

**MENTAL HEALTH RESOURCES  
FOR  
WEST COOK COUNTY AND EAST DUPAGE COUNTY**

**Assessments and Interventions**

24 Hour Crisis Hotline	West Cook County	PROCARE	(708) 681-HELP
24 Hour Crisis Hotline	West Cook County	Thrive Counseling	(708) 383-7500
24 Hour Crisis Hotline	DuPage County	DuPage HealthCare	(630) 627-1700

**Procure**

Assists residents in the Proviso Township community by helping them find solutions for the emotional, behavioral, and social problems that can make life a challenge. Services provided include; Outpatient mental health and Substance Abuse, Crisis Center/Residential Care, Youth and Family counseling, Hispanic adult and family services, and Jail Diversion/Mental Health Court.

(708) 401-0615

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

**PILLARS**

Comprehensive community mental health center offers mental health services for children, adolescents, and families. Psychotherapy, parenting groups, psychological/psychiatric evaluations, crisis intervention. Sliding fee scale.

(708) PILLARS

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

**Community Nurse Health Center**

Community Nurse providers perform several health screenings for mental health illnesses, substance abuse and domestic violence. We have an on-site referral relationship with Pillars Community Services so that eligible medical patients referred by a Community Nurse provider can access integrated psychiatry, psychology, social work and other behavioral health counseling and medical services.

(708) 352-0081

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

**Madden Mental Health Center**

(708) 338-7200

**Thrive Counseling Center**

Thrive Counseling Center has served Oak Park, Chicago and the near west suburbs for over 112 years. Counseling is available for adults, youth, couples & families. Psychiatric assessment and medication management provided at the center. A 24-hour crisis hotline (708-383-7500) is available 365 days per year. In-home counseling provided for older adults with limited mobility.

(708) 383-7500

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

**Linden Oaks Hospital**

*Linden Oaks* at Edward Hospital offers 24/7 behavioral health support plus recovery programs for depression, substance abuse, eating disorders and more.

(630) 305-5500

[www.edward.org/lindenoaks](http://www.edward.org/lindenoaks)

**Saint Mary and Elizabeth Medical Center**

Saint Mary's Outpatient Behavioral Health Center is staffed with bilingual and bi-cultural (English, Spanish and Polish) licensed clinical therapists, licensed clinical social workers, psychologists, psychiatrists, psychiatric nurses, intake workers and case managers. Therapeutic programs include: Psychosocial Rehabilitation, MISA: Dual Diagnosis Treatment, Intensive outpatient addiction treatment, After-school adolescent trauma program.

(708) 278-2000

[www.smemc.reshealth.org](http://www.smemc.reshealth.org)

**Central DuPage Hospital**

Patients receive extensive one-on-one therapy in addition to group therapy. The Behavioral Health Center also provides dual diagnosis services to patients needing substance abuse and emotional health treatment. A comprehensive outpatient and inpatient programs and services for a variety of mental health needs.

(630) 933-4000

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

**Adventist LaGrange Memorial Hospital**

Behavioral health services include addressing emotional and psychiatric needs as well as offering substance abuse treatment.

(708) 245-9000

[www.keepingyouwell.com/almh](http://www.keepingyouwell.com/almh)

## Treatment and Case Management

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### **PLCCA**

Proviso-Leyden Council for Community Actions promotes community development and empowers people with education, training, and services including; Family Case Management and Counseling, Adult Re-Entry Services, and Substance Abuse Operations.

(708) 450-3500

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

### **Healthcare Alternative Systems Inc.**

HAS employs a multi-cultural professional team including physicians, psychiatrists, and nurses; licensed social workers, certified addiction counselors, and mental health clinicians; case managers, nutritionists and dieticians; and other support specialists. We service clients of all ages and cultures, and provide services with a sliding fee scale.

(773) 252-3100

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

### **TASC**

Provides behavioral health recovery management for individuals with substance abuse and mental health disorders who are involved with Illinois' criminal justice and corrections systems.

(773) 787-0208

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

### **CEP Youth Leadership**

Programs offered range from mentoring and leadership to performance groups, outreach/volunteer services and special community-based events.

(708) 579-5898

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

### **Youth Outreach Services**

Provides a variety of child welfare, counseling, juvenile justice, and prevention services, helping each overcome challenges such as abuse, neglect, and homelessness

(708) 547-1091

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

## **Behavioral and Educational Supports**

### **NAMI Adult Drop in Center**

Provides an array of services to adults with mental illness. Activities include art therapy, game nights, bowling, songwriting, computer access, life skills, job readiness, and montly field trips. The center is open Monday-Saturday 3:00-7:00pm .

(708) 524-2582

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

### **NAMI West Cook County**

NAMI Metro-Suburban is an affiliate of the National Alliance on Mental Illness. A grassroots family and consumer self-help support, education, and advocacy organization dedicated to improving the lives of people with mental illness, their families and friends within the communities of west suburban Cook County, Illinois

(708) 524-2582

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

### **NAMI DuPage**

NAMI DuPage was founded by a group of parents in 1985 who were looking for services for their children who had been diagnosed with mental illnesses. By joining forces, they thought they could advocate for improved services. NAMI DuPage has grown from this small handful of people to an organization of over 1,000 members. NAMI has been a catalyst for change and reform in DuPage County.

(630) 752-0066

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

### **Presence Behavioral Health Westchester Drop-In Center**

Presence Behavior Health's Drop-In Center offers a comprehensive program for support, socialization and wellness. Recreation activities such as art therapy, games, field trips, computer training and resume preparation. Small support groups, guest speakers and field trips on the weekends are also offered. The Drop-In Center is facilitated by Peer Led Support Staff. The Drop-In Center is located at 9845 Roosevelt Rd (1<sup>st</sup> floor) Westchester, IL 60154.

#### **Hours:**

MWF – 9:00a – 5:00p

T/Th – 11:00a – 7:00p

Sat – 9:00a – 1:00p

Sun – 12:00p – 4:00p

708-681-2325, ext 5416

## Substance Abuse

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**At-Home Care****BrightStar Lifecare and BrightStar Care (Child Home Care Services)**

BrightStar Care offers the full continuum of care, including childcare, staffing and support services. They provide personalized care in any setting, 24 hours a day, 7 days a week, to people of all ages. For LifeCare services, an RN oversees every case to ensure better outcomes and patient advocacy.

BrightStar nurses and caregivers are fully screened, insured and bonded, licensed and/or certified.

708-551-2500

[www.Brightstarcare.com](http://www.Brightstarcare.com)