

Mental Health Resources for CSHS families

The following resource and referral information has been compiled for your assistance. This is not an all-inclusive list. Although efforts are made to keep this list updated, we do not warrant the accuracy of this information nor does this information imply CSHS endorsement of these resources.

24/7 FREE ASSESSMENTS

<u>Provider</u>	<u>Phone</u>	<u>Email/Website</u>	<u>Address</u>	<u>Specialty/Provider</u>
<i>Linden Oaks Behavioral Health</i>	630-305-5027	eehealth.org	852 S. West St., Naperville	
<i>Alexian Brothers</i>	855-383-2224	www.amitahealth.org	1650 Moon Lake Blvd, Hoffman Estates	
<i>Silver Oaks Behavioral Health</i>	844-580-5000	silveroaksbehavioralhospital.com	1004 Pawlak Parkway, New Lenox	
<i>Hartgrove Behavioral Health System</i>	773-413-1720	www.hartgrovehospital.com	5730 W. Roosevelt Rd, Chicago,	
<i>Chicago Lakeshore Hospital</i>	773-907-4622	chicagolakeshorehospital.com	4840 N. Marine Dr, Chicago	
<i>Chicago Lakeshore-LGBTQ Valeo Pride Services</i>	800-888-0560	chicagolakeshorehospital.com	4840 N. Marine Dr, Chicago	
<i>Garfield Park Behavioral Hospital</i>	773-265-3700	www.garfieldparkhospital.com	520 N. Ridgeway, Chicago	LGBTQ assessments
<i>Grand Prairie Services-Emergency Mental Health Care</i>	708-331-0500	www.gpsbh.org	Wyman Gordon Pavilion, Harvey	OVER AGE 18 Free Assessment

PRIVATE COUNSELING SERVICES

<u>Provider</u>	<u>Phone</u>	<u>Email/Website</u>	<u>Address</u>	<u>Specialty/Provider</u>
<i>Palos Behavioral Health Professionals</i>	708-671-8440	pbhp.net	Palos Heights and Frankfort	school refusal, self injuries, eating disorders
<i>Mental Edge, Nathan Lagacy LCPC</i>	815-277-1092	mentaledgescounselingllc.com	11106 Front St. Mokena	
<i>Insightful Solutions</i>	708-995-1167	www.istherapy.com	10310 Orland Pkwy #201 Orland Park	Dr. Samantha Chiariello, Psy. D, Dr. Ashley
<i>Thriving Lives Counseling</i>	708-963-0333	thrivinglivescounseling.com	1500 Ravinia Place Suite 1C, Orland Park	
<i>V&R Behavioral Health Services</i>	708-226-0010	vrbehavioral.com	Orland Park and Homer Glen offices	Dr. Doug Vaselakos, Psy.D
<i>Newsome and Associates</i>	708-460-1212	www.newsomepsych.net	200 Ravinia Pl, Orland Park	School phobias, self injury, PTSD, anxiety, conduct disorders and depression
<i>The OCD and Anxiety Center</i>	630-522-3124	www.theocdanxietycenter.com	64 Orland Square Dr. Suite#112, Orland Park	School phobias, self injury, PTSD, anxiety, conduct disorders and depression
<i>Personal Balance Counseling</i>	708-949-8688	https://personalbalancecounseling.com	9601 165th #2 Orland Park	
<i>Anxiety and Stress Center</i>	708-349-5433	anxiety-stresscenter.com	62 Orland Square Drive, Orland Park	OCD, school refusal, anxiety

