

Family Frequently Asked Questions

1. When does NAMI Metro Suburban Family Support Group Meet? We meet the 1st and 3rd Tuesdays of the month in Oak Park, at the Scoville Building, 137 N. Oak Park Ave, on the third floor. (Note we do not meet on the 5th Tuesday of the month if there is one)
2. How Can I Learn More about 504 Plans and IEPs: NAMI Basics, a 6 week class provides information on 504s and IEPs. To get more information about class dates please call 708-524-2582. The [Equip for Equality Website](#) provides additional information as well.
3. Where can I take my loved one in a mental health crisis? If your loved one is not in immediate danger and 18 or over, you can visit the [NAMI Living Rooms](#) in LaGrange or Broadview. While there your family member can get a mental health assessment and speak with a Certified Recovery Support Specialist (peer counselor). If your family member is under 18 you can take them for an assessment at [Riveredge Hospital](#), [Linden Oaks](#) or [Alexian Brothers](#). You can also visit an Emergency Room. If you believe your loved one is a danger to themselves or others, call 911.
4. Where can I learn more about various mental health diagnoses? Link to NAMI Met Sub resource page (NAMI national information pages)
5. What resources does NAMI have for my family member? NAMI Metro Suburban has a Drop In Center, 2 Living Rooms, Connections Support Groups and W.R.A.P. classes. You can find more info [here](#).
6. How can I find a therapist or psychiatrist? [Psychology Today](#) has a Find a Therapist tool. You can also check with schools, doctors, and other community members. There may also be a local clinic in your town.
7. How can I get my loved one to seek help? This [article](#) has good ideas.
8. What is the difference between NAMI Basics and Family to Family? NAMI Basics is a 6 week class for parents of children, teens and young adults 22 and younger. It addresses diagnoses, communication, IEP/504s, medications and other information. It is available as both a live class and online. Family to Family is an 8 week class for family members of adults and covers diagnoses, communication, medications and self-care. For further information and start dates for the next class contact the Education Coordinator at 708-524-2582 ext. 103.
9. How can I find out about the next Family to Family or Basics classes? Please contact the Education coordinator at 708-524-2582, ext. 103 and you will be added to the interest list for the next class.
10. How are the various types of therapy different? This [link](#) lists and describes many different kinds of therapy.
11. What is the difference between inpatient, partial hospitalization, intensive outpatient and outpatient treatment? Inpatient refers to hospitalization in a behavioral health hospital or unit. Partial hospitalization is a day program - typically 5 days/week, approximately 6 hours per day. PHP usually includes a psychiatrist, individual therapy and group therapy. Intensive Outpatient is usually 3-5 days/week for approximately 3 hours per day. Outpatient treatment is seeing an individual treatment provider by appointment.

