

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 |
|--------------------------|------------------------------|--|----------------------------|---|

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 |