

Mental Health Resource Directory

Here are a few of the local mental health resources.

Emergency Numbers

- **Local Police/Ambulance:** 911
- **State police:** 847-294-4400
- **Crisis Team: Alexian Brothers AMITA Health, Hoffman Estates (24-hour crisis line):** 800-432-5005
- **Illinois State Suicide Line:** 800-784-2433
- **Ecker Center 24-hour emergency program (Elgin):** 847-888-2211
- **National Suicide Prevention Lifeline:** 800-273-8255
- **NAMI Help Line (agency referrals):** 800-950-NAMI (6264)
- **Lake County Crisis Line (24hours):** 847-377-8088
- **Northern Kane County Crisis Line:** 847-697-2380

Local Hospitals with Mental Health Services

- **Alexian Brothers (AMITA Health) Behavioral Health Hospital, Hoffman Estates:** 847-882-1600
- **Ecker Center 24 Hour Psychiatric Emergency Program at Sherman Hospital, Elgin:** 847-695-0484, ext. 1875
- **Chicago Behavioral Health, Des Plaines:** 844-756-8600
- **Linden Oaks Behavioral Health at Northwest Community Hospital, Arlington Heights:** 847- 432-5464
- **Lake Behavioral Hospital, Waukegan:** 855-990-1900 or 847-360-2017(24/7 Intake Line)

Community Mental Health Services & Counseling Centers

- **Alexian Brothers Center for Mental Health, Arlington Heights:** 847-952-7460
- **Ecker Center for Mental Health, St. Charles, Streamwood & Elgin:** 847-695-0484, ext. 1898
- **Kane County Mental Health Council, Aurora:** 630-208-3140
- **Kenneth Young Center, Elk Grove:** 847-524-8800
- **Lake County Child and Adolescent Services:** 847-377-8950
- **Lake County Adult Behavioral Health Services:** 847-377-8180
- **Turning Point Behavioral Health Care Center, Skokie:** 847-933-0051
- **Barrington Area Community Foundation :** 847-382-8800
- **Dial 2-1-1 for referrals to essential community services**
- **Thresholds (for rehabilitation help and housing):** 773-572-5500
- **DMH/IL Warm Line:** peer mental health support (MF 8-5) 866-359-7953
- **Cherry Hill Counseling:** Arlington Heights, 847-438-4222

The information above is from the public domain and is not a recommendation or endorsement.

- **Arlington Psychological Services:** 312-369-9999 or 847-670-0880
- **The Arlington Center:** 847-577-4530
- **Holbrook Counseling Center (Catholic Charities), Des Plaines:** 312-655-7725
- **In-Home counseling:** 847-903-5604
- **Dr. Beth Sherman, Arlington Heights:** 847-975-8845
- **Stenzel Clinical Services (Christian counseling), Schaumburg:** 630-588-1201

Other Helpful Resources

Catholic Psychological Centers

Fr/Dr. Richard Jakubik, Holy Family Parish, Inverness, 847-239-2326

Village of Arlington Heights Health & Human Services

- Nicole Espinoza; 847-368-5792, nespinoza@vah.com

www.catholictherapists.com

<https://mentalhealthgracealliance.org/>

Suicide concerns

- **LOSS Program** - outreach to survivors of suicide, Catholic Charities: 312-655-7700
www.catholiccharities.net/GetHelp/OurServices/Counseling/Loss.aspx
- **American Foundation for Suicide Prevention:** www.afsp.org/
- **American Association of Suicidology:** www.suicidology.org/
- **QPRinstitute.com** - suicide prevention, (Question, Persuade, Refer)

Depression, Bipolar, Schizophrenia, schizoaffective, OCD etc...

- Beyond OCD for help with Obsessive Compulsive Disorder:
- National Association of Anorexia Nervosa & Associated Disorders

Depression Bipolar Support Alliance Support Group

Meets in Arlington Heights, contact: Matt Rosenberg: (847) 773-7695 to confirm time and location.

NAMI (National Alliance on Mental Illness) resources: (Support Groups, Education etc...)

- **NAMI National:** nami.org: Extensive info on Mental Illnesses programs & support
Helpline: 800-950-6264; Text NAMI to: 741741,
- **Ok2Talk.org:** Online community for teens and young adults to share their stories
- **NAMI Illinois:** namiillinois.org

Local Affiliates offer a variety of services. Check out their websites for details

- **Barrington Area:** 847-496-1415; namiba.org
- **Northwest Suburban:** 847-899-0195; naminorthwestsuburban.org

The information above is from the public domain and is not a recommendation or endorsement.

- **Schaumburg Area:** 630-363-1846; namischaumburgarea.org
- **Cook County North Suburban:** 847-716-2252; namiccns.org
- **McHenry County:** 815-308-0851; namimchenrycounty.org
- **Lake County:** 847-249-1515; namilake-il.org

Employment

Supported employment for Illinois citizens with psychiatric disabilities. illinoisips.org

Housing

- **Alliance to End Homelessness in Cook County:** 708-236-3261
- **Supportive Housing in the NW Suburbs:** housingtaskforce.org

Veterans

- **Veterans Administration: Crisis line:** 1-800-273-8255 (Press 1)
- **Healer Warrior Initiative for vets & their families:** <http://www.healerwarrior.us/>

Government

- **Social Security Administration:** 1-800-772-1213
- **Health & Human Services [Healthcare.gov](http://healthcare.gov)**

Prescription Drug Assistance

- **RX for Illinois:** help with prescription drug costs: 888-615-1988
- **Partnership for Prescription Assistance for help with prescription drug costs.**

Criminal Justice

- **NAMIllinois.org** - click on "family member arrested"
- **<http://www2.tasc.org>** - Treatment Alternatives for Safe Communities