<i>Insight Behavioral Health Center</i>	312-540-9955	https://www.insightbhc.com	1010 Jorie Blvd Suite 200, Oak Brook	
<i>Hyke Lyfe</i>	708-480-2066	bstevenson.counseling@gmail.com	Palos Park, IL	LGBTQ, woman's issues, anger management, individual and group
<i>Genesis Therapy Group</i>	708-535-7320	info@genesistherapycenter.org	Oak Forest and Oak Lawn offices	Social skills group, LGBTQ
<i>Eating Recovery Center</i>	312-767-0969	eatingrecoverycenter.com	1535 Lake Cook Rd. Suite#303, Northbrook	Eating disorders, anxiety
<i>Fran Mendelshon, LCSW</i>	773-997-2136		Orland Park	
Jesse Munoz, LCSW (Habla Espanol)	708-361-5110		7800 W. College Dr. Suite W, Palos Heights	Habla Espanol
<i>Metropolitan Family Services *Public Aid, Spanish speaking</i>	708-974-2300	www.metrofamily.org	10537 S. Roberts Rd, Palos Hills	Public Aid, Habla Espanol
CARES EMERGENCY hotline for students on Medicaid	800-345-9049			Under age 18 on Medicaid
<i>Grand Prairie Services *Public aid accepted</i>	708-799-2200	www.gpsbh.org	19530 Kedzie, Flossmoor	Medicaid accepted

PSYCHIATRISTS

<u>Provider</u>	<u>Phone</u>	<u>Email/Website</u>	<u>Address</u>	<u>Specialty/Provider</u>
<i>Dr. Paulette Trum</i>	815-729-7790		Silver Cross Hospital	Specialty Adolescents, through Will County Mental Health Center
<i>Dr. Jyoti Randhawa</i>	847-770-2630		Silver Cross Hospital	Specialty Adolescents
<i>Dr. Eliza Sukiennik</i>	708-671-8440		11800 S. 75th Ave #300, Palos Heights	Specialty Adolescents
<i>Dr. Vijay Chand</i>	708-671-8440		11800 S. 75th Ave. #300, Palos Heights	Specialty Adolescents
<i>Dr. Rian Rowles</i>	708-966-0993		14315 108th Ave. #215, Orland Park	
<i>Dr. Beth Ledvora</i>	708-361-5110		7808 W. College Dr., Palos Heights	
<i>Dr. Haracharan Sandhu</i>	708-636-2211		10523 S. Cicero Ave. #202, Oak Lawn	
<i>Dr. Clara Perez</i>	708-206-1300		3235 Vollmer Rd #200, Flossmoor	
<i>Dr. Angela Mahome</i>	708-448-3300		13011 S. 104th #200, Palos Park	

RESIDENTIAL

<i>Timberline Knolls</i>	630-257-9600 844-335-1809	www.timberlineknolls.com	40 Timberline Dr., Lemont,	*FEMALES ONLY, addictions, eating, substance and mood disorders
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INPATIENT HOSPITALIZATIONS

<u>Provider</u>	<u>Phone</u>	<u>Email/Website</u>	<u>Address</u>	<u>Specialty/Provider</u>
Silver Oaks Behavioral Hospital	844-580-5000	silveroaksbehavioralhospital.com	1004 Pawlak Parkway, New Lenox	Inpatient treatment plans
Amita Health-Alexian Brothers Behavioral Health Hospital	855-383-2224	www.amitahealth.org	1650 MoonLake Blvd., Hoffman Estates	Inpatient, Partial and Out Patient treatment plans
Edwards Hospital/ Linden Oaks Behavioral Hospital	630-305-5007	eehealth.org	852 S. West St. Naperville,	Inpatient, Partial and Out Patient treatment plans in Mokena and Plainfield offices
Chicago Lakeshore Hospital	773-878-9700 773-907-4596	chicagolakshorehospital.com	4840 N. Marine Dr, Chicago	Inpatient, Partial and Out Patient treatment plans, LGBTQ and gender issues
Lurie Children's Memorial Hospital	312-227-4000	www.luriechildrens.org	225 E. Chicago Ave, Chicago	Inpatient, Partial and Out Patient treatment plans
Lurie Children's Hospital	773-880-6984	www.luriechildrens.org	225 E. Chicago Ave, Chicago	Gender Reassignment and Therapist for Transgender Youths
Hartgrove Behavioral Hospital	773-413-1720	www.hartgovehospital.com	5730 W. Roosevelt Rd, Chicago	Inpatient, Partial and Out Patient treatment plans
Garfield Park Behavioral Hospital	773-265-3700	www.garfieldparkhospital.com	520 N. Ridgeway, Chicago	Inpatient, Parital, Out Patient and LGBTQ treatment plans, Polaris program- LGBTQ population
Advocate Christ Medical Center	708-684-5855	www.advocatehealth.com	4440 W. 95th St., Oak Lawn	*Partial and Outpatient ONLY

