  http://www.cornerstoneservices.org

DIVISION OF MENTAL HEALTH – REGION ONE
7400 183rd St., Tinley Park, IL 60477
Phone Number: (708)-614-4002

TRINITY SERVICES, INCORPORATED
100 Gougar Rd., Joliet, IL 60432
Phone Number: (815)-485-6197  www.trinity-services.org

WILL COUNTY DEPT. OF PUBLIC HEALTH
501 Ella Ave., Joliet, IL 60433
Phone Number: (815)-727-8480  www.willcountyhealth.org

WILLIAMSON COUNTY:

FRANKLIN-WILLIAM HUMAN RESOURCES
1307 W Main St., Marion, IL 62959
Phone Number: (618)-997-5336

WINNEBAGO COUNTY:

JANET WATTLES CENTER
526 W. State St., Rockford, IL 61101
Phone Number: (815)-968-9300  www.rosecrance.org

STEPPING STONES, INCORPORATED
706 N Main St., Rockford, IL 61103
Phone Number: (815)-744-4555  www.ssrinc.org

WOODFIELD COUNTY:

CHILDREN’S HOME ASSOCIATION
2130 N Knoxville Ave., Peoria, IL 61603
Phone Number: (309) -685-1047  www.chail.org
## NORTHWEST INDIANA RESOURCES:

### GARY, INDIANA:

<table>
<thead>
<tr>
<th><strong>EDGewater Systems for Balanced Living</strong></th>
<th>1100 W 6th Ave, Gary IN 46402</th>
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<tbody>
<tr>
<td><strong>Phone Number:</strong> (219) 885-4264</td>
<td><a href="http://www.edgewatersystems.net">www.edgewatersystems.net</a></td>
</tr>
</tbody>
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<thead>
<tr>
<th><strong>Phoenix Care Systems, Incorporated</strong></th>
<th>308 E 21st Ave, Gary, IN 46407</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Phone Number:</strong> (219)-886-1320</td>
<td><a href="http://www.phoenixcaresystems.com">www.phoenixcaresystems.com</a></td>
</tr>
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<tr>
<th><strong>Serenity House Incorporated</strong></th>
<th>5157 Harrison St, Gary, IN 46408</th>
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<tbody>
<tr>
<td><strong>Phone Number:</strong> (219) 980-1955</td>
<td><a href="http://www.serenityhouse.com">www.serenityhouse.com</a></td>
</tr>
</tbody>
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<thead>
<tr>
<th><strong>Community HealthNet</strong></th>
<th>1021 W 5th Ave, Gary, IN 46402</th>
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<tbody>
<tr>
<td><strong>Phone Number:</strong> (219) 880-1190</td>
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### HAMMOND, INDIANA:

<table>
<thead>
<tr>
<th><strong>Northshore Hammond Health Center</strong></th>
<th>6920 Indianapolis Blvd, Hammond, IN 46324</th>
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<tbody>
<tr>
<td><strong>Phone Number:</strong> (219)-763-8112</td>
<td><a href="http://www.northshorehealth.org">www.northshorehealth.org</a></td>
</tr>
</tbody>
</table>

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<thead>
<tr>
<th><strong>Community HealthNet OSC</strong></th>
<th>5927 Columbia Ave, Hammond, IN 46320</th>
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<tbody>
<tr>
<td><strong>Phone Number:</strong> (219)-880-1190</td>
<td><a href="http://www.garychc.org">www.garychc.org</a></td>
</tr>
</tbody>
</table>

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<tr>
<th><strong>Regional Health Clinic</strong></th>
<th>559 State St, Hammond, IN 46320</th>
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<tbody>
<tr>
<td><strong>Phone Number:</strong> (219)-937-3300</td>
<td><a href="http://www.regionalmentalhealth.org">www.regionalmentalhealth.org</a></td>
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<tr>
<th><strong>Regional Community Health Center</strong></th>
<th>527 State St, Hammond, IN 46320</th>
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</thead>
<tbody>
<tr>
<td><strong>Phone Number:</strong> (219)-736-7183</td>
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</table>
Support groups offer an opportunity to talk to other people going through similar experiences. There are support groups for both individuals with mental health concerns and for their family members. Group therapy is usually led by a counselor, and offers individuals a chance to experience treatment with other people who have similar concerns. These options are safe zones to share and learn from both others’ unique experiences and information offered by counselors.