SUPPORT GROUPS

<u>Provider</u>	<u>Phone</u>	<u>Email/Website</u>	<u>Address</u>	<u>Specialty/Provider</u>
<u>Grief/Loss</u>				
The Heart Connection	708-229-5480		Little Company of Mary Hospital, Evergreen Park	
Brave Heart-Losing a Loved One	224-770-2273	griefsupport@journeycare.org	2218 Hutchinson Rd., Flossmoor	ages 6-18. Registration is required.
L.O.S.S. Outreach to Survivors	312-655-7700	https://www.catholiccharities.net	721 N. LaSalle St., Chicago	Survivors of Suicide/Suicide Loss Group
<u>Eating Disorders</u>				
ANAD Eating Disorder Support Group	708-269-4935	JessicaSpreadbury@gmail.com	15418 S. Harlem Ave, Orland Park	FREE
<u>SUBSTANCE ABUSE</u>				
Alateen (ages 13 and up)	312-409-7245	al-anon.org		For teens struggling with family members drinking
Marijuana Anonymous-Presence Behavioral Health	847-493-3628		11824 SW Highway Suite 230 Palos Heights	Ask for Dave
<u>GENDER IDENTITY</u>				
Lighthouse		phillipbarkerlcs@gmail.com	847 Hutchinson Rd., Flossmoor	Teens processing gender identity issues

HOTLINES				
<u>Provider</u>	<u>Phone</u>	<u>Email/Website</u>	<u>Address</u>	<u>Specialty/Provider</u>
Lesbian and Gay Hotline	773-929-4357			Center on Halsted
Crisis Center S. Suburbia-Domestic Violence	708-429-7233			
Suicide Crisis Hotline	630-759-4555			
South Suburban YWCA Rape Crisis Hotline	708-748-5672			
National Runaway Hotline	800-621-4000 800-786-2929			Chicago 773-800-9860
Gamblers Anonymous GA	855-222-5542			
Narcotics Anonymous NA	708-848-4884			
HIV/AIDS/STD Hotline	800-243-2437			
Rape/Sexual Assault Hotline	888-293-2080			

RESOURCES				
<u>Provider</u>	<u>Phone</u>	<u>Email/Website</u>	<u>Address</u>	<u>Specialty/Provider</u>
Homeless Shelters (ages 18-24) 24 hour facilities	708-849-2770		Midlothian and Riverdale	Ages 18-24
<i>Elyssa's Mission- Suicide</i>	847-697-9181	http://www.elyssasmission.org/	900 Skokie Blvd, #120, Northbrook	
<i>Human Trafficking</i>	888-373-7888	www.selahfreedom.com and info@selahfreedom.com		
PFLAG- Parents, family, friends of lesbian and gays	773-729-8460	http://community.pflag.org/	Tinley Park	
<i>GLSEN- Gay, Lesbian Straight education network</i>		www.glsen.org		
<i>Pregnancy- The Cradle</i>	800-272-3534			
PASS	708-614-9777			
Planned Parenthood	708-349-2227			
<i>Aunt Martha's</i>	708-679-8212	www.auntmarthas.org	440 Forest Blvd, Park Forest	Ages 13-19, pregnancy, STD, pre-natal, parenting classes, support for 1st time mothers
Illinois Dept Human Services	800-545-2200			WIC
<i>Cook County Public Health Department</i>	708-974-6150	www.cookcountypublichealth.org		
<i>Alliance Against Intoxicated Motorists</i>	847-240-0027	www.aaim1.org		
<i>Comprehensive Community Based Youth Services CCBYS</i>	708-679-8100			24 hours, IF locked out of the house, ages 11-17.
Catholic Charities	312-655-7700	https://www.catholiccharities.net		
Arab American Family Services	708-599-8229	www.aafsil.org	9044 S. Octavia Ave, Bridgeview	Crisis Line, 708-945-7600