For a list of **free support groups**, contact the following organizations:

<table>
<thead>
<tr>
<th>Organization</th>
<th>Website</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mental Health America of Illinois (MHAI)</td>
<td><a href="http://www.mhai.org">www.mhai.org</a></td>
<td>(312) 368-9070 ext. 310</td>
</tr>
<tr>
<td>National Depression and Bipolar Support Alliance (DBSA)</td>
<td><a href="http://www.dbsalliance.org">www.dbsalliance.org</a></td>
<td>(800) 826-3632</td>
</tr>
<tr>
<td>The National Alliance for the Mentally Ill of Greater Chicago (NAMI-GC)</td>
<td><a href="http://www.namigc.org">www.namigc.org</a></td>
<td>(312) 563-0445</td>
</tr>
<tr>
<td>The National Alliance for the Mentally Ill of Illinois (NAMI-IL)</td>
<td><a href="http://il.nami.org">il.nami.org</a></td>
<td>(800) 950-6264</td>
</tr>
<tr>
<td>Lutheran Social Services</td>
<td><a href="http://www.lssi.org">www.lssi.org</a></td>
<td>(773) 282-7800</td>
</tr>
</tbody>
</table>

To find **group therapy** opportunities in your area contact:

<table>
<thead>
<tr>
<th>Organization</th>
<th>Website</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Illinois Group Therapy Society</td>
<td><a href="http://www.ilgps.org">www.ilgps.org</a></td>
<td>(847) 604-0356</td>
</tr>
<tr>
<td>The American Group Psychotherapy Association</td>
<td><a href="http://www.agpa.org">www.agpa.org</a></td>
<td>(877) 668-2472</td>
</tr>
</tbody>
</table>
ILLINOIS TOBACCO QUITLINE:
Struggling with a tobacco addiction? Call 1-866-QUIT-YES or visit quityes.org. Service offers free informational materials and support from professional counselors.

Alternative Wellness Providers

Art Therapy

Art and Soul
773.878.7685
www.artandsoulchicago.com
1509 W. Berwyn, #202, Chicago, IL

Art Therapy Studio Chicago
773.250.6175
www.art-therapist.org
1579 N Milwaukee Ave, #210, Chicago, IL

Acupuncture:

Acupuncture for Balanced Wellness
312.223.0692
www.acubalancechicago.com
300 W Adams St #515, Chicago, IL

Source Healing
312.335.9330
www.sourcehealing.com
650 N. Dearborn St, #800, Chicago, IL

Lincoln Square Acupuncture
773.878.3888
www.squaenergy.com
4720 North Lincoln Ave., Chicago, IL

Chicago Acupuncture
312.399.4919
www.chicagoacupuncture.com
306 W Hubbard St, Chicago, IL

Jade Path Acupuncture &Herbal Medicine
773.669.5724
www.jadepathacupuncture.com
70 E Lake St #630, Chicago, IL

Dr. Lo’s Acupuncture Clinics
312.782.0487
www.drlacupuncture.com
8 S. Michigan Ave, Suite 1316
Chicago, IL
**Services also include acupuncture, massage and physical therapy

The Chicago Body Works
773.248.4229
www.chibodyworks.com
3505 N. Ashland Ave, Chicago, IL
**Services also include massage

Chiropractic:

21st Century Chiropractic Family Wellness
708.422.3300
www.21stcenturychiro.com
4907 W. 95th St, Oak Lawn, IL

Active Body
Chiropractic
312.922.9868
www.activebodychiro.com
1600 S Indiana Ave. Chicago, IL
Avalon Chiropractic Clinic, P.C.
773.275.7977
www.avalonchiropracticclinic.com
1480 W Catalpa Ave, Chicago, IL

Active Care Center
773.774.4400
www.activecarecenter.com
6257 N Milwaukee Ave, Chicago, IL

Chicago Chiropractic & Sports Injury Centers
312.236.9355
www.sportsinjurycenters.com
19 S. LaSalle Street  #503
Chicago, IL

Addition al Locations
**Services include acupuncture, massage, physical therapy and yoga

Chicago Sport and Joint Care
312.583.0061
www.chicagospinecare.com
111 W Jackson Blvd, Chicago, IL

Chicago Chiropractic
312.337.4004
www.chicago-chiropractic.com
1 East Delaware Pl., Suite 401, Chicago, IL

Chiropractic Chicago
312.255.9500
www.chirochicago.com
407 W. North Ave, Chicago, IL

Knecht Chiropractic
773.525.9100
www.knechtchiropractic.com
3444 N Halsted, Chicago, IL

MVP Chiropractic
312-465-2826
www.mvpchiro.com
205 W Randolph #2150, Chicago, IL

Oak Park Chiropractic
708.383.4370
www.oakparkchiropractic.com
1144 W Lake St. Ste 203 Oak Park, IL
**Services include spa and pool

Total Wellness Chiropractic Clinic
773.529.6741
www.totalwellnesschicago.com
1902 W Addison St., Chicago, IL

Wrigleyville Chiropractic & Massage
773.360.3320
www.wrigleyvillechiropractic.com/
911 W. School Street, Chicago, IL

Fitness Centers:
*All listed also include group fitness and personal train and have multiple local locations.

Chicago Athletic Club
773.529.2022
1019 W. Diversey Parkway, Chicago
**Services also include pool, climbing, yoga, nutrition, Pilates, and massage therapy

Cheetah Gym
773.394.5900
www.cheetahgym.com
1934 W North Ave, Chicago, IL

East Bank Club
312.527.5800
www.eastbankclub.com
500 N Kingsbury St, Chicago, IL

Fitness Formula Clubs
312.648.4666
wwwffc.com
619 W Jackson Blvd, Chicago, IL
**Services include spa and pool
Pilates:

Chicago River North Pilates
312.751.1256
www.crnpilates.com/
213 W Institute Pl #303, Chicago, IL

Pilates Chicago
773.274.2673
www.pilateschicago.net
1220 W Morse Ave, Chicago, IL

Core Chicago Pilates
773.296.9660
www.corechicagopilates.com
2549 N Racine Ave, Chicago, IL

Superior Pilates
312.640.2673
www.superiorpilates.net
405 W Superior St, Chicago, IL

Flow Studios
773.975.7540
www.flowchicago.com
2248 N Clark St,, Chicago, IL

Martial Arts:

Chicago Martial Arts
847.564.0200
www.cmatkd.com
151 S. Pfingsten Rd., Suite E&F
Deerfield, IL

Chang's Martial Arts Academy
773.227.2560
www.changssacademy.com

Martial Arts Training Temple
773.545.5490
www.mantisfist.com
3716 N Cicero Ave, Chicago, IL

Bei Dou Kung Fu
773.327.4710
www.beidoukungfuchicago.com
1511 W Fullerton Ave, Chicago, IL

Enso
312.427.3676
www.ensokarate.com
412 S Wells St, Chicago, IL

Kensho Martial Arts
312.957.8050
www.kenshochicago.com
1030 W North Ave, Chicago, IL

Degerberg Academy Martial Arts
773.728.5300
www.degerbergacademy.com
4717 N Lincoln Ave, Chicago, IL

Meditation:

Chaturanga Holistic Fitness
773.358.2998
www.chaturangafitness.com
1525 E 55th
St #302. Chicago, IL

Chicago Meditation Center
846.450.3426
www.chicagomeditationcenter.com
2215 W North Ave, Chicago, IL

Advanced Natural Health Center
630.495.1855
www.advancedhealing.net
17 Butterfield Rd, Villa Park, IL
Spinning:

Flywheel
312.624.8485
www.flywheelsports.com
710 N State St, Chicago, IL

Go Cycle Fitness
312.878.4999
www.gocyclestudios.com
525 W North Ave, Chicago, IL

Real Ryder Revolution
312.587.7933
www.realryderrevolution.com
108 W Hubbard St, Chicago, IL

Dance/Music Therapy:

The Dance Therapy Center
312.461.9826
www.ginademos.com
410 S Michigan Ave, Chicago, IL

Music Institute of Chicago
847.905.1500 ext. 133
www.musicinst.org
300 Green Bay Rd, Winnetka, IL

North Shore Dance Therapy
www.northshoredancetherapy.com
847.848.0697
1516 Greenwood Ave, Deerfield IL

Massage Therapy:

Dita Day Spa
312.337.0777
www.ditadayspa.com
58 E Walton St, Chicago, IL

Four Hands Therapeutic Massage
312.957.0600
www.fourhandschicago.com
410 S Michigan Ave, Chicago, IL

Working Well Massage
773.206.9676
www.workingwellmassage.com
325 W Huron St #308, Chicago, IL

Adele Therapeutic Massage
312.782.1406
www.adelemassage.com
55 E Washington St #624, Chicago, IL

Urban Oasis
312.587.3500
www.urbanoasismassage.com
12 W Maple St #3, Chicago, IL
*Additional Locations

The Rub Chicago
773.644.1044
www.therubchicago.com
948 W Huron St, Chicago, IL 60642

Massage Envy Spa
773.904.1100
1845 N Clybourn Ave, Chicago, IL
*Additional Locations

Heavenly Massage
312.202.0213
www.heavenlymassage.com
1163 North State Street, Chicago, IL

Lincoln Park Massage
773.296.6300
www.lincolnparkmassagemassage.com
630 W. Webster Ave, Chicago, IL

River North Massage Therapy
312.854.2834
www.rivernorthmassage.com
747 N LaSalle St, Chicago, IL

*Additional Locations

**Services also include spa service
To add your listing to the next edition of this resource guide, please contact Dave Kunicki at (312) 368-9070 ext. 327 or email: dkunicki@mhai.org
WHO WE ARE

Founded in 1909, Mental Health America of Illinois (MHAI) is a leading non-profit, statewide organization concerned with the entire spectrum of mental health.

MHAI focuses on three core objectives: to advocate, to educate and to serve. MHAI’s mission is to promote mental health, work for the prevention of mental illnesses, and improve the care and treatment of persons suffering from mental and emotional disorders.

WHAT WE DO

We Advocate l We Educate l We Serve

MHAI maintains a number of initiatives and services to help carry out our important mission. We partner with community leaders, schools, businesses, the media and the general public across Illinois to advance mental wellness.

MHAI serves the state through several programs, providing education, consultation, and professional development to school, family, community and business audiences on topics that span the mental health spectrum. We also create and monitor policies that impact the care and treatment of persons with mental illnesses. Each year, MHAI reaches over 10,000 individuals via health fair attendance, presentations, and trainings. Through our information and resource call center, we connect individuals and families across the state with a variety of mental health and related resources and services.

CONTACT US

Mental Health America of Illinois (MHAI)
70 E. Lake Street, Suite 900
Chicago, Illinois 60601
312.368.9070 (Voice)
312.368.0283 (Fax)
www.mhai